

Outdoor Adventure Skills by Topic

Emergency Aid Skills, Stages 1-5 by topic

	Kit	First Aid	Personal	Home	Outdoors
	1.1 I have made my own personal first aid kit.	1.2 I can demonstrate the basic approach to first aid . 1.3 I can treat minor cuts or scrapes .	1.4 I can be responsible for my own health . 1.5 ... responsible for my own safety. 1.7 I know not to play with matches ...	1.6 I know my address and location in an emergency. 1.8 I know how to spot things in my home that are not safe . 1.9 ... emergency services that are available and how and when to call them and what to say.	1.10 I use the " buddy system " when outdoors. 1.11 I can signal for help if needed ... 1.12 I always tell an adult where I am going. 1.13 I carry a whistle and visible covering ... <i>in bush</i> 1.14 I know to " hug a tree " [or stay put] if lost... 1.15 I know how to be safe around a campfire . 1.16 I know how to behave around wildlife.
	2.1 ... added items to my own personal first aid kit ...	2.2 I can keep myself safe in emergency... 2.3 I can care for... a minor burn . 2.10 I can direct a responder to ... where ... needed.	2.6 I know how to Stop, Drop and Roll if my clothes are on fire. 2.8 I can check for dangers at...emergency... 2.9 ... follow directions from a Scouter.	2.4 I have...home escape plan... 2.5 know ... list of emergency telephone numbers ... and how to call them. 2.7 I can recognize a warning label on a product and know to leave the product alone.	2.11 I know the hazards of water sources... 2.12 I wear my helmet when using my bicycle, skateboard or scooter 2.13 I can dress myself ... for the weather. 2.14 I know some of the wild animals in my area and how to be safe around them. 2.15 ... find a safe place in bad weather.
	3.1 I can perform first aid for large wounds . 3.2 ... for nosebleeds. 3.3 ... choking. 3.4 I know the signs and symptoms of shock and how to treat shock. 3.5 ... comfort someone who is ill or injured.	3.7 I know the dangers of playing on or near train tracks , trestles, crossings & train yards. 3.8 I know the dangers of touching power lines with a stick/ladder, climbing electrical power poles, towers/substations, and poking electrical outlets. 3.9 I know the dangers of playing around storm sewers, construction sites, garbage dumps or dumpsters, ice-covered water or water areas, dams, vacant buildings, farm machinery, quarries, old wells and/or unfriendly animals.	3.6 I can show how to lock, unlock and secure all windows, doors ... 3.10 ... made a list of emergency numbers , such as: police, fire, ambulance, poison control, etc., and posted it ... in my home. 3.11 I know how to help create an escape plan for a building ... in case of fire.	3.13 I can identify some of the poisonous/hazardous plants in my area & those I may encounter when travelling in Canada. 3.14 I know some of the international distress signals and when to use these. 3.15 I can treat bee stings and reactions to some local plants... 3.12 "Rules of the Road" for safe bicycling.	
	4.4 I know what goes into home first aid kit . 4.9 I know what is in our Group first aid kit ...	4.1 I can place someone into recovery ... position . 4.2 provide care ... poisoned . 4.3 ... for dirt in an eye .	4.5 ... reduce the risk of fire and burns ... 4.6 ... how to test and care for a smoke alarm . 4.7 I can manage a home emergency ... 4.8 know where local emergency shelter is located	4.10 I can care for my feet ... <i>outdoors</i> 4.11 ... prevent/treat heat & cold injuries . 4.12 I know how to treat and report ... insect and animal bites .	
	5.1 ... completed an Emergency First Aid and CPR (Level A) course from a recognized provider. 5.2 I can correctly record everything that has happened at the scene of the accident.	5.5 I have assisted in providing training to others in aspects of emergency aid.	5.3 I know the rules and why they are important for a home/community pool or a body of water used for swimming . 5.4 ... safely use/care barbecue .	5.6 I know how to deal with an incident ... remote outdoor location ... 5.7 ... flares, mirrors, horns other signalling devices . 5.8 ... build a stretcher ... improvised 5.9 ... compass or GPS to find direction and travel ...	

Edited for brevity. Be sure to consult the official documentation scouts.ca/scoutinglife/wp-content/uploads/oas/emergency-skills-en.pdf as well as the complete wiki references wiki.scouts.ca/en/Emergency_Aid and wiki.scouts.ca/en/Emergency_Aid_by_Topic