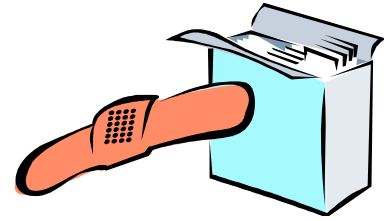


First Aid Fortune Tellers



Materials:

Copies of First Aid Fortune Tellers (one type for Tiger/Wolf/Bear, one type for Webelos Scouts)

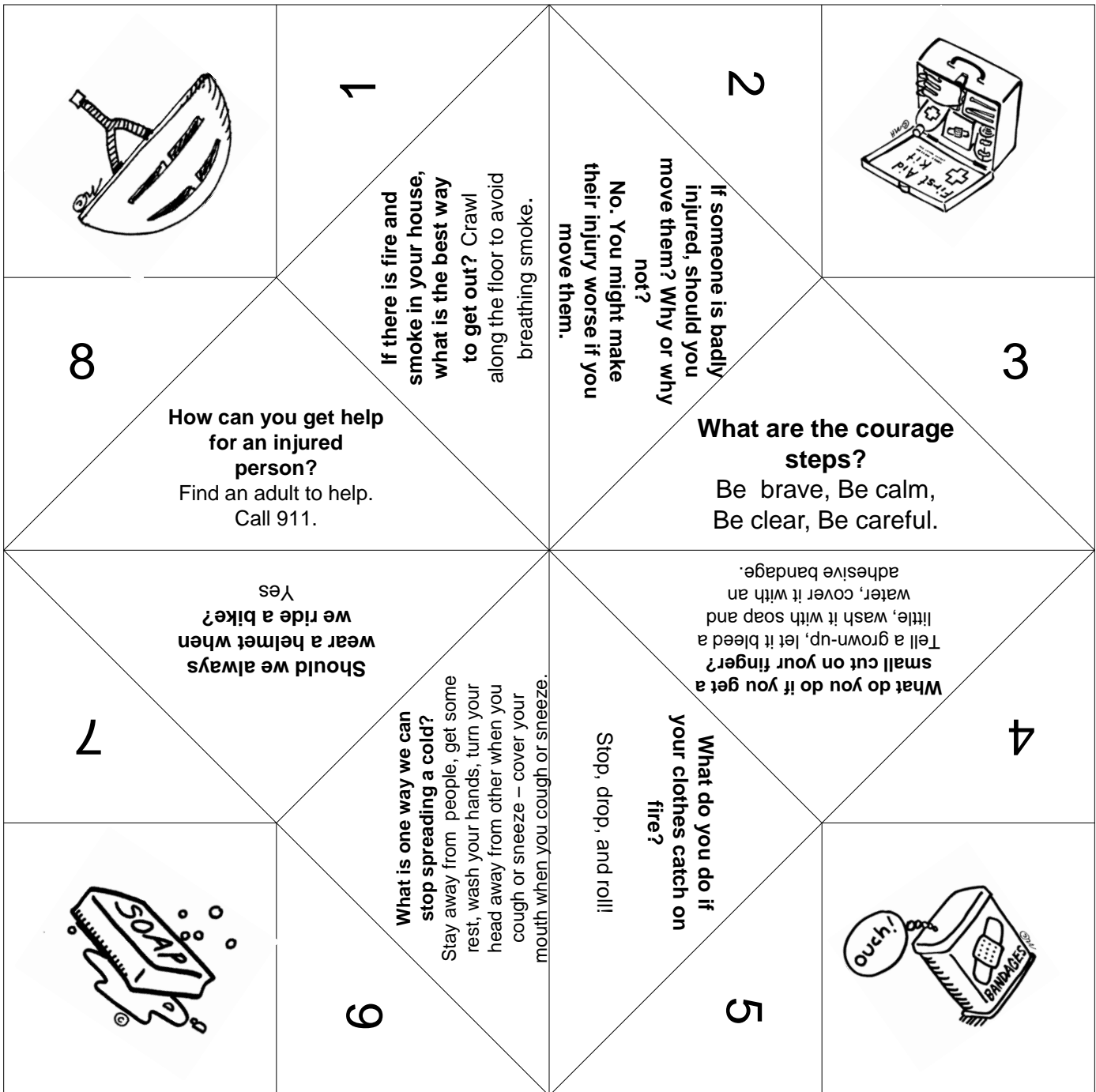
Scissors

Crayons/Markers

Instructions:

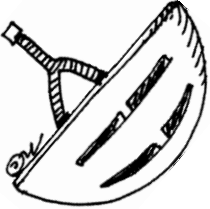
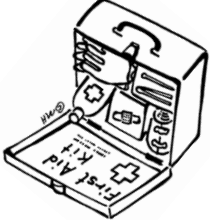


1. Let Cub Scouts cut out, color and fold their fortune tellers.
2. Have each Cub Scout go around and ask the first aid questions – see who can answer all of the right. What questions did the Cub Scouts have some difficulty answering? Use time this month to review first aid for all of the Cub Scouts.

First Aid Fortune Teller – Tiger, Wolf, Bear



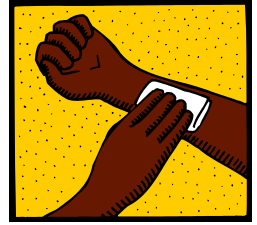
1. Cut around outside of square.
2. Fold in half and in half again
3. Open out, turn over so top is blank and then fold each corner into the middle
4. Turn over and repeat
5. Turn over so you can see the pictures
6. Slide your thumb and your finger behind 2 of the pictures and press together so they bend round and touch
7. Turn over and repeat with the thumb and finger of the other hand for the other two pictures
8. All the pictures should now be at the front with centres touching and you are ready to use your fortune teller!

