

FIRST AID

First Aid is an important session so try not to rush this session as it is very vital for the cubs to understand the contents. (If you don't feel confident enough to lecture this session, seek professionals such as St. John's or Red Cross.)

Here we will discuss how to treat burns and scalds, sunburn, heat exhaustion and hypothermia. We will also show the cubs how the recovery position is done and what it is used for.

As stated in the Silver Arrow it is important to inform the cubs that before they give help to someone they have to check if there is any danger. If so they will call for help immediately and will not help the injured. In any case, being a small scar or a big accident, a Cub Scout will always call for help of an adult assistance and will not treat the injured by him/herself. S/he will do this under the supervision of an adult.

Burn – a type of injury to the skin caused by heat, open flame, electricity, chemicals or friction. These are dry heat. Burns can be classified as 1st, 2nd and 3rd degree burn. 1st degree burn is when on the outer layer of the skin is damaged (epidermis). 2nd degree is when there is damage to the outer layer and the layer underneath it (dermis) while in 3rd degree burn there is full-thickness damage to the skin (epidermis, dermis and subcutaneous tissue). A 3rd degree burn may also spread into muscle tissue.

Scald – is a burn caused by hot liquids or gases and most commonly occurs from exposure to hot drinks, high temperature tap water in showers and baths, hot cooking oil or steam. These are wet heat.

Burns cause swelling, blistering and scarring. Thus it is important to treat immediately as the person is prone to infections as the skin protective barrier is broken. Treating burns depends on the cause of the burn, how deep it is and how much of the body it covers. Treating small 1st or 2nd degree burns:

- o Remove clothing or jewellery that is near the burn but not from the burn itself. (That is if there is clothing stuck to the burn leave it there as you will do more damage by removing it)
- o Pour cold water on the affected area/burn for a few minutes
- o Assess the wound to see how deep the burn is. If there is extensive damage, blisters or swelling. The less touching to the wound the better.
- o An appropriate cream can be applied to the burn if it 1st or 2nd degree only. Afterwards cover the burn with sterile swabs and a bandage
- o In case of 3rd degree burn, cover it with sterile swabs and take the injured to the nearest doctor

Heat Exhaustion or Heat Shock – is when your body temperature rises to dangerous levels. Normally the body cools itself off by sweating but during hot weather, especially with high humidity (like Malta), sweating is not enough, thus heat exhaustion is caused. This is mostly caused by excess heat to the body like staying for long hours in the sun (especially between 11:00 and 16:00). The person will start sweating heavily, rapid breathing and fast weak pulse. Treating a person with heat exhaustion is easy:

- o Move the person to a cool spot out of the sun (preferably indoors)
- o Sit the person down and loosen any tight clothing
- o Cool the skin with cold water
- o Give the person water to drink

In order to prevent heat exhaustion, drinking fluids and limiting the time in the sun can be helpful. **Sunburn** – a sign of skin damage caused by ultraviolet rays from the sun that pass through your skin and damage your skin cells and cause skin problems in the future. Suntans are not healthy as it appears after the damage is already done. Prevention is better than cure, thus in order to prevent sunburn one needs to use a high factor sun protection cream, wears a hat and sunglasses and stay in the shade between 11:00 and 16:00. Nevertheless, one still may get sunburned, thus in order to treat it:

- o Apply after sun lotion to the person's skin (do not rub it in as it may cause itching)
- o Tell the person to have frequent cold showers as they are comfortable and will help with the pain
- o Drinking water is vital

Hypothermia – is when your body loses heat faster that you can generate it. It is caused by either cold weather (staying for a long time outdoors), from being cold and wet or for staying under/in cold water for a long time. Hypothermia can make you sleepy, confused and clumsy and you may not realize that you need help. Shivering uncontrollably and lips turning blue are both signs of hypothermia and you need to help the person.

If hypothermia happens when the person is in cold weather or is both cold and wet, you need to:

- o Remove the person from outdoors
- o Change his/her clothes if possible
- o Put on blankets in order to warm the person up
- o Give him/her hot drinks

If on the other hand hypothermia occurs when the person is in water, you need to remove the person from the water immediately and then try to warm him/her up just like before. It is vital to help a person who is hypothermic in order to prevent frostbites.

