## First Responder



Webelos Adventure: First Responder

Do all of these:

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

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

a. Serious bleeding

b. Heart attack or sudden cardiac arrest

c. Stopped breathing

d. Stroke

e. Poisoning

3. Show how to help a choking victim.

4. Show how to treat for shock.

5. Demonstrate that you know how to treat the following:

a. Cuts and scratches

b. Burns and scalds

c. Sunburn

d. Blisters on the hand and foot

e. Tick bites

f. Bites and stings of other insects

g. Venomous snakebite

h. Nosebleed

i. 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.

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

### Ideas for Adventure Requirements:

<http://www.boyscouttrail.com/webelos/webelos-first-responder-adventure.php>

1. Review first aid information with some of these [online first aid tests](http://www.boyscouttrail.com/tests.asp)
2. Learn about CPR and choking at [CPR Dude](http://cprdude.com).
*On page 69 of the Webelos handbook, it says to start chest compressions if someone is unresponsive - this is incorrect. CPR should be started if there is no signs of life, not if someone is just unconscious.*
Most Webelos aged boys will not be big enough to effectively perform CPR. If you line up a CPR instructor to visit your den, don't set the expectation that the scouts will earn any CPR certification.
3. Scouts should **NOT** simulate back blows or abdominal thrusts on each other. Showing hand placement is all they should not, not apply any pressure.
4. Before having any injured person lay down, it's best to spread a coat, blanket, sleeping pad, ... or such down first. This keeps the patient insulated from the ground and a bit cleaner.
5. *Demonstrate* means to actually do the skill, not just explain it in words. It's more interesting and engaging to have materials and simulate wounds, even if just drawing on skin with a red marker.
6. Knowing how to properly use each item in the kit is just as important as including it.
7. Have scouts work with their parents using page 84 of their Webelos Handbook to draw a floorplan of their house with two exits from each room and an outdoor meeting spot.
8. Plan ahead for this by contacting your police , fire department, or other emergency service provider.

### First Responder Activities

<http://boyscouttrail.com/worksheets/responder_worksheet.php>

### Word Search

Find these words:
Aid   Harm   Scratch   Airway   Help   Shock   Bandage   Hurt   Splint   Bite   Injury   Sprain   Blister   Burn   Pulse   Cut   Symptom   Poison   Pressure   Tape   Wound   Scab   Xray   Fainting   Safety   Fracture

P E B L I S T E R D S M X

O S F E V C U T M N P L R

I L A E P R E S S U R E A

S U I G I A I D M D A R Y

O P N A N T T R N Y I U M

N T T D M C A U S A N T O

P N I N S H O C K W T C T

L I N A S W A L H R R A P

E L G B C B C D P I U R M

H P N R U B I T E A H F Y

N S A F E T Y R U J N I S

### Emergencies

Use the following words to complete each sentence. Each word is used only once.

alarm   arson   ax   burn   call   crawl   drill   emergency   escape   exit   explode   extinguisher   flammable   fuse   hazard   homes   hose   hot   outlet   panic   plan   roll   scald   smoke detector   >Sparky   water