First Aid Fortune Teller - Webelos

	<p>1</p> <p>What first aid should we give for choking? The Heimlich Maneuver.</p>	<p>2</p> <p>What is the buddy system? When you swim you have a buddy that is at the same swimming level that you are. Stay with your buddy to be safe.</p>	
<p>8</p> <p>What first aid do we give for a nosebleed? Have the person sit up, pinch the nostrils and lean forward.</p>		<p>3</p> <p>What are the courage steps? Be strong, Be calm, Be clear, Be careful.</p>	
<p>7</p> <p>Should we always wear a helmet when we ride a bike? Yes</p>	<p>4</p> <p>How many kinds or degrees of burns are there? 3 – First degree, second degree and third degree burns.</p>	<p>5</p> <p>What is first aid? First Aid is what we do first to help a person with a serious injury or illness.</p>	
	<p>6</p> <p>How can you be safe in a car even though you don't drive a car? Use a seat belt, don't talk to the driver in heavy traffic, lock the doors, etc</p>		

1. Cut around outside of square.
2. Fold in half and in half again
3. Open out, turn over so top is blank and then fold each corner into the middle
4. Turn over and repeat
5. Turn over so you can see the pictures
6. Slide your thumb and your finger behind 2 of the pictures and press together so they bend round and touch
7. Turn over and repeat with the thumb and finger of the other hand for the other two pictures
8. All the pictures should now be at the front with centres touching and you are ready to use your fortune teller!

First Aid Opening



Materials:

Flag

Cubmaster:

Cub Scouts and Webelos Scouts should know a little bit of first aid. First Aid is the immediate or first help that we can give to someone else when they are hurt. It's important to know the right ways to help right away.

The **first things** we have to do is to **stay calm and think**.

The **second thing** is to **send for help**.

The **third thing** to remember is to **not move anyone** unless you have to.

We will learn more things to do, but we have to be brave and strong to be able to do first aid. Sometimes it can be scary to help someone. In an emergency it can be hard to be brave and strong. We have to be brave and strong at other times too. What other times do we need to be brave and strong? [See what answers the Cub Scouts give, you can mention standing up to a bully, avoiding fights, being fair, not stealing or cheating when tempted, etc.]

We can be brave and strong and we can help other people.

Let's say the Pledge of Allegiance and the Scout Oath together.

First Aid & Safety Review – Tiger, Wolf, Bear

Review the following:

Wash your hands:

1. Use warm water to wet your hands.
2. Use soap (any kind is fine).
3. Work the soap into a lather on both sides of your hands. Remember to wash your wrists, between your fingers, and around your fingernails.
4. Wash for 10-15 seconds (about the time it takes to sing “Happy Birthday” twice) and then rinse off the soap.



911 Safety Quiz Review:

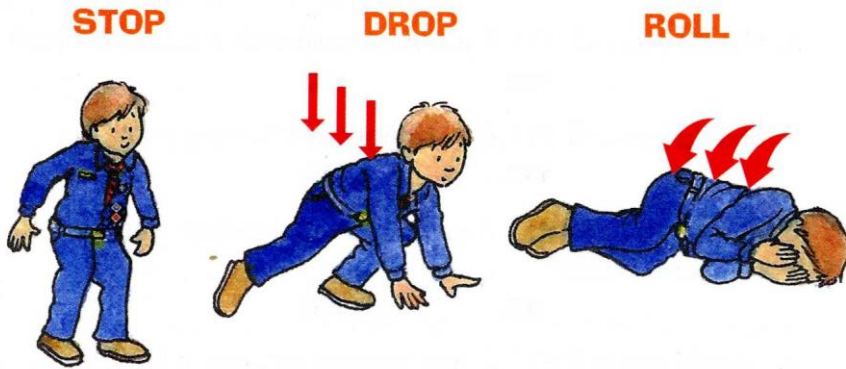
1. Should you call 911 if you see someone breaking into a car? YES!
2. Should you call 911 if your brother or sister breaks your toy? NO!
3. If you are hiking with a friend and he falls and hurts himself very badly, should you call 911? YES!
4. If your friend falls down and scrapes his elbow, should you call 911? NO!
5. If you see fire or smell smoke, should you call 911? YES!
6. Should you call 911 if you need help with a school project? NO!
7. Should you call 911 if a stranger is following you? YES!
8. Should you call 911 if you see a car accident where someone is hurt? YES!
9. Should you call 911 if your parents put you in time out? NO!

A Scout is trustworthy. Calling 911 is serious! A Scout would never call 911 unless it is a real emergency.

Stop, Drop and Roll:

If your clothing catches on fire, you should “Stop, Drop, and Roll.”

1. STOP moving. Moving will make the fire grow.
2. DROP to the floor.
3. ROLL on the ground. Rolling will put out the fire.



Have the Cub Scouts practice how to Stop, Drop and Roll.

Roll Someone Else in a Blanket:

Rolling a person in a blanket can also put out a fire. If you know the safe way to roll someone in a blanket, you can be a good helper by telling an adult how to do it in a real emergency. Practice the steps below.



Sneezing

Sneezes sound funny, but they are actually a powerful tool your body uses to get rid of dust or other things that are irritating your body. Sneezing can also spread germs quickly and powerfully. Because a Scout is courteous, always protect the people around you by sneezing into a tissue or the crook of your elbow.



