

TWO-SESSION PROGRAM FOR COVERING ALL OF THE FIRST AID BADGE

RESOURCES REQUIRED:

- Slide projector
- Electronic slides & reference material
- Ensure enough 1st Aid badges to present to the cubs
- Bring 2 or 3 complete first aid kits
- Supply some First Aid kit material at Session #1, with a list of materials for Cubs to complete their own kit (to bring for inspection at Session #2)
 - Ziploc bags (cubs to get a nicer container along with their badge)
 - Various bandages & dressings
 - Paper list of complete Cub First Aid Kit materials
- Bring pencils
- Bring copies of Cub First Aid Test for each cub.
- Materials for each of the six stations:
 - 1) *Treating a choking/unconscious victim, & mention of CPR*
 - a) Locate AED nearby (for showing to cubs)
 - 2) *Treating hypothermia and frostbite*
 - a) Space blanket, from First Aid kit
 - 3) *Treating cuts, nose bleeds and heavy bleeding (bandages & dressings)*
 - a) Enough Triangular bandages to allow cubs to learn to tie each other up with arm slings and tourniquets (min 6)
 - 4) *Treating burns, insect bites & overheating*
 - a) Splinter tub (for showing how to remove a sting/splinter with a splinter tube)
 - 5) *Treating fractures: splints & stretchers*
 - a) 3 sets of large splints: 2in wide, 18in long, 1/4 inch thick. Material should be wood. *(These will be used for splinting large injuries such as broken legs)*
 - b) 3 sets of small splints: made from cardboard/rolled-up magazine *(These will be used for splinting smaller injuries such as wrists)*
 - c) 4 poles - 8ft length (2in x 2in) *These will be used as stretchers The poles are put through the arms of coats and then used as stretchers*
 - 6) *Overview of a First Aid Kit*
 - a) Session #1: Leader presents sample First Aid kits and describes the materials & their purpose (eg. Dressing vs. bandage)
 - b) Session #2: Leader inspects the cub's First Aid kit and marks their tests. Cubs get a first aid kit if they pass...

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SESSION #1 PROGRAM DETAILS

Leaders arrive 6:15PM.

- Setup stations

6:30PM - OPENING

6:40PM TO 6:50PM - INTRO TO FIRST AID PRESENTATION

- Present first 4 slides

6:50PM TO 7:50PM - Break into Sixes: 6 stations, each 20 minutes, three rotations (i.e. total of 60 mins)

- Leaders give a 10 min presentation, then short Q&A
- Give sixes a chance to answer questions in their First Aid test
- Encourage sixes to practice skit ideas

Remind cubs to bring in their completed kits in Ziploc bags, as well as their tests from Session #1.

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SESSION #2 PROGRAM DETAILS

Cubs should have their completed kits in Ziploc bags, as well as their tests from Session #1.

Leaders arrive 6:15PM.

- Setup stations
- Setup an obstacle course of chairs - say half dozen chairs - I can show you what I want when we get to the gym)
- Layout first aid kit and bandages
- Other leaders do badge testing

6:30PM - OPENING

6:40PM to 7:40PM - Break into Sixes: 6 stations, each 20 minutes, three rotations (i.e. total of 60 mins)

- Leaders give a 10 min presentation, then short Q&A (except for First Aid Kit Leader, who will be inspecting & marking tests)
- Give sixes a chance to answer questions in their First Aid test
- Encourage sixes to practice skit ideas

7:40PM TO 8PM - SHORT SKITS & BADGE PRESENTATIONS

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Station #1 - Treating a choking/unconscious victim, & mention of CPR

- Refer to slides & answer questions relating to:
 - a) Demonstrate first aid for a conscious choking casualty (ie. Heimlich)
 - b) Show how to care for an unconscious person.
- If victim is not breathing & unconscious, current protocol calls for chest compressions and rescue breathing (ie. CPR, or the "B & C" in "A B C".)
 - Explain to cubs that they should learn & promote the learning of Standard First Aid, which will teach them how to do CPR.

