



## ***Webelos First Responder Adventure***



**Purpose of the Adventure:** Learn basic personal safety and first aid skills.

### **Takeaways for the Scout:**

- Learn what to do when confronted with an emergency
- Learn how to treat minor wounds, bites, and stings
- Learn what each item in your first aid is for and when to use it
- Learn and develop an emergency plan for your family

### **Complete Requirement 1 and at least five others. (Webelos Handbook, page 50)**

1. Explain what first aid is. Tell what you should do after an accident.
2. Show what to do for hurry cases of first aid: Serious bleeding, heart attack or sudden cardiac arrest, stopped breathing, stroke, poisoning
  - Serious bleeding
  - Heart attack or sudden cardiac arrest
  - Stopped breathing
  - Stroke
  - Poisoning
3. Show how to help a choking victim.
4. Show how to treat for shock.
5. Demonstrate how to treat at least five of the following:
  - Cuts and scratches
  - Burns and scalds
  - Sunburn
  - Blisters on the hand or foot

- Tick bites
  - Bites and stings of other insects
  - Venomous snakebites
  - Nosebleed
  - Frostbite
6. Put together a simple home first-aid kit. Explain what you included and how to use each item correctly.
  7. Create and practice an emergency readiness plan for your home or den meeting place.
  8. Visit with a first responder or health care professional.

### **Requirement #1:**

#### **Explain what first aid is. Tell what you should do after an accident.**

First aid is emergency care given immediately to an injured person. The purpose of first aid is to minimize injury and future disability. In serious cases, first aid may be necessary to keep the victim alive.

If you are in an emergency situation where you believe someone is injured, do these five things:

1. **DANGER:** Search for any dangers that may affect you! It is important that before rushing in you ensure that the area is safe for yourself.
2. **RESPONSE:** Is the person able to respond? If there is no immediate response, use your fingers to tap on their collar bone to see if you get a response and yell “Are you okay?” or “Can you hear me?”. If you get a response that is a good sign! If not, continue...
3. **AIRWAYS:** If the victim is unconscious it is crucial that you check to make sure their airway is open. First check their mouth. They may have choked on something that you can easily remove. If there is nothing in their mouth, gently tilt their head back and lift their chin. This will allow open the person’s airway.

4. **BREATHING:** Check to see if the person is breathing at all. Lean over the person and put your ear to their mouth while facing their chest. Watch for 5seconds. If you can see their chest rise and fall that is a good sign. If you do not see/feel anything it means air is not getting to their brain and the time is ticking.
5. **CALL 911:** Call for help! Instruct someone nearby to call 911 while you begin CPR. If you are the only one, call 911 and put them on speakerphone so you can begin CPR while explaining to them what happened. **Note: only preform CPR if you are trained and qualified, otherwise, do as the 911 operator tells you to do.**

**Remember the three C's: Check – Call - Care**

## **Requirement #2:**

**Show what to do for hurry cases of first aid: Serious bleeding, heart attack or sudden cardiac arrest, stopped breathing, stroke, poisoning**

### **Serious Bleeding Hurry Case**

- Blood gushing out of a wound like a fountain needs immediate attention.
- Put on gloves and eye protection before touching victim.
- Grab wound and press hard.
- Grab cloth, fold it, and press on wound. Do not remove pad if it gets soaked with blood. Instead, put another one over the first.

### **Stopped Breathing Hurry Case**

- Make sure victim is lying on their back. Press down on forehead & lift chin to open airway.
- If victim is not breathing, give 2 rescue breaths. Put CPR barrier over mouth.
- Pinch victim's nose, seal your mouth over theirs, and blow into it to fill lungs.
- Remove mouth, then give another rescue breath.

### Heart Attack/Cardiac Arrest Hurry Case

- If person is unresponsive, begin chest compressions immediately.
- Put your hands on top of each other, and lace fingers together.
- Using heels of your hands, push hard and fast on victim's chest for 30 compressions. Perform 2 rescue breaths.
- Give 30 compressions. Continue this cycle.

### Poisoning Hurry Case

- If someone has swallowed or breathed in poison, call 911 or 1-800-222-1222 (national Poison Help Line) immediately
- Tell operator what the poison is if you know it. Follow their directions.
- Save poison container so professionals can identify poison.

Stroke Hurry Case • Remember FAST. • Face drooping - One side drooping? Uneven smile? • Arm weakness - One arm weak or numb? • Speech difficulty - Slurred speech? Hard time speaking or repeating simple sentence? • Time to call 911 – Call 911 immediately for any of these signs.

### **Requirement #3:**

#### **Show how to help a choking victim.**

*Mild choking: encourage them to cough*

If the airway is only partly blocked, the person will usually be able to speak, cry, cough or breathe. They will usually be able to clear the blockage themselves.

To help with mild choking in an adult or child over 1 year old:

- encourage them to keep coughing to try to clear the blockage
- ask them to try to spit out the object if it is in their mouth
- do not put your fingers in their mouth to help them as they may bite you accidentally
- If coughing does not work, start back blows.

### *Severe choking: back blows and abdominal thrusts*

Where choking is severe, the person will not be able to speak, cry, cough or breathe. Without help, they will eventually become unconscious.

To carry out a back blow on an adult or child over 1 year old:

- Stand behind them and slightly to one side. Support their chest with 1 hand. Lean them forward so the object blocking their airway will come out of their mouth, rather than moving further down.
- Give up to 5 sharp blows between their shoulder blades with the heel of your hand. The heel is between the palm of your hand and your wrist.
- Check if the blockage has cleared.
- If not, give up to 5 abdominal thrusts.