First Aid & Safety Review – Webelos Scouts

Materials:

As the teacher and leader – please familiarize yourself with this information – it is taken directly from the Webelos Handbook under the First Responder Adventure.

Instructions:

For this activity, this will mostly be a role play of the First Responder Adventure requirements – 1, 3, 4, 5. There are requirements where the boys need to demonstrate and show that they know what they need to do in emergency situations.

For review, ask the Cub Scouts what they would do and what they can teach everyone as you go through these requirements. Let them help explain and demonstrate.

First Responder 1 – Explain what first aid is. Tell what you should do after an accident.

When people get hurt, they need help right away. That help is called first aid. It is the quick help someone receives before professional help can arrive.

First aid is what happens when you remove a tick that's burrowed into your skin. First aid is what happens when, after you scrape your knee, your mom cleans and bandages the wound. First aid is what happens when a server in a restaurant saves a choking victim by giving abdominal thrusts.

If you come across an accident or medical emergency, do these things:

- Check. Make sure the scene is safe. You can't help anyone if you become a victim yourself.
- Calm down and think. Assess the situation and decide what needs to be done. Staying calm may be hard to do, but it's important. The victim will feel better knowing you are in control, and you will be able to make better decisions than if you were panicked.
- Call. If the victim seems badly hurt, send someone to call for medical help. If no one is there to do that, call for help, and offer to assist the victim.
- Care. Explain that you know first aid, and get permission to treat the victim before doing anything else.

First Responder 3 – Show how to help a choking victim.

When you see a person holding his hands to his throat and turning blue, **ask if he is choking**. If he can speak, cough or breathe, encourage him to try to cough up what he has swallowed. If not, call 911, or ask a bystander to call 911. Tell the person that you know first aid, and ask if you can help.

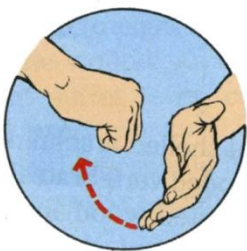
If the answer is yes, give back blows:

-Give five back blows between the shoulder blades with the heel of your hand.



If the object is not removed, give abdominal thrusts:

-Position yourself behind the person, and reach your arms around his or her waist.



-Make a fist with one hand just above the person's belly button. Cover the fist with your other hand.
-Make a series of five quick thrusts inward and upward to force air from the lungs. (Pretend like you are trying to pick the person up.)
-Alternate between abdominal thrusts and back blows until the object is dislodged, the person becomes unconscious,



or medical help arrives.

First Responder 4 – Show how to treat for shock.

-When a person is injured or under great stress, the circulatory system might not provide enough blood to all parts of the body. That's call shock. The person will feel weak. The face may get pale. The skin will feel cold and clammy. He or she may shiver or vomit.

-Call 911 for emergency help immediately

-Have the person lie down on his or her back.

-Raise the feet slightly, unless you think there are injuries to the head, neck, back, hips, or legs. If you don't know, have the person lie flat.

-If the person is not awake, turn him or her on the side. But first, be sure the person has no head, neck or back injuries.

-If the weather is cool, cover the person with a sheet. If it's hot, don't.

-Do not give the person anything to eat or drink.

-Stay with the person until help arrives.



First Responder 5 – Demonstrate that you know how to treat the following: cuts and scratches, burns and scalds, sunburn, blisters on the hand and foot, tick bites, bites and stings, venomous snakebite, nosebleed, and frostbite. (Webelos Handbook pages 75-81)

Cuts and Scratches

Cuts and scratches are opening in skin. They can let in germs that cause infections.



When treating cuts and scratches, be sure to wear disposable, latex-free gloves and eye protection. Wash your hands thoroughly with soap and water after treating any wounds.

For small wounds, wash the wound with soap and water. Then apply antibiotic ointment to help prevent infection if you have the victim's permission and know that he or she doesn't have any allergy to the medicine. Keep the wound clean with an adhesive

bandage. Change the bandage as often as needed, but at least once daily.

For larger cuts, first stop the bleeding by applying direct pressure. Keep the wound as clean as possible to limit infection. Cover an open wound with a sterile gauze pad or a clean cloth folded into a pad. Hold the pad in place with tape or a bandage made out of a neckerchief. Any bandage should be loose enough that you can slide two fingers between it and a person's body. An adult leader should evaluate any large wound. Once the bleeding has stopped, clean the wound as described above.

Burns and Scalds

Burns and scalds range from simple sunburn to very dangerous third-degree burns. What kind of first aid to give depends on the severity of the burn.

First Degree Burns

First-degree burns only affect the outer surface of the skin, which gets red and sore. Put the burned area in cold water until the pain stops. If you don't have any water, cover the burn with a clean, dry, loose dressing.

Second-Degree Burns

With second degree burns, which are also call partial-thickness burns, blisters form on the skin. Put the burned area in cold water until the pain stops. Gently dry the burned area. Cover it with a sterile gauze pad, and hold the pad loosely in place with a bandage. Be careful not to break open blisters, which could cause infection. Don't apply creams, ointments or sprays. If needed, treat for shock. Second-degree burns should be evaluated by an adult to determine the need for additional medical help.

Third-Degree Burns

With third-degree burns, which are also called full-thickness burns, the skin may be burned

away, and the flesh may be charred. The victim may feel no pain because nerve endings have been burned. You will definitely need to call 911 or local emergency responders and have an adult evaluate the situation. Don't remove clothing from around the burn. Wrap the victim in a clean sheet. Cover him or her with blankets if the weather is cool. Treat for shock if needed, and stay with the victim until professional medical help arrives.

