

SIMPLE FIRST AID

1. INTRODUCTION

What is First Aid?

First Aid is the first help given to the victim of an accident.

What is the objective of First Aid?

1. Stop any life-threatening dangers
2. Keep the victim safe from further harm.
3. Get proper medical help for the victim.

How can a Scout be prepared to give first aid?

First of all it pays to work hard on your first aid skills. Of every hundred scouts, one will use his first aid skills to save a life. First aid is serious business and as a scout, it is your responsibility to be prepared in case of emergency.

Secondly, it is always easier in an emergency situation to remain calm.

If you find yourself in an emergency situation remember CALM

C ONFIDENCE AND COMMON SENSE

A SSESS THE SITUATION

L IFETHREATENING?

M EDICAL HELP

Confidence and Common Sense. You must remember to focus your attention of the job of making people safe. Often you must take charge because you will be the only one prepared to offer aid. Others will be more willing to follow your instructions if they are well thought out and presented with confidence and self assurance. Also by remaining calm you will have a clearer head and be able to act with intelligence instead of emotion.

Assess the situation. Acting with intelligence means assessing the situation and taking account of all the facts. Stop and think clearly. What has happened here? What must happen next to insure the safety of the victim? Quickly think things through and determine priorities. Do first things first.

Is the situation **Lifethreatening?** There are 5 cases that require immediate treatment: Stopped breathing, stopped heartbeat, severe bleeding, choking, poisoning. Is this case one of them? If so, treat immediately. Simple first aid treatments for minor cuts or sunburn etc. may be given with less urgency.

Get **Medical Help.** Call for professional Medical help if necessary. Make sure to clearly give your name and location as well as your assessment of the extent of injuries to the victim.

While waiting for medical help to arrive, treat the victim for shock and examine him for other injuries that may require first aid.

What if an accident happens where there is no phone?

Stop and think. Plan your actions carefully and with common sense. Can the victim walk alone or with support? You may be able to get to a road. Can you send someone for help? Can you make a signal? Be prepared.

2. SIMPLE FIRST AID (NON-LIFETHREATENING)

Many times first aid is required for cuts, scrapes, poison ivy, insect bites, etc. and other injuries that are not lifethreatening. How do I know what to do for these small injuries?

The most common injuries treated with first aid are not lifethreatening but require some immediate treatment just the same. Here are the treatments for some of the most common injuries:

SIMPLE INJURIES THAT CAN HAPPEN ANYWHERE

Small wounds and scratches. Clean the wound by washing it with soap and water. Dry the skin around the wound and apply a bandage. The bleeding will stop when the blood begins to clot.

Larger cuts. Wash wound with soap and water. Dry the skin and cover wound with a sterile gauze compress. Tape gauze over the wound.

Nosebleed. Have victim sit up and lean forward slightly to prevent blood from draining into his throat. Press the bleeding nostril toward the center. Apply a cool, wet cloth to the nose and face.

Puncture wounds. Take out any foreign matter. Wash with soap and water. apply a sterile bandage and get to a doctor.

Burns and Blisters. First Degree (minor burns and sunburn)--Treat with cool water.

Apply a moist dressing and loose bandage.

Second Degree (blisters)--Do not break blisters. Treat with cool water and apply a moist dressing. Do not apply creams, ointments, or sprays.

Third Degree (Skin burned away)--Do nothing. Do not remove any clothing. Do not apply ointments or creams. Do get the victim to a hospital or get him immediate medical help. His life is in danger.

Something in the eye. Have victim blink. If that doesn't work, pull upper lid down over lower one. If that fails, cover eye with gauze pad and get victim medical help.

Sprained Ankle. Do not remove the shoe. Tie an ankle bandage around shoe and injured ankle. Raise leg and pack in ice or cold towels to reduce swelling. Get medical help.

SIMPLE INJURIES THAT CAN HAPPEN ON CAMPOUTS

Skin poisoning. Rinse area with soap and water. Launder clothing. Apply calamine lotion to reduce itching.

Insect bites. Some people are allergic to insect bites and bee stings. Find out from your victim is allergic to bites or stings. If so get him medical help immediately. Otherwise, wash the bite with soap and water and apply calamine lotion or a first aid ointment to prevent itching. If a stinger is in the wound remove it with your fingernail or the point of your knife. If a tick has attached itself to you you may gently pull it away from your skin. Avoid twisting the tick and causing him to lose his head.

Snakebite. Keep the victim calm and quiet. Tie a constricting band 2 to 4 inches above the wound between the wound and the heart. Treat the victim for shock. Get medical help immediately.