As a Cub Scout it is important to know the basic skills for First Aid, which are DR ABC. These stand for danger, response, airway, breathing and circulation. Check for dangers for the patient and for yourself. If there is NO danger to you, you can help the patient. If you can, you may also remove the patient slowly from further danger. Check if the patient responds when you call them or pinch them. Check the airway of the patient if it is clear or obstructed. See if the patient is breathing. Check for any blood loss and try to stop it. The airway of a person is vital and the most important priority on the injured person. It is essential to OPEN and CLEAR the person's airway in order to allow free access of air to the lungs and thus the person keeps breathing. One way to open the person's airway is to put the person in recovery position as this helps to maintain the person's airway open.



Recovery Position – designed to prevent suffocation through obstruction of the airway, which can occur in unconscious persons. Suffocation can occur either by mechanical obstruction (foreign object or the person’s tongue) or fluid obstruction (vomit) as the unconscious person will not be able to maintain an open airway as the conscious person would be.

Recovery position is done by:

- o Kneel on the floor to one side of the person
- o Place the person’s arm that is nearest you at a right angle to their body, so it is bent at the elbow (this will keep it out of the way when you roll them over)
- o Use your arm to reach across to the person’s knee that is furthest from you and bend it from the knee so as their foot is flat on the ground
- o Gently pick up their other hand with your palm, and place the back of their hand onto their opposite cheek. Keep your hand there to guide and support their head as you roll them
- o Gently pull their knee towards you so they roll over onto their side, facing you
- o Move the bent leg that is nearest to you, in front of their body so that it is resting on the floor (this will help the person to stay in recovery position)
- o Gently raise their chin to tilt their head back slightly by pressing on their forehead (this will open their airway and help them breath)

While in recovery position it is vital to check that the person is still breathing and has pulse.

To check that the person is breathing you can do it by either:

- o See – watch the movement of the chest rising up and down
- o Feel – put you hand under the person nose and mouth to feel the warm breath coming out of his nose/mouth
- o Listen – put you ear near the person nose/mouth and you will hear him/her breathing

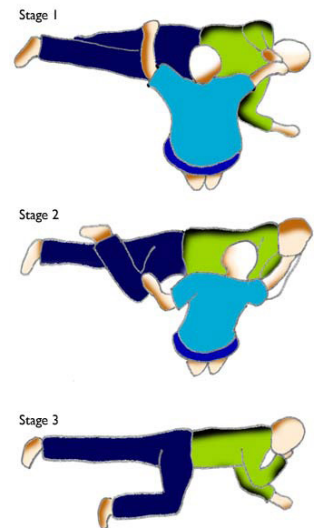
To check that the person has a pulse (the muscle movement of your heart), you can feel with you index and middle finger from the person’s wrist. (You will feel like thump, thump.)

It is important not to give the injured anything to eat or drink and always get adult help.

Suggestion:

- o Practice makes perfect in this case, so let the cubs first listen to the lecture that you has prepared for them, they can also do a small test in this case. Playing out different scenarios for the cubs to perform first aid on the injured person can be vital.

Recovery Position



ACTIVITY FACT SHEET



Activity: Lecture and Game



Objective: First Aid



Time: 1 hour for each activity



Outline:

Lecture - As this is First Aid and it is vital for the cubs to learn it well, an informative lecture is required. A 15 minute short test may also be considered.

Game - 1 leader is required for every six present. The leader has to take a role of an injured person (all leaders need to have dissimilar scenarios of the cause of injuries and have different injuries from one another). The leaders need to cover from minor to major injuries. Then every six has to perform first aid on every leader by rotating giving them, example, 10 minutes to do every scenario. Afterwards the leader will give feedback to each six of what they did good and bad.



Equipment: 1 equipped first aid box for every six, different scenarios for every leader



Place: Group HQ



Group Size: Sixes









3rd Parties: N/A



ACTIVITY FACT SHEET



During the Activity:

-  – Working in a team in order to save the injured person. Emphasise on the importance of showing genuine interest and care to the people around us, wherever we are.
-  – Practicing what they learned via the stipulated game.
-  – Learning about First Aid, being able to practice and perform what they have learned through the game
-  – The Cubs can come up with 2 scenarios for the leaders and also while trying to perform first aid they need to be creative in order to help the injured person
-  – Help the cubs to relate and empathize with the injured person (in this case the leader)
-  – Develop an inner discipline and practicing skills that are essential in life, the Cubs are able to understand the need to take care of each other in order to live in a healthy and caring society

GOLD ARROW