Sunburn

Sunburn is a common injury among people who enjoy being outdoors. Most sunburns are first-degree burns, although severe sunburn is a second-degree burn and should receive prompt medical attention. All sunburns are dangerous because they can lead to long-term skin damage and even skin cancer when you get older.

You can prevent sunburn by using plenty of broad-spectrum sunscreen with a sun protection factor (SPF) of at least 30. Put it on 20 minutes before you go outside and every two hours while you are outside. Reapply it after swimming or if you are sweating a lot. A broad-brimmed hat, long-sleeved shirt, and long pants will give you even more protection.

Blisters on the Hand and Foot

Blisters are pockets of fluid that form as the skin's way of protecting itself from friction. Blisters on the feet are common injuries among hikers. You can avoid getting blisters by wearing shoes or boots that fit well, by changing your socks if they become sweaty or wet, and by paying attention to how your feet feel. A hot spot is a warning that a blister might be forming. As soon as you notice it, cover the hot spot with moleskin. If a blister forms, you can protect it with a doughnut bandage. To make one, cut moleskin in the shape of a doughnut, and fit it around the blister. Shape several more doughnuts, and stack them on top of the first. Cover with an adhesive bandage.

Tick Bites

Ticks are small, hard-shelled arachnids that bury their heads in your skin. Protect yourself whenever you're in tick-infested woodlands and fields by wearing long pants and a long-sleeved shirt. Button your collar, and tuck your pant legs into your socks.



Inspect yourself daily, especially the warm and hairy parts of your body, and immediately remove any ticks you find. If a tick has attached itself, ask an adult to help you. The adult will grasp the tick with tweezers close to the skin and gently pull until it comes loose. It's important not to squeeze, twist or jerk the tick, which could leave its mouth parts in the skin. Wash the wound with soap and water, and apply antibiotic ointment. After dealing with a tick, thoroughly wash your hands. If you develop a rash or flulike symptoms or otherwise feel ill in the next days or weeks after being bitten, talk to your doctor.

Bee and Wasp Stings

Scrape away a bee or wasp stinger with the edge of a card or ask an adult to help. Another method is to put a piece of tape on top of the sting to pull out the stinger. Don't try to squeeze it out. That will force more venom into the skin from the sac attached to the stinger. An ice pack might reduce pain and swelling. Some people have severe allergies to bee and wasp stings. If someone has trouble breathing after being stung or feels his or her throat swelling or closing up, seek medical help immediately and alert an adult. Find out if the person is carrying a kit for treating anaphylactic shock, and help him or her administer the medication.



Chigger Bites

Chiggers are almost invisible. Their bites cause itching and small welts. Try not to scratch chigger bites. You might find some relief by covering chigger bites with calamine lotion or hydrocortisone cream.

Spider Bites

Only a few types of spiders' bites cause serious reactions. Victims of these spider bites should be treated for shock and seen by a doctor as soon as possible. When possible, try to identify the spider, or take the dead spider to the physician's office. Be sure that you don't put yourself in danger to do so.



The bite of a female black widow spider can cause redness and pain at the wound site. The victim might suffer sweating, nausea and vomiting, stomach pain and cramps, severe muscle pain and spasms and shock. Breathing might become difficult. The bite of a brown recluse spider doesn't always hurt right away, but within two to eight hours there can be pain, redness, and swelling at the wound. An open sore is likely to develop. The victim might suffer fever, chills, nausea, vomiting, joint pain, and a faint rash.



Snakebite

Snakes are common in many parts of the country, but bites from them are rare. Snakes try to avoid humans and normally strike only when they sense danger. Snakebites seldom result in death.

Use a hiking stick to poke among stones and brush ahead of you when you walk through areas where snakes are common. Remember to stay on the trails. Watch where you put your hands as you collect firewood or climb over rocks and logs.

The bite of a non-venomous snake causes only minor puncture wounds. You can treat these like other puncture wounds; just wash with soap and water, then apply antibiotic ointment and an

adhesive bandage. Before applying medicine, put on disposable, non-latex gloves; ask about any drug allergies; and get permission. Get medical attention if you see signs of an infection.

The bite of a venomous snake can cause sharp, burning pain. The area around the bite might swell and become discolored.

If you think a person has been bitten by a venomous snake, call for help, and follow these steps:

- Keep the person calm and still
- Do not let the victim walk unless it is unavoidable.
- Immobilize the part of the body that was bitten, and position it below the level of the heart.
- Remove any rings or jewelry from the bitten extremity.
- Clean the wound with antiseptic, and cover it with a clean bandage.
- Don't apply ice or a tourniquet.
- Don't cut the wound or try to suck out the venom.
- Don't give the victim caffeine or alcohol.
- Try to remember the snake's shape and color pattern so you can describe it later, but don't try to capture it.

Nosebleed

A nosebleed can look bad, but it will usually stop in just a few minutes. Have the victim sit up and lean forward to prevent blood from draining into the throat. Pinch the nostrils together for 10 minutes to maintain pressure on the flow and stop the bleeding. Apply a cool, wet cloth to the victim's nose and face above where you are pinching. (As always, wear latex-free, disposable gloves.) Watch for symptoms of shock and treat as needed. Call for help if the bleeding doesn't stop after 15 minutes.

Frostbite

Frostbite happens when the skin gets cold enough to freeze. A sure sign of frostbite is grayish-white patches on the skin. Some victims will complain that their ears, nose, fingers, fingers or feet feel painful and then numb. Others won't notice anything.

