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FIRST AID (1)

Satisfy your counselor that you have knowledge of all first aid requirements for Tenderfoot, 2nd Class, and 1st Class ranks.

Tenderfoot:

2a. Demonstrate the Heimlich maneuver and tell when it is used.
11b. Show first aid for the following:

- Simple cuts and scratches
- Blisters on the hand and foot
- Minor burns or scalds (first degree)
- Bites and stings of insects and ticks
- Poisonous snakebite
- Nosebleed
- Frostbite and sunburn



2nd Class:

6a. Show what to do for “hurry” cases of stopped breathing, serious bleeding, and internal poisoning.
6b. Prepare a personal first aid kit to take with you on a hike.
6c. Demonstrate first aid for the following:

- Object in the eye
- Bite of a suspected rabid animal
- Puncture wounds from a splinter, nail, and fish hook
- Serious burns (second degree)
- Heat exhaustion
- Shock
- Heatstroke, dehydration, hypothermia, & hyperventilation



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A choking victim can't speak or breathe, so...

- | | |
|---------------------------------|----------------------------|
| (A) give a drink of cool water | (C) give abdominal thrusts |
| (B) have them lie on their back | (D) have them do push ups |

For a simple bone fracture, you should...

- | | |
|------------------------------------|-------------------------------------|
| (A) lower the affected limb | (C) never give aspirin or ibuprofen |
| (B) immobilize the limb & raise it | (D) set the bone yourself |

For blisters, you should...

- | | |
|----------------------------------|----------------------------------|
| (A) pop it with a pocket knife | (C) drain only if painful; cover |
| (B) take to hospital immediately | (D) rub the soft, dry towel |

For a nosebleed, you should...

- | | |
|-----------------------------|-----------------------------------|
| (A) place head between legs | (C) pinch nose; breath with mouth |
| (B) blow the nose hard | (D) place a warm towel on neck |



ANSWERS: hypothermia (A); bee sting (C); frostbite (A); choking (C); fracture (B); blister (C); nosebleed (C).

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SKILL TEACHING (7)

□ Teach another Scout a first-aid skill selected by your counselor. List the skill taught:



(circle your answers)

For hypothermia, you should...

- | | |
|----------------------------------|----------------------------------|
| (A) place blankets around victim | (C) encourage victim to exercise |
| (B) rub or massage their limbs | (D) remove excess clothing |

For a bee sting, you should...

- | | |
|----------------------------------|--------------------------------------|
| (A) pull the stinger out by hand | (C) rub out stinger with a thin card |
| (B) scratch it only if it itches | (D) never apply alcohol |

For frostbite, you should...

- | | |
|----------------------------------|-----------------------------------|
| (A) remove any wet clothing | (C) keep victim out of warm areas |
| (B) massage the frostbitten area | (D) rub the area with snow |

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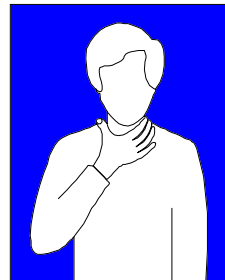
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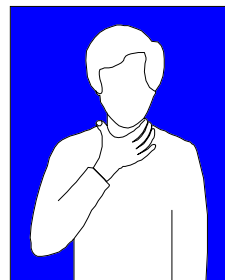
1st Class:

- 8b. Demonstrate bandages for a sprained ankle. and for injuries on the head, the upper arm, and the collarbone.
- 8c. Show how to transport by yourself, and with one other person, a person:
 - from a smoke-filled room
 - with a sprained ankle, for at least 25 yards.
- d. Tell the five most common signs of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).



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MEDICAL ASSISTANCE (2)

a. How you would obtain emergency medical assistance:
from your home _____

on a wilderness camping trip _____

during an activity on open water _____

b. Prepare a first aid kit for your home. List, display and discuss its contents with your counselor.



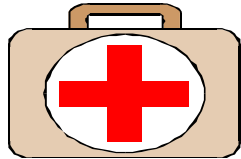
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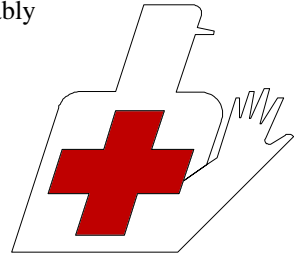


muscle cramps	symptoms
first aid	
prevention	

MOBILIZATION (6)

If a sick or injured person must be moved, how would you determine the best method? _____

With helpers under your supervision, improvise a stretcher and move a presumably unconscious person.



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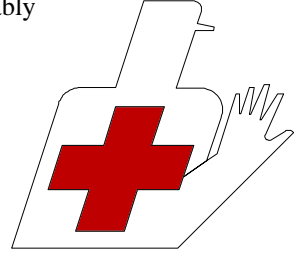


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abdominal pains	symptoms
first aid	
prevention	

broken-chipped-loosened tooth	symptoms
first aid	
prevention	

knocked out tooth	symptoms
first aid	
prevention	



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Heart Attack Warning Signs

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** This feeling often comes along with chest discomfort. But it can occur before the chest discomfort.
- **Other signs:** These may include breaking out in a cold sweat, nausea or lightheadedness

Stroke Warning Signs

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

Cardiac Arrest (strikes immediately and without warning)

- Sudden loss of responsiveness. No response to gentle shaking.
- No normal breathing. The victim does not take a normal breath when you check for several seconds.
- No signs of circulation. No movement or coughing.

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SEVERE EMERGENCIES (3)

What action should you take for someone who shows signs of a heart attack? _____

Identify the conditions that must exist before performing CPR on a person. _____

Demonstrate proper technique in performing CPR using a training device approved by your counselor.

What steps that need to be taken for someone suffering from a severe laceration on the:

leg _____

wrist _____



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dehydration	symptoms
first aid	
prevention	

bruises-sprains -sprains	symptoms
first aid	
prevention	

burns	symptoms
first aid	
prevention	



dehydration	symptoms
first aid	
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prevention	



SYMPTOMS

Describe the symptoms, proper first aid procedures, and possible prevention measures for the following conditions:

hypothermia	symptoms
first aid	
prevention	

convulsions/ seizures	symptoms
first aid	
prevention	

frostbite	symptoms
first aid	
prevention	

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What are the dangers in using a tourniquet? _____



Under what conditions is its use justified? _____

When could a bee sting life threatening? _____

What action should be taken for prevention and for first aid? _____



What are the symptoms of heatstroke? _____

What action needs to be taken for first aid & for prevention? _____

What are the dangers in using a tourniquet? _____



Under what conditions is its use justified? _____

When could a bee sting life threatening? _____

What action should be taken for prevention and for first aid? _____



What are the symptoms of heatstroke? _____

What action needs to be taken for first aid & for prevention? _____

BROKEN BONES (4)

Describe the signs of a broken bone. _____

List and show first aid procedures (using improvised materials) for handling fractures, including open (compound) fractures of the:

forearm _____

wrist _____

upper leg _____

lower leg _____



#ADAM

Compound

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List and show first aid procedures (using improvised materials) for handling fractures, including open (compound) fractures of the:

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#ADAM

Compound

List the symptoms and possible complications for treating suspected injuries to the back, neck, and head.

What measures should be taken to reduce the possibility of further complicating these injuries? _____

List & demonstrate proper procedures for treating such injuries. _____



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