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Station #2 - Treating hypothermia and frostbite

- Refer to slides & answer questions relating to:
 - a) Describe the signs of frostbite and how to treat it.
 - b) Explain how to prevent and treat hypothermia.
- Demonstrate & explain a space blanket, from First Aid kit

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Station #3 - Treating cuts, nose bleeds and heavy bleeding (bandages & dressings)

- Refer to slides & answer questions relating to:
 - a) Show how to give first aid for a wound that is bleeding.
 - b) Show how to stop a nose bleed.
- Cut finger (Rest, Elevation, Direct pressure)
- Bloody nose (see notes from previous handouts)
- Demonstrate how to tie slings for supporting arms/wrist injuries
 - Eg. Broken collar bone (sling)
- Demonstrate how to apply pressure for a tourniquet (use pencils from opening game for tourniquet applications)
- Explain what to do with a wound with something sticking out of it (eg. stick in the eye). Answer: don't pull the object out! Prevent further harm by stabilizing & protecting the injury, with a donut for example.)
 - Demonstrate how to make donuts

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Station #4 - Treating burns, insect bites & overheating

- Refer to slides & answer questions relating to:
 - a) Explain how to prevent and treat overheating.
 - b) Describe what to do if an insect or animal bites you or another person.
 - c) Show how to give first aid for a burn or scald.
 - d) Show what to do if your clothes or another person's clothes catch fire.
- Show how to remove a sting/splinter with a splinter tube

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Station #5 - Treating fractures: splints & stretchers

- Refer to slides & answer questions relating to:
 - a) Demonstrate first aid for a severe wound.

Splints

- Use the wooden splints and cardboard splints - and show cubs the following:
- Small splints for broken arms/wrists and larger splints for broken legs
 - *(Assumption: Leader knows how to apply splints)*
- Have the cubs pretend they have broken bones and practice splinting each other

Stretchers

- **Talk about cervical spine injuries, and the importance of preventing further harm. But, sometimes, the casualty must be carried towards medical aid...**
- Demonstrate how to make a stretcher to carry someone.
 - You can have the cubs assemble the stretcher by putting the poles through the arms of a set of coats (make sure coats are zipped up/buttoned up after the poles are through the arms as this helps make the stretcher stronger).
 - Cubs can take turns carrying each other around - and going over chairs (obstacles so they learn the difficulty of carrying someone on a stretcher when there is rough terrain)
 - **DO NOT LET THE CUBS RUN WITH STRETCHERS**
 - Talk about alternate items the cubs can use as stretcher poles (example - branches of trees).

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Station #6 - Overview of a First Aid Kit

- Cubs have to guess what is inside a first aid kit

Cobra Cub Pack First Aid Kit

Tools & Cleansing Materials

- 1 x First Aid Manual
- 2 x Gloves (Single)
- 1 x Scissors - Stainless steel
- 1 x Tweezers - Fine Point
- 1 x Splinter Probes - Disposable x 5
- 1 x First-aid Blanket (aka thermal foil or space blanket)
- 2 x Saline Solution in Sachets
- 2 x Antiseptic Wipes

Bandages

- 1 x Triangular bandage & 3 safety pins
- 1 x Elastic bandage (aka Crepe) - 50mm
- 1 x Transpore tape

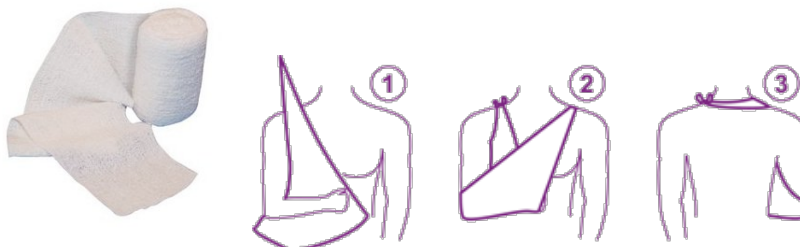
Dressings

- 12 x Plasters Waterproof (aka Band-Aid)
- 1 x Combine dressing (Non Adhesive) 90mm x 100mm
- 1 x Gauze conforming bandage - 50mm

- Session #1: Leader presents sample First Aid kits and describes the materials & their purpose (eg. Dressing vs. bandage)
 - A dressing is designed to be in direct contact with the wound, which makes it different from a bandage, which is primarily used to hold a dressing in place.



- A bandage is a piece of material used either to provide support (for a dressing or splint), or to apply pressure (to slow the flow of blood)



- Session #2: Leader inspects the cub's First Aid kit and marks their tests. Cubs get a first aid kit if they pass...