

FIRST AID

It is important that every leader will attend and be in possession of either the St. John Ambulance or the Red Cross Society First Aid Course in order to assist the cubs if there is any need.

As this is a vast topic and a very important one, try not to rush through these sessions as it is very significant for the cubs to understand the contents. It is important to emphasize that Cubs only give First Aid. It is vital to stress the point of GETTING ADULT HELP in this particular area.

First Aid is the care that is given to an injured or sick person prior to treatment by medically trained persons. In our case, a Cub will give first help to the injured person until adult help come. First Aid is important as you may help to preserve life, prevent further harm and promote recovery of the person. You also need to keep the person calm by reassuring him/her that they will be OK.

It is important that Cubs should be made aware of the importance of not putting themselves in any danger and that they should always assess the situation before taking action and giving first aid.

In order to provide first help to someone, you need to have a first aid box. For every activity that the Scout does, a first aid box needs to be present and taken with them everywhere in order to be prepared for anything. One can do their own first aid box which needs to have:

- o Rubber Gloves (for your protection)
- o Antiseptic wipes (to clean scratches)
- o 2 support bandages (different sizes)
- o 1 triangular bandage (instead of using your scarf)
- o Safety pins
- o Waterproof plasters
- o Blunt scissors.
- o 6 sterile gauze dressings (10x10cm)
- o Tweezers
- o Sterile water/Saline
- o Temperature
- o Butterfly stiches
- o Non-allergic tape
- o Torch

One may also add bethadine spray, ointment against burns and mosquitoes and needles.



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

Before you touch a person who is bleeding in order to help him/her, wear a pair of gloves as you will not know what the person might have (infected disease) that can be transmitted to you through their blood. You must be attentive and you have to keep your own safety in mind.

Your skin is like a protective barrier to help you keep the microbes out; therefore you will not get sick or have infections. However when you either starch or cut yourself, the protective barrier will be lost and you will be prone to infections. That is why you need to immediately treat an open wound.

Abrasion – a small graze/wound consisting of superficial damage to the skin that is either done by continuous itching or a superficial scrape. Blood is rarely seen in this case.

Scratch - a bad scrape that has taken off the skin surface and is done when you badly graze yourself. Blood can be seen on the scratch.

Cut – is when you cut yourself with a sharp object and the skin would have a bigger and deeper wound. Blood can be seen flowing out from the wound.

In order to give first aid in these cases, you have to:

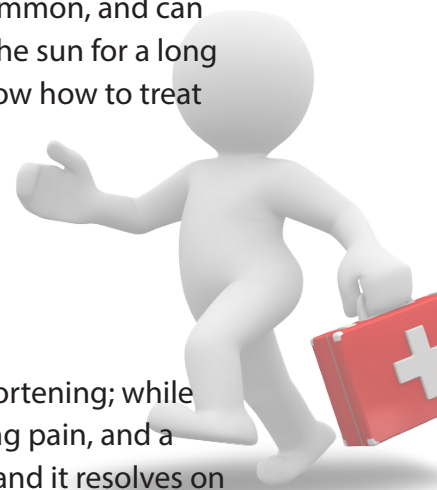
- o Put on gloves
- o Wash freely with sterile water and pat dry using sterile gauze
- o If blood is still oozing, press firmly on the wound by a sterile gauze
- o Raise the injured part in order to help in stopping the bleeding
- o Bandage the gauze in place and make sure it is not too tight
- o Tell the leader or an adult

It is important that you keep the wound as clean as possible and use everything sterile and new in order to minimize infections.



Nosebleed is the occurrence of blood from the nose and these are very common, and can occur to anyone. These can happen either because the person has been in the sun for a long time; s/he has been hit or else due to no cause. So as a cub one needs to know how to treat them. You have to:

- o Put the patient sitting down on a chair
- o Keep his/her head straight
- o Pinch the bridge of the nose
- o Apply ice or cold water on the back of the patient neck



Cramps – a sudden, severe, and involuntary muscle contraction or over-shortening; while generally temporary and non-damaging, they can cause mild-to-excruciating pain, and a paralysis-like immobility of the affected muscle(s). Onset is usually sudden, and it resolves on its own over a period of several seconds, minutes, or hours. These usually occur in the legs, toes, arms or stomach either when you are exercising or swimming.

Cramps during exercise can be relieved by:

- o Stopping all type of exercise
- o Relax
- o Stretching the correspondent muscle (e.g. if it is in the legs, straighten the leg, and pull your big toe upwards until the muscle relaxes)
- o Massage the muscle gently until the pain subsides

Cramps during swimming can be more difficult to relieve but the most important thing is for you not to panic, roll on your back to float on top of the water and try to swim next to someone. Stay like that until the cramp starts to subside and then get out of the water with help.

Suggestions:

- o When teaching the Cubs First Aid it is essential to get them involved as they will learn more, have more fun and as they say practice makes perfect. Get them to treat a simulated casualty, reminding them of how important it is to reassure the patient, by talking to the injured person and also get them to realize that comments like “Oh Yuck!!; Look at that!; There’s blood everywhere!; I feel sick” is not deemed to be helpful or appropriate. Playing out different scenarios for the cubs to perform first aid on the injured person can be vital.
- o A small test (written and practice) may be a good idea as this topic is mostly important information that they need to learn.



ACTIVITY FACT SHEET



Activity: Pack Meeting



Objective: First Aid



Time: 2 Hours



Outline: As this is First Aid and it is vital for the cubs to learn it well, an informative lecture is required, where the leader can explain and demonstrate clearly.

After that a game/role play related to First Aid can take place. 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. This can also serve as a short test.



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



Place: Group HQ



Group Size: Pack









3rd Parties: N/A



ACTIVITY FACT SHEET



During the Activity:

-  – Working in teams to give first help to the injured person. In addition, it is important to point out the worth of every single person, and thus the need for everyone to be able to give first help when the need arises.
-  – Going around from one scenario to another, practicing what they learned.
-  – Learning about First Aid, and being able to practice and perform what they have learnt. Practicing it first hand, helps the cubs to remember better.
-  – The Cubs can come up with 2 scenarios for the leaders.
-  – The Cubs need to relate and empathize with the injured person (in this case the leader). Part of the first help is giving emotional support to the person who is hurt.
-  – Being able to help each other, lend a hand when the need arises. Ask the Cubs to think of scenarios in their lives where they can give first aid, e.g. school, home, scouts, etc.

After the Activity:

Whenever going on an outing remind the cubs to bring the First Aid Box with them. In addition, when one of the cubs has a minor injury such as a scratch, have another cub assist through first aid, while always assisted by an adult. This way the cubs can practice what they learnt.