1. If trapped in smoke; \_\_\_\_\_\_\_\_\_\_\_\_ under the smoke to safety.
2. Gasoline can \_\_\_\_\_\_\_\_\_\_\_\_ near a flame or heat.
3. Electrical \_\_\_\_\_\_\_\_\_\_\_\_ covers protect little children from shock.
4. A \_\_\_\_\_\_\_\_\_\_\_\_ is used to put water on a fire.
5. Treat a minor burn with cool \_\_\_\_\_\_\_\_\_\_\_\_.
6. Use the enclosed stairs marked "\_\_\_\_\_\_\_\_\_\_\_\_," not the elevator, to escape from a burning building.
7. Have a home fire \_\_\_\_\_\_\_\_\_\_\_\_ now. It could save your life later.
8. Learn not to \_\_\_\_\_\_\_\_\_\_\_\_.
9. \_\_\_\_\_\_\_\_\_\_\_\_ is NFPA'S Fire safety dog.
10. If there is a fire, get out fast. Then \_\_\_\_\_\_\_\_\_\_\_\_ the fire department.
11. \_\_\_\_\_\_\_\_\_\_\_\_ is a crime. It is a fire set on purpose that does harm.
12. Unless trained to use a fire \_\_\_\_\_\_\_\_\_\_\_\_, a person should get out and call the fire department.
13. Most fires in which people die happen in their own \_\_\_\_\_\_\_\_\_\_\_\_.
14. A \_\_\_\_\_\_\_\_\_\_\_\_ is an unsafe condition that exists in your home.
15. A \_\_\_\_\_\_\_\_\_\_\_\_ can warn you of a fire before you might smell, hear, or see it.
16. If you smell smoke, don't open the door. Feel it to see if it's warm or \_\_\_\_\_\_\_\_\_.
17. Fire fighters and paramedics respond to \_\_\_\_\_\_\_\_\_\_\_\_ calls.
18. \_\_\_\_\_\_\_\_\_\_\_\_ only causes more panic; set a calm example.
19. Make a home escape \_\_\_\_\_\_\_\_\_\_\_\_. Practice it twice a year.
20. In case of fire, you must have two \_\_\_\_\_\_\_\_\_\_\_\_ routes from your home.
21. A false \_\_\_\_\_\_\_\_\_\_\_\_ may prevent fire fighters from getting to a real fire.
22. \_\_\_\_\_\_\_\_\_\_\_\_ liquids catch fire easily.
23. Fire fighters may use an \_\_\_\_\_\_\_\_\_\_\_\_ to break through locked doors.
24. A \_\_\_\_\_\_\_\_\_\_\_\_ disconnects overloaded electrical circuits.
25. If your clothes catch on fire, stop, drop, and \_\_\_\_\_\_\_\_\_\_\_\_.
26. A hot liquid burn is a \_\_\_\_\_\_\_\_\_\_\_\_.

### First Aid Matching

Match the items in the first aid kit (Numbers) with the condition for which that item would be used (Letters).

1. Ace bandage wrap
2. Hydrogen peroxide
3. 4 x 4 sterile gauze pad
4. Saline solution
5. Tweezers
6. Calamine lotion
7. Large triangle bandage
8. Adhesive tape
9. Sterile roller bandage
10. Band-Aid
11. Scissors
12. Safety pins
13. 30" splints of wood
14. Pressure bandage
15. Thermometer

1. 3 inch scrape
2. splinter in finger
3. sprained ankle
4. secure a bandage over a wound
5. clean a shallow cut
6. cover a second degree burn
7. secure a sling bandage
8. cover a small cut on a finger
9. check someone's temperature
10. cover a deep, heavily bleeding wound
11. poison ivy rash
12. cut roller bandage
13. sprained arm
14. clean out dirt in your eyes
15. immobilize a broken leg

### Emergency Alert System Skit

<http://www.boyscouttrail.com/content/skit/emergency_alert_system-76.asp>

This Skit is meant for Cub Scouts.
Decide for yourself if it is appropriate for your younger scouts or not.

Required:

6 to 10 scouts

Notes:

Make sure you practice so the Beeeeeps start and stop when they should and so that the punch line does not drag on too long.

Script:

All scouts but one stand in line. Lead scout is in front or to one side.
**Leader**: For the next ten seconds we wil conduct a test of the emergency broadcast system.
(line of scouts all make Beeeeeeeeeeep sound until the leader raises his hand.)
**Leader**: Thank you. This concludes the test of the emergency broadcast system. Had this been an actual emergency, you would have heard...
(line of scouts scream in panic and run around)

### First Aid Relays Game

<http://www.boyscouttrail.com/content/game/first_aid_relays-442.asp>

This Game is meant for Boy Scouts, Webelos scouts.

Notes:

These are a handful of different First Aid games that can be fun and useful.
Make sure scouts have been taught the various skills before doing the games.

Instructions:

**Fireman's Drag Relay**:
Two teams - half the members of each team are firemen, the other half are victims and are laying on their backs. On signal, the first fireman runs up to his victim, ties his wrists together with a neckerchief, and pulls him back to the starting line with the fireman's drag. He touches off the next fireman, who then rescues his victim. First team to bring in all their victims wins.

