

First Aid Basics

Be Prepared

The best first aid starts with being prepared and looking to minimize the need for first aid. Here are some simple things that can be done to insure you are prepared:

1. **Get Trained**, being First Aid and CPR trained isn't required for all leaders, but the more of you there are the better.
2. Make sure that everyone knows where the Pack First Aid Kit is located. A great Pack meeting idea is to make your personal kits in baggies, can be done for less than \$5 per scout and they will bring them camping.
3. Make sure that the designated First Aid Person is easy to find. Mark their tent with reflectors, flags or even light up tent stakes.
4. Rubber gloves and barrier masks for first will not only help you help someone else, but protect you from disease and illness.
5. Find out about local health concerns:
 - a. Ticks (Lyme disease, Rocky Mt. Spotted Fever, Etc.)
 - b. Poison Ivy, Oak, Sumac, etc.
 - c. Rabies
 - d. And Many more
6. Parents are the only ones providing medications to their Scouts.
7. If health forms are required, keep with first aid kit.
8. Commercially available First Aid Kits are great, but don't always have everything you need or the best versions of the supplies. Add your own improvements by upgrading to better adhesive bandages and remedies. Check and restock often with missing supplies and items that have expired.
9. Observe and reinforce safety rules for fires, pocketknives, saws, etc.

First Aid – Fast Tips

Even before getting yourself fully trained with First Aid Certification there plenty of things you can do to help in an emergency. Often we will see little stuff (scraps, small cuts, the occasional black), but here are few things you can do if the situation is more serious.

Unconscious person:

1. Check for to see if the person is responsive, if unresponsive, call 911 immediately
2. Know your ABC's.
 - a. Airway
 - b. Breathing
 - c. Circulation
3. Check for severe bleeding, apply direct pressure (preferably wearing gloves)
4. Provide CPR if necessary

Choking Conscious person:

1. Give 5 quick back blows, heel of hand between shoulder blades
2. Give 5 quick abdominal thrusts
3. Repeat until they are able to breath, cough forcefully or go unconscious.
4. If they go unconscious give rescue breaths and, if necessary, chest compressions repeatedly until they can breath/cough or until help arrives

Bleeding/Wounds

1. Cover wounds with sterile bandage (clean with antiseptic and apply antibiotic crème for small wounds)
2. Apply direct pressure until bleeding stops.
3. Cover dressing with bandage.
4. If bleeding does not stop, apply more direct pressure and call 911.

Burns

1. Remove source of burn
2. Cool with cool running water.
3. Cover loosely with sterile bandage
4. Call 911 for serious burns.

Sprains, Strains and Bruises

R.I.C.E.

REST - 24 hours, return to activity if pain is less/gone

ICE (PACKS) - 10-20 minutes every hour for the first 4 hours, 4 times a day for the first two days.

COMPRESSION - wrap the injured part with a snug, elastic bandage for 48 hours. Loosen the bandage wrap if it causes tingling or hurts worse than without the bandage.

ELEVATION - for an injured ankle, place that leg up on a pillow and stay off the feet as much as possible.