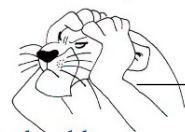


First Aid

Now you can start building your own First Aid Box. It should contain:

- Rubber Gloves (for your protection as Baloo has mentioned)
- Antiseptic wipes (to clean scratches)
- A support bandage
- Two triangular bandages (instead of using your scarf)
- Safety pins
- Waterproof Sticks
- Blunt nosed scissors.



Icon showing
things to remember
or important things

Important: You should check your First Aid Kit and replace used items. It should be packed in a waterproof container. No pills or glass bottles should be in the box.

How to treat Burns and Scalds

What is the difference between a burn and a scald? A burn is caused by dry heat and scalds are caused by wet heat. Ask your leader, the differences between dry heat and wet heat.

To treat burns and scalds, remove any clothes or jewellery from the burn unless they are stuck to it. Always seek adult help. If the skin is broken the adult should cover it with something clean that will not stick to it.

NEVER PUT CREAM ON A BURN.



Icon describing danger or things
that should not be done.

Sunburn

Sunburn is another way of damaging your skin. It can cause skin problems. You should prevent sunburn by using high factor sun protection cream. If a person is sunburnt, you may apply after sun lotion by applying it on skin. It is important not to rub in the lotion, as this will cause itching. Cool showers are comforting and ease the pain for a while.

Heat Exhaustion

An excess of heat causes heat exhaustion . Staying long hours in the sun, especially between 11.00am and 04.00pm in summer, may cause heat exhaustion. Another word for Heat Exhaustion is Heat Shock. Treatment for the patient is simple - move the patient to a cool spot, lay the patient on his back and raise his feet. Loosen tight clothing and give him plenty of water to drink.

Hypothermia

What is hypothermia? Hypothermia occurs when the body loses more heat than it generates. It can occur in summer as well as in winter.

How to recognize hypothermia symptoms - When a person starts shivering uncontrollably and his lips turn blue, that person is in danger. If this happens in summer, get the person out of the water immediately and try to heat him up. Put him out of the sun and put some clothes on . If hypothermia occurs in winter, and the person is wet, take him to a shelter and try to warm him. If possible change into dry clothes and keep him well protected from wind and rain.



Icon depicting
the topic.

Icon
representing
the topic.

SAFETY IN OPEN FIRE COOKING

With a little care and attention, open fire cooking is fun and enjoyable. Lighting a fire out of doors and cooking something on it is one of the things Cub Scouts enjoy doing most.

The following safety rules must be observed before cooking on an open fire.

Safety Tips

- o Choose a safe spot which should be at least three (3) meters away from trees and bushes and at least four (4) meters away from the tent – to avoid accidents.
- o Build your fire downwind of your tent in an appropriate fire pit area – to avoid burning ashes from the fire from damaging the tents. The fire pit is to keep the fire from spreading out (and is easier to clean up, too).
- o Keep your fire small and low.
- o Only three persons at a time must be near the fire.
- o Remove scarves, so they don't catch fire. Remove rain jackets with flammable material.
- o DO NOT use rocks which are wet or damp as they may crack or explode when heated.
- o If by accident someone catches fire, always remember STOP DROP AND ROLL.
(see Silver's Dealing with emergencies)
- o NEVER use methylated spirit, paraffin or petrol to start a fire
(These were not listed in the Cub Book for safety reasons.) Mention the topic of paraffin and petrol and how dangerous they are.

Suggestion:

- o The below activity can be used to see if the Cubs can really identify risky behaviour around an open fire.

Suggestion
for Activity

BRONZE ARROW

Arrow

804:1

Icon representing
the topic.

ACTIVITY FACT SHEET



Activity: Cookout



Objective: Test if Cubs can identify risky behaviour near a fire.



Time: 90 minutes



Outline: Safety inspectors: The Pack is divided into groups (eg Sixes), with each Six having at least one Bronze Arrow Cub. Each Six will build a fire of its own. The Bronze Cubs of each Six is assigned another Six to inspect. The Cub should correct other Cubs in case of any unsafe behaviour. If a Cub is corrected three times, s/he is sent to a penalty area away from the fires for a short time. At the end of the cookout, the Six with the least amount of corrections is the winner. The Leaders need to make sure that the Inspectors are not correcting safe behaviour, and they don't overlook unsafe behaviour.



Equipment: Wood, Matches, Water, Safety vests, Clipboards, Pens/Pencils, First Aid Kit. If you are going to cook something you would also need: Grid, Food and Utensils.



Place: Outdoors



Group Size: Pack



3rd Parties: N/A

BRONZE ARROW

Arrow

B04.2



Icon depicting Activity idea.

SPICES
explanation
according to each
Activity.

ACTIVITY FACT SHEET



During the Activity:

- SOCIAL** – Discuss the safety tips as a group, and encourage Cubs to speak in front of their peers. Cubs will need to remind and maybe even correct older Cubs.
- PHYSICAL** – The Cubs who are not inspecting need to actually gather the need equipment example wood, rocks, etc and build the fire. Get the cubs to act out the safety tips. For example have them point out areas which would be safe for a fire or otherwise.
- INTELLECTUAL** – The Cubs must know the safety rules to be able to identify risky behaviour.
- EMOTIONAL** – Following the activity explore the feelings that were prompted. For example: Was there a lot of risky behaviour the inspectors noted? How did the inspectors feel when they were correcting the other cubs? How did the cubs that were being corrected feel? What can be improved for next time?
- SPIRITUAL** – Think about how the fire, even if dangerous, can be very helpful – like any other tool.

Missing
element

BRONZE ARROW

Arrow

After the Activity:

Put the rocks where they were and stop any burning fire. Whenever the Pack or the Group has an open fire cooking, ask the cubs to abide by the safety tips and to remind others.

Suggestions
for after the
activity



Icon representing
the topic.



Icon depicting
Activity idea.

B04.3