If you suspect frostbite, get the person into a tent or building, then gently warm the affected area and keep it warm. If an ear or cheek is frozen, remove your glove and warm the injury with the palm of your hand. Slip a frostbitten hand under your clothing, and tuck it beneath an armpit. Treat frozen toes by putting the victim's bare feet against the warm skin of another person.

You can also warm a frozen part by holding it in warm – not hot – running water. Have the patient exercise injured fingers or toes, and don't let the injured area freeze again. Get the victim to a doctor.

Tell or demonstrate the best way to sneeze.

Answer:

Sneeze into a tissue or into the crook of your elbow.

Double – Advance two bases.

How can you get help? Who can you call?

Answer:

You can contact a grown-up, and you can call 911.

Double – Advance two bases.

What should you do if your house catches on fire?

Answer:

-Get out of the house – crawl on the floor to keep from breathing smoke.

-Don't try to put the fire out.

-Call the fire department.

-Don't go back in the house.

Home run – Advance four bases.

Should someone with a nosebleed sit up or lay down to try to stop the bleeding?

Answer:

Have the person **sit up** and lean forward. Pinch the nostrils together to maintain pressure on the flow of blood.

Triple – Advance three bases.

If you want to talk to someone because you don't have anything else to do, should you call 911?

Answer:

No

Single – Advance one base.

Should you use soap when you wash your hands?

Answer:

Yes

Single – Advance one base.

What should you do if someone's clothes catch on fire?

Answer:

Have them **stop**.

Drop to the ground.

Roll and cover your face.

Triple – Advance three bases.

What first aid should you do for a cut or scratch?

Answer:

-Wash the wound with soap and water.

-Applying antiseptic can help prevent infection

-Apply a bandage to keep the wound clean.

Triple – Advance three bases.

What is first aid?

Answer:

First Aid is the first thing that you do to help a person with a serious injury or illness. It is what you must do immediately.

Double – Advance two bases.

Give 2 examples of sports safety equipment.

Answer:

Helmets, elbow pads, knee pads, shoulder pads, mouth guards, face guards, etc

Double – Advance two bases.

In an emergency, what are four things we should try to be?

Answer:

Be strong. Be calm. Be clear. Be careful.

Triple – Advance three bases.

Name 2 things you could find in a first aid kit.

Answers:

Bandages, scissors, tweezers, sterile pads, medicine,
etc

Home run – Advance 4 bases.

Why is it important to wear safety equipment when we participate in sports?

Answer:

Wearing sports equipment will help keep us from getting hurt.

Single – Advance one base.

What is a buddy?

Answer:

A buddy is someone who goes where you go. It helps to have a buddy so that you don't get lost. It is important to have a buddy when you are hiking and when you are swimming.

Home run – Advance 4 bases.

Yes or No, it is possible to put out a fire on someone else by using a blanket?

Answer:

Yes

Single – Advance one base.

Name at least 2 ways to stop the spread of colds.

Answer:

-If you have a cold, stay away from other people.

-Get lots of rest

-Turn your head away from others when you sneeze or cough. Cover your mouth and nose.

-Wash your hands often.

Double – Advance two bases.

What's the most important 3-digit number to remember in an emergency?

Answer:

911

Single – Advance one base.

How long should you wash your hands with soap and water?

Answer:

10-15 seconds or enough time to sing "Happy Birthday" twice

Double – Advance two bases.

Name one thing you can do be safe in a car.

Answer:

Wear your seatbelt.

Don't talk to driver if you're in heavy traffic.

Do talk to the driver if the driver is tired.

Lock the doors.

Keep hands, head and feet inside the car.

Single – Advance one base.

Why is it important to STOP, DROP and ROLL when your clothing is on fire?

Answer:

If you keep moving (and don't stop) the fire will grow. Dropping and rolling will smother and put out the fire.

Triple – Advance three bases.

What are the four things you should remember as you do first aid?

Answer:

1. Be strong.
2. Be calm.
3. Be clear.
4. Be careful.

Triple – Advance three bases.

How can you get help? Who can you call?

Answer:

You can contact a grown-up, you can call the police or the fire department or you can call 911.

Single – Advance one base.

How do you treat a person for shock?

Answer:

- Have him or her lie down
- Raise his feet slightly – unless he is injured.
- If it is cold, cover him. If it is hot don't cover him.

Triple – Advance three bases.

How do you treat someone with a first degree burn?

Answer:

Put the burned area in cold water until the pain stops.

Single – Advance one base.

How can you keep from getting sunburned?

Answer:

Put on sunscreen lotion with a high SPF (sun protection factor) about 20 minutes before you're in the sun. Also wear a hat, sunglasses and other protective clothing.

Single – Advance one base.

A Scout is brave. Why might it be hard to be brave in an emergency?

Answer:

You could be too scared or too panicked to even remember what to do.

Single – Advance one base.

If someone drinks poison, what should you do?

Answer:

Call 911 immediately. Tell them what the poison is and follow their directions.

Double – Advance two bases.

What first aid should you do for a cut or scratch?

Answer:

- Wash the wound with soap and water.
- Applying antiseptic can help prevent infection
- Apply a bandage to keep the wound clean.

Triple – Advance three bases.

What is a second degree burn?

Answer:

This is a burn where blisters form.

Double – Advance two bases.

**What is a third degree burn?
What first aid should you give?**

Answer:

The skin may be burned away. Flesh may be black. Leave clothes on, wrap him with blankets and call for an ambulance (call 911).

Home run – Advance four bases.

What is first aid?

Answer:

First Aid is the first thing that you do to help a person with a serious injury or illness. It is what you must do immediately.