### *Abdominal thrusts*

**Do not give abdominal thrusts to babies under 1 year old or pregnant women.**

To carry out an abdominal thrust:

- Stand behind the person who is choking.
- Place your arms around their waist and bend them forward.
- Clench 1 fist and place it right above their belly button.
- Put the other hand on top of your fist and pull sharply inwards and upwards.
- Repeat this movement up to 5 times.

If the person's airway is still blocked after trying back blows and abdominal thrusts, get help immediately: Call 911

#### **Requirement #4:**

##### **Show how to treat for shock.**

Lay the Person Down, if Possible

Elevate the person's feet about 12 inches unless head, neck, or back is injured or you suspect broken hip or leg bones. Do not raise the person's head. Turn the person on side if he or she is vomiting or bleeding from the mouth.

#### **Requirement #5:**

**Demonstrate how to treat at least five of the following: A. Cuts and scratches, B. Burns and scalds, C. Sunburn, D. Blisters on the hand or foot, E. Tick bites, F. Bites and stings of other insects, G. Venomous snakebites, H. Nosebleed, I. Frostbite**

- A. To treat cuts and scrapes, apply gentle pressure, disinfectant, and bandages.
- B. To treat burns or scalds, run cool water over the injury for 15 minutes, disinfectant, and bandages.
- C. To treat sunburn, remove exposure to the sun, apply aloe lotion and cool skin.
- D. To treat a blister, remove friction source. New skin will form underneath the affected area and the fluid is simply absorbed. Do not puncture a **blister** unless it is large, painful, or likely to be further irritated. The fluid-filled **blister** keeps the underlying skin clean, which prevents infection and promotes healing. Bandage or if on foot, use moleskin to build up a cushion area and bandage.
- E. To treat a tick bite, grasp the tick as close as you can to your skin's surface. Pull straight up and away from the skin, applying steady pressure. Check the bite site to see if you left any of the tick's head or mouth parts in the bite. Clean the bite site with soap and water and apply a bandage. Put the tick in a bag or container and keep two weeks in case you become ill.

- F. To treat insect bites or stings, if needed, remove the stinger. Use a card to scrape the stinger out. Do not pull the stinger out by the end, you will inject more venom.

Wash the area with soap and **water**.

Apply a sting wipe or sting lotion to area and you can apply a cool compress for pain.

Benadryl will help with pain and swelling.

- G. To treat venomous snake bites, assume all snake bites are venomous unless you know for sure. **Do not cut the bite or suck out the venom.** Lay or sit the person down with the **bite** below the level of the heart. Call 911 or send someone for help.

Tell him/her to stay calm and still. Do not move the victim.

Wash the wound with warm soapy water immediately.

Cover the **bite** with a clean, dry dressing

- H. To treat nosebleed, sit down and firmly pinch the soft part of your **nose**, just above your nostrils, for at least 10-15 minutes. lean forward and breathe through your mouth – this will drain blood into your **nose** instead of down the back of your throat.

If bleeding is not stopped after 30 minutes, seek medical help.

- I. To treat frostbite, **Restore Warmth slowly**, until you can see a doctor: Get the person to a warm place and remove any wet clothing. Unless absolutely necessary, the person should not walk on frostbitten toes or feet.

**Do not rewarm the skin until you can keep it warm. Warming and then re-exposing the frostbitten area to cold air can cause worse damage.**

Gently warm the area in cool or lukewarm water (not hot) or with wet heat until the skin appears red and warm.

If no water is nearby, breathe on the area through cupped hands and hold it next to your body.

Do not use direct heat from heating pads, radiator, or fires.

Do not rub or [massage](#) the skin or break [blisters](#).

## **Requirement #6**

**Put together a simple home first-aid kit. Explain what you included and how to use each item correctly.**

The BSA Personal First-Aid Kit should have these items at minimum

- Six adhesive bandages (peel and place pad on wound)
- Two 3-by-3-inch sterile gauze pads (cleaning wounds, stop bleeding, bandage)
- One small roll of adhesive tape (secure gauze for bandages, splint)
- One 3-by-6-inch piece of moleskin (protection for blisters or hot spots)
- One small bar of soap or travel-size bottle of hand sanitizer (clean hands)
- One small tube of antibiotic ointment (infection fighting for small wounds)
- One pair of scissors (cut away clothing, bandages, tape)
- One pair of non-latex disposable gloves (personal protection)
- One CPR breathing barrier (protection for responder and victim)
- Pencil and paper (write down vitals, whereabouts, what is wrong)

## **Requirement #7**

**Create and practice an emergency readiness plan for your home or den meeting place.**

Put a plan together by discussing the questions below with your family, friends, or household to start your emergency plan.

- How will I receive [emergency alerts and warnings](#)?
- What is my [shelter](#) plan?
- What is my [evacuation](#) route?
- What is my [family/household communication plan](#)?
- Do I need to update my [emergency preparedness kit](#)?
- Check with the [Centers for Disease Control \(CDC\)](#) and update my emergency plans due to Coronavirus. Get masks (for everyone over 2 years old), disinfectants, and check my sheltering plan.



## **Requirement #8:**

### **Visit with a first responder or health care professional.**

Contact your local sheriff, fire, ambulance company or hospital for a tour. If unable, some facilities have virtual tours available and most police and fire captains will do a Zoom meeting if asked.

### **Additional resources:**

[boyscouttrail.com › webelos › webelos-first-responder](https://www.boysscouttrail.com/webelos/webelos-first-responder)

<https://www.ready.gov/plan>

<https://learn.eartheasy.com/articles/teaching-my-child-first-aid-6-essentials/>

<https://www.webmd.com/first-aid/choking-treatment>

<https://boyslife.org/video-audio/4937/first-aid-kit-buying-guide/>

<http://usscouts.org/advance/cubscout/workbooks/Webelos/First-Responder.pdf>