**Two-Man Carry Relay**:
Number each scout on each team.
#1 and #2 carry #3 using a four-hand seat carry for conscious victim to end and back.
#2 and #3 carry #4.
Continue through scouts.
Next-to-Last and Last carry #1.
Last and #1 carry #2.
If a victim touches the ground, stop and do some penalty, re-form the carry and continue.

**Stretcher Relay**:
Need two staffs and a blanket for each team to create stretchers. Also need paper cups and water.
#1 and #2 create a stretcher and carry #3 to end and take stretcher apart. Each scout brings back one piece of the stretcher.
#2 and #3 carry #4. Continue through scouts. Next-to-Last and Last carry #1. Last and #1 carry #2.
Bonus: Have the victim carry a paper cup of water. The team with the most water left gets a bonus.

**Arm Sling Relay**:
Teams line up in relay formation with one scout acting as victim and standing in front of his team 30 feet away. All other people have their neckerchiefs on properly.
The first scout on each team runs to the victim, asks what is wrong, and applies an arm sling to the arm indicated.
When the judge sees that the sling is correct, he calls out "Cured!".
The scout removes the sling and becomes the victim. The previous victim runs back to touch the next member of his team. This continues until all on the team have been victim and rescuer.

**Pressure Pad Relay**:
Teams line up in relay formation with one scout acting as victim and sitting in front of his team 30 feet away. All other scouts have their neckerchiefs on properly.
The first scout on each team runs to the victim, asks what is wrong, and applies his neckerchief folded into a pressure pad where indicated.
When the judge sees that the pad is correct, he calls out "Cured!".
The scout removes the pad and becomes the next bleeding victim. The previous victim runs back to touch the next member of his team and puts his neckerchief back on.
This continues until all on the team have been victim and rescuer.

### Banged Up Benny Game

<http://www.boyscouttrail.com/content/game/game-441.asp>

This Game is meant for Boy Scouts, Webelos scouts.

Required:

Neckerchiefs.
Folded up paper towels to use as sterile pads.
List of wounds on paper for each group.

Instructions:

Split in groups of 4 to 6 scouts.
One scout is Benny, he's all banged up from some terrible accident; the rest are rescuers.

Scouts line up single file with Benny out in front of them 10-30 feet. Have first aid materials beside each Benny.

On the leader's go signal, the first rescuer sees Benny, runs to him, and asks what is wrong. Possible injuries are: scalp wound (head bandage), thigh cut (pressure wrap), sprained ankle, broken arm (sling), hand or wrist cut (pressure pad).
Rescuer applies his neckerchief and sterile pads as required where indicated.
When complete, he asks Benny if there's anything else wrong. If Benny says "Yes", the rescuer calls for help.
The next rescuer takes a turn helping Benny and then asks if there is more.
When Benny says "broken legs", the scout needs to get help and two scouts carry him back in a four-hand seat carry with the other scouts spotting.

This is used for serious practice in a fun way and there should be no time limit - try to have the scouts make good application of the dressings.

### Emergency Preparedness Award

<http://www.boyscouttrail.com/content/award/award-205.asp>



When a member has fulfilled the requirements, a completed application is submitted to the council. Upon approval, an Emergency Preparedness pin is awarded. The pin may be worn on civilian clothing or on the uniform, centered on the left pocket flap. The award may be earned more than once; for instance, as a young person advances through the ranks and is capable of more complex preparedness activities, but only one pin may be worn.

* Download the [award application form](http://www.scouting.org/filestore/pubs/pdf/680-602.pdf)

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| **All emergency activities carried out by Scouting units must be appropriate for the ages and abilities of the young people involved. Units should participate only under the supervision of their own leaders, and plans for unit help must be coordinated with community agencies responsible for disaster preparedness.** |



### Webelos Scout Requirements

1. Learn rescue techniques.
2. Build a family emergency kit, with an adult family member participating in the project.
3. Take a first-aid course.
4. Learn to survive extreme weather situations.
5. Learn about stranger awareness, Internet safety, or safety at home.
6. Give a presentation to your den on preparing for emergencies.