Double – Advance two bases.

True or False:

Trying to be calm when you are giving first aid is a good thing to do, because other will stay calm too.

Answer:

True

Double – Advance two bases.

If someone is stung by a bee, what do you do?

Answer:

Scrape away a bee or wasp stinger with the edge of a knife. Don't try to squeeze it out. Put an ice pack on it if there is pain and swelling.

Single – Advance one base.

True or False:

Do not apply ice to a snakebite.

Answer:

True.

Single – Advance one base.

How do you treat someone with a nosebleed?

Answer:

Have the person **sit up** and lean forward. Pinch the nostrils together to maintain pressure on the flow of blood.

Triple – Advance three bases.

How do you hold your hands when you're going to do abdominal thrusts on someone who is choking?

Answer:

Make a fist with one hand just above his belly button. Cover the fist with your other hand.

Double – Advance two bases.

How can you keep from getting a tick?

Answer:

Wear long pants and a long-sleeved shirt when you are in the woods and fields that have ticks. Also button your collar.

Single – Advance one base.

What can you do to treat chigger bites?

Answer:

Try not to scratch them. There may be some relief by covering chigger bites with calamine lotion or clear fingernail polish.

Double – Advance two bases.

What is frostbite?

Answer:

An injury to the body (usually ears, fingers, toes, nose, etc) caused by freezing.

Double – Advance two bases.

When do we do abdominal thrusts?

Answer:

When someone is choking.

Triple – Advance three bases.

Name at least 2 things that you should find in a first aid kit.

Answer:

Tweezers, adhesive bandages, scissors, safety pins, gloves, roller bandages, sterile pads, calamine lotion, hand cleaner, etc (see page 388-389)

Home run – Advance four bases.

Why is it important to wear safety equipment when we participate in sports?

Answer:

Wearing sports equipment will help keep us from getting hurt.

Single – Advance one base.

How can you keep from getting blisters?

Answer:

Wear shoes or boots that fit.
Avoid wearing damp or wet socks.
Pay attention to how your feet feel.

Triple – Advance three bases.

Give 3 examples of sports safety equipment.

Answer:

Helmets, elbow pads, knee pads, shoulder pads, mouth guards, face guards, etc

Triple – Advance three bases.

Explain the buddy system in swimming.

Answer:

Each person is paired with another person who has the same swimming ability. They go into the water together, stay together, and come out together.

Home run – Advance four bases.

When you call 911 for help, what information do you need to give?

Answer:

Who. What. Where

Triple – Advance three bases.

What should you do if you feel like you might faint?

Answer:

Sit down.

Single – Advance one base.

How should you treat a spider bite?

Answer:

Wash with soap and water.
Apply a cold pack.
Get help

Single – Advance one base.

“Be careful” is something to remember when we do first aid.

What does it mean?

Answer:

As we help other people we need to be careful to make sure that we and others are safe as we offer help.

Double – Advance two bases.

Name one thing you can do be safe in a car.

Answer:

Wear your seatbelt.
Don't talk to driver if you're in heavy traffic.
Do talk to the driver if the driver is tired.
Lock the doors.
Keep hands, head and feet inside the car.

Single – Advance one base.

Be Prepared Closing

Materials:

None

Cubmaster or Den Leader:

Being a hero does not mean that you must risk your own life. It can mean getting help, or making a phone call to 911 to get the police, fire department or an ambulance. The key is to be smart and be quick. Sometimes there isn't much time. You can save a drowning person by pulling them in with a life ring, and not become a victim yourself by jumping in after them.

Many times an adult has been saved because a child knew how to call 911 in an emergency and get help right away.

You never know when or where emergencies will happen. In Cub Scouts, we can learn how to handle these situations. We don't expect to get hurt and we don't expect to need first aid, but we are prepared just in case. So, do your best to be prepared.



Name _____

March Week 1

Home Assignment

(Webelos Scouts working on First Responder Adventure requirement for Webelos rank).

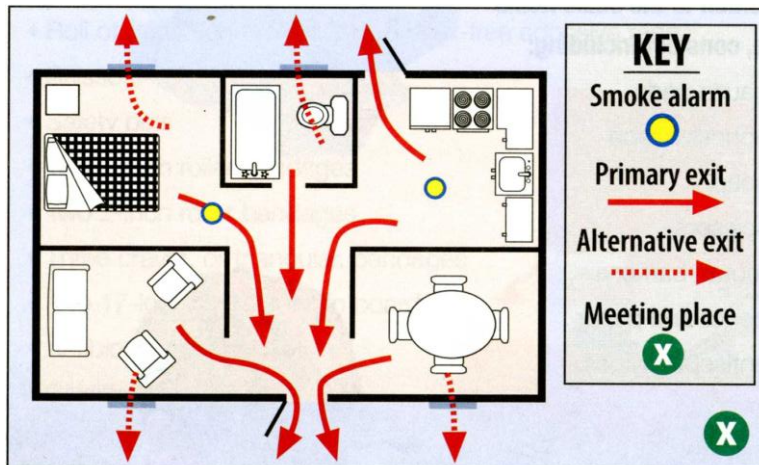
Requirement 7

Create and practice an emergency readiness plan for your home.

Emergencies can happen at any time – even in the middle of the night. What would you do if you woke up and smelled smoke or heard your smoke alarm going off? It's important to have a plan.

Sketch a floor plan of your house or apartment. Figure out two possible escape routes from each room, and draw them on your floor plan. Now, decide on a place away from the building where everyone can meet once they are outside. Discuss your plan with your family, and practice what you would do in an emergency.

Here is an example:



Discuss these questions with your parent:

- Are our smoke alarms working?
- Are our windows easy to open? How could we get out through windows that don't open?
- Are their rooms on a second floor or higher? Should we buy escape ladders? Does our building have a fire escape?
- Would anyone in the family need special assistance in an emergency?

Akela's OK

Date

Return this paper to Cub Scout meeting after you have completed the assignments.

Safety Closing

Materials:

None

Cubmaster:

Today we've spent quite a bit of time talking about how to help people when they are hurt and being safe.

In Cub Scouts we want to be as safe as possible. We have safety rules for many of the activities that we might do where someone could get hurt – like bicycling and swimming. You probably have safety rules at school and at home.

We need to make sure that we are following Akela wherever we are. Are we being safe and following safety rules? Can we be better in following those rules so that we don't get hurt and so our friends and family members don't get hurt?

Have a safe week, Cub Scouts!



Hurry Cases

Materials:

Materials needed to demonstrate to and teach the Scouts (4th grade Webelos Scouts need to be able to show it to you) what to do in the “hurry cases” of first aid.

These are nice, but not required:

- Latex-free gloves
- Plastic goggles
- Antiseptic

First Responder Adventure Requirement 2 (all from Webelos Handbook, pages 66-72)

Show what to do for the hurry cases of first aid:

-Serious bleeding

When blood is spurting from a wound, it must be stopped quickly.

-Heart attack or sudden cardiac arrest

If someone’s heart has stopped, it must be restarted quickly.

-Stopped breathing


If breathing has stopped, it must be restarted quickly.

-Stroke

If someone has a stroke (blockage of blood flow to the brain), he or she must get medical attention quickly.

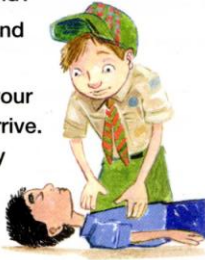
-Poisoning

If someone has swallowed poison, it must be made harmless quickly.



When dealing with hurry cases, remember the three C's.

- ♦ **Check:** Make sure the area is safe for you. Then check the victim to identify the problem. Is the victim breathing or moving? Tap the victim's shoulder and ask, "Are you OK?" Does the victim respond?
- ♦ **Call:** Call 911. Call out for help, or send someone for help.
- ♦ **Care:** Care for the victim to the best of your ability while you wait for help to arrive. Some of the steps in treating hurry cases require special training to perform, but it's important to know what they are.



PROTECTIVE MEASURES TO TAKE WHEN GIVING FIRST AID

Treat all blood as if it contains germs that can make you sick. Do not use bare hands to stop bleeding; always use a protective barrier. If you have any cuts or scrapes, cover them with a bandage. Always wash your hands and other exposed skin with hot water and soap immediately after treating the victim. When possible, don't use a kitchen sink.

The following equipment should be included in all first-aid kits and used when giving first aid to someone in need:

- ◆ Disposable, latex-free gloves—to be used when stopping bleeding, dressing wounds, performing CPR, or treating a victim who is choking
- ◆ Plastic goggles or other eye protection—to prevent a victim's blood from getting into the rescuer's eyes in the event of serious bleeding
- ◆ Antiseptic—for use in cleaning exposed skin areas, particularly if soap and water are not available

HURRY CASE: Serious Bleeding

In a bad accident, you might see blood spurting out of a wound. It doesn't ooze or flow slowly; it gushes out like a fountain. It must be stopped immediately.

If you have them, put on disposable, latex-free gloves and eye protection, then grab the wound with your hand, grab your neckerchief, handkerchief or another cloth. Fold it into a pad, and press it on the wound. If you can, wrap the wound with gauze to hold the pad in place. If not, keep applying pressure with your hand. Don't remove the pad if it gets soaked with blood. Instead, put another pad and bandage over the first.

If the wound is on the arm or leg, raise that limb above the level of the victim's heart. That can help slow the bleeding. (Don't do this if there are other injuries such as a broken bone.)



HURRY CASE: Heart Attack and Sudden Cardiac Arrest

Heart attack is the No. 1 cause of death in the United States. Most heart attacks happen to adults, but sometimes even young people can experience them.

The most common symptom of a heart attack is pain in the center of the chest, but people can have other symptoms as well, including:

- Pain that radiates to the arms, back, neck or jaw
- Sweating when the room is not hot
- Feeling like throwing up
- Feeling weak
- Sudden, sharp chest pain outside the breastbone
- Dizziness or lightheadedness

If you think a person is having a heart attack, call for medical help at once. If the person becomes unresponsive, begin chest compressions immediately, as described below.

Another very serious heart problem is sudden cardiac arrest, which occurs when the heart stops pumping. In seconds, the victim will become unresponsive and will stop breathing or will gasp for breath. If you suspect sudden cardiac arrest, call for medical help and begin chest compressions.

Circulation

Cardiopulmonary resuscitation (CPR) is a way to keep the heart beating until medical help arrives. It requires instruction from a certified teacher.

The steps of CPR for adults include a cycle of 30 chest compressions followed by two rescue breaths. [Do not demonstrate this on a person. Go through it and demonstrate hands, and how to push down on the chest – a pillow or blankets can be the victim if a CPR “dummy” is not available.]

1. Place the heels of your hands on the center of the victim’s chest, one on top of the other. Lace your fingers together.



2. Position yourself over the victim with your shoulders over your hands and your arms straight.
3. Give 30 compressions. Push hard and fast. Let the chest rise completely before pushing down again.
4. Perform two rescue breaths as described in the breathing section.
5. Continue the cycle until one of the following happens:
 - a. The victim shows signs of life (breathing).
 - b. A trained adult or medical help arrives to take over.
 - c. You are too exhausted to continue.
 - d. An AED (automatic external defibrillator) is ready to use.
 - e. The scene becomes unsafe.

Defibrillation

Find out if there is an automated external defibrillator (AED) near the victim. IF there is, you can help by retrieving it and turning it on. An AED is a special device that can shock the heart into beating normally again. AEDs are found in schools, shopping malls, airports, houses of worship, and other places where people gather. You have to complete training to use an AED; this training is usually part of CPR training.

HURRY CASE: Stopped Breathing

In drowning cases, electric shock, and some other accidents, the victims breathing may stop. It must be started again quickly, or the person's heart will stop beating, and the person will die. You can help with these problems by providing care until professional medical help arrives.

Airway

With the victim lying on his or her back, open the airway by pressing down on the forehead and lifting up on the chin. This will keep the tongue from blocking the flow of air. Don't do this if you suspect a neck injury.

If the victim starts to vomit, roll him or her onto the side away from you so the vomit doesn't get inhaled into the lungs. Be sure to roll the body as a unit – not just the upper body. You will need help to do this.

Breathing

When the victim's airway is open, check for breathing. Place your cheek 1 to 2 inches above the victim's mouth. Look, listen and feel for movement and breathing. If the person is breathing, you will feel and hear the airflow on your cheek and see and feel the chest rising and falling. If there are no signals that a person is breathing, give two rescue breaths using the following procedure.

Rescue Breathing

Step 1 Place a CPR breathing barrier over the victim's mouth to protect both of you from any diseases that could be spread.

Step 2 While continuing to tilt the head, pinch the victim's nostrils, seal your mouth over his or her mouth, and blow into it to fill the lungs. The breath should last about one second. Watch to see if the person's chest rises. Remove your mouth and then give another rescue breath.

Step 3 For an adult: If the victim does not start breathing again after two rescue breaths, his or her heart may stop beating, too. Immediately begin CPR.



HURRY CASES: Stroke

Stroke occurs when the blood supply is cut off to part of the brain. Brain damage and death can result if the victim doesn't get medical help.

Stroke can cause:

- Numbness or weakness in the face, arm or leg – especially on one side.
- Trouble walking, speaking, understanding or seeing.
- Dizziness
- Headache

A good way to remember the signs of stroke is with the acronym FAST:

F- Face drooping: Does one side of the person's face drop? Is the person's smile uneven?

A- Arm weakness: Is one arm weak or numb?

S – Speech difficulty: Is the person's speech slurred? Does the person have a hard time speaking or repeating a simple sentence?

T- Time to call for help: If you see these signs, call 911 immediately.

HURRY CASE: Poisoning

Poisoning can be caused by many things, including:

- Eating certain wild mushrooms or berries
- Swallowing household cleaning supplies, weed killers, insect poisons, or even things like nail polish remover
- Taking too much medicine
- Breathing in toxic fumes

If someone has swallowed or breathed in poison, call 911 immediately. Tell the operator what the poison is, if you know it, and follow the directions. Save the poison container so professionals can identify the poison.

If a person has breathed in smoke, gas, or other fumes, try to move him or her to fresh air. Be careful that you don't become a victim yourself, however. Make sure the area is safe first.

It is important always to keep all household cleaners, medicines, weed killers, and insect poisons, out of reach of small children. Locked cabinets are best because children are curious and quickly learn to climb.

First Aid Hurry Cases Red Light Green Light

Materials:

List of statements

Instructions:

Cub Scouts stand in a line side-by-side, with a goal of making it to the opposite end of the playing area. As the leader reads the statements, a Cub Scout takes three steps forward if he believes the answer is "true." If he thinks the answer is "false," he does not move. If a Cub Scout gets an answer wrong, he must go back to the beginning.



Some First Aid and Safety statements (not all are "Hurry Cases"):

- *Serious Bleeding and Poisoning are two of the five hurry cases. [True]
- *You have to press hard on a wound that has blood spurting out to stop the bleeding. [True]
- *A stroke is the number 1 cause of death in the United States. [False – Heart Attack is the number 1 cause of death.]
- *You should always wear a seatbelt when riding in a car. [True]
- *Cardiac arrest happens when the heart stops pumping blood. [True]
- *One way to keep the heart beating until medical help comes is CPR or cardiopulmonary resuscitation. [True]
- *Rescue breathing is what we can do to help someone who has stopped breathing. [True]
- *Stopped Breathing and Stroke are two of the five hurry cases. [True]
- * If there is an emergency, the number you call is 322. [False – 911]
- *Swallowing household cleaning supplies can cause poisoning. [True]
- *When you go swimming you should always have a buddy. [True]
- *The worst kind of burn is called a 3rd degree burn. [True]
- *Hurry cases are bad situations where first aid is needed immediately. [True]
- *You could keep from getting sunburned by putting on some sunscreen. [True]

*When you are riding your bike you should never hitch a ride by holding onto a truck, car or other vehicle. [True]

*You only need a first aid kit in your house. [False - It is good to have one in the car too.]

*Pain in the center of the chest is the most common symptom of a heart attack. [True]

*You should keep your hands, head and feet inside a car. [True]

*You should never go back into a burning building for any reason. [True]

*You treat a person in shock by having him lie down and raise his feet. [True]

*You can keep a cut or scrape clean by putting a bandage on it. [True]

You can come up with more statements if necessary.