



REQUIRED ADVENTURE

Complete requirement 1 and at least five others.

Approved by

- | | |
|---|-------|
| 1. Explain what first aid is. Tell what you should do after an accident. | _____ |
| 2. Show what to do for hurry cases of first aid: serious bleeding, heart attack or sudden cardiac arrest, stopped breathing, stroke, poisoning. | _____ |
| 3. Show how to help a choking victim. | _____ |
| 4. Show how to treat for shock. | _____ |
| 5. Demonstrate how to treat at least five of the following: | _____ |
| A. Cuts and scratches | _____ |
| B. Burns and scalds | _____ |
| C. Sunburn | _____ |
| D. Blisters on the hand or foot | _____ |
| E. Tick bites | _____ |
| F. Bites and stings of other insects | _____ |
| G. Venomous snakebites | _____ |
| H. Nosebleed | _____ |
| I. Frostbite | _____ |
| 6. Put together a simple home first-aid kit. Explain what you included and how to use each item correctly. | _____ |
| 7. Create and practice an emergency readiness plan for your home or den meeting place. | _____ |
| 8. Visit with a first responder or health-care professional. | _____ |

SNAPSHOT OF ADVENTURE

In this adventure, you will put the Scout motto, “Be Prepared,” into action

by learning about first aid. You'll have the chance to build your own first-aid kit or make emergency plans for your home or den meeting location. You can even learn how professional first responders help keep you safe. By the time you finish this adventure, you should be ready to act if you are first on the scene when an emergency happens.



COMPLETE REQUIREMENT 1 AND AT LEAST FIVE OTHERS.

REQUIREMENT 1 | Explain what first aid is. Tell what you should do after an accident.

When people get hurt, they need help right away. That help is called first aid. It's the quick help someone receives before professional help can arrive. You might be the only person at the scene of an accident who can provide first aid, so it's important to know the right way to help.

The Scout motto is “Be Prepared.” One way to be prepared is to learn how to do first aid before an emergency occurs.

First aid is what happens when you remove a tick that's burrowed into your skin. First aid is what happens when, after you scrape your knee, a caring adult cleans and bandages the wound. First aid is what happens when a server in a restaurant saves a choking victim by giving abdominal thrusts. First aid is what happens when a Scout performs CPR while waiting for an ambulance to arrive. First aid is what you will learn during this adventure.

What to Do After an Accident

If you come across an accident or medical emergency, do these things:

- ◆ **Check.** Make sure the scene is safe before approaching. You can't help anyone if you become a victim yourself.
- ◆ **Calm down and think.** Assess the situation and decide what needs to be done. Staying calm may be hard to do, but it's important. The victim will feel better knowing you are in control, and you will be able to make better decisions than if you were panicked.
- ◆ **Call.** If the victim seems badly hurt, send someone to call for medical help. If no one is there to do that, call for help and offer to assist the victim.
- ◆ **Care.** Explain that you know first aid, and get permission to treat the victim before doing anything else.

When sending someone to get help, point at a specific person and say something like, “Juan, go call 911 and ask for an ambulance.” Don’t assume everybody knows what to do.

- ◆ Do not move a badly hurt person unless they are in further danger. It may be necessary to move a person if there is a nearby fire or if the person is lying in the road. But never move an injured person unless it is absolutely necessary.
- ◆ Check the victim for “hurry cases” (see page 57).
- ◆ Treat the victim for shock (see page 66).



A Scout is brave. But that doesn’t mean bravery is something you’re born with. You can train yourself to face emergencies with courage. In an emergency, remember to: Be strong.

Be calm.

Be clear.

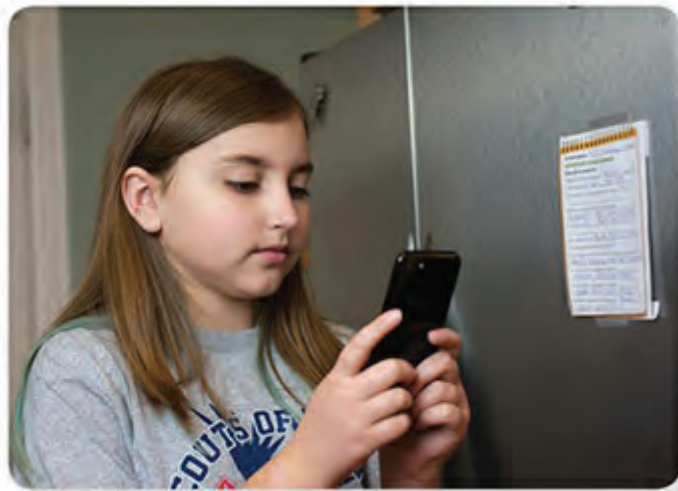
Be careful.

How to Get Help in an Emergency

In 98 percent of the United States, you can dial 911 to get help for all kinds of emergencies, including medical problems. A few communities may have different phone numbers for the police, fire department, emergency medical services (EMS), or rescue squad, so ask your parent or den leader if 911 is correct for your community, or if there are different numbers.

When you call for help in an emergency, remember the three W's: who, what, and where.

- ◆ **Who:** Give your name and the phone number you're calling from. (Some 911 systems can trace your phone number and location, but others can't.)
- ◆ **What:** Explain the situation. Is it a fire? A car accident? How many people are hurt? What are their injuries?
- ◆ **Where:** Give your exact location, using either the street address or the names of both streets at the nearest corner.



Never hang up until the operator tells you to. He or she may need more information. Don't worry; the operator can still send help.

Never call 911 except in actual emergencies. Calling in non-emergency situations is dangerous because it could prevent real emergency calls from getting through. To practice making 911 calls, use a toy phone or a cellphone

that has been turned off.

How to Get Help in Other Situations

At times, you may need to get help in non-emergency situations. Maybe you want to report a suspicious car nearby or a broken traffic light. Maybe you need help with a family problem.

Find out how to get help where you live, and make a list of the phone numbers. Post the list on your refrigerator so everyone can find the numbers quickly. It's also a good idea to put your list on a card and carry it with you.

Our home address _____

IMPORTANT PHONE NUMBERS

Keep a list of numbers for:

- ◆ Police or sheriff's department _____
- ◆ Fire department _____
- ◆ Ambulance or emergency medical services _____

- ◆ Utility companies (electricity, gas, water) _____

- ◆ Your family doctor _____
- ◆ Poison control center 800-222-1222
- ◆ Your religious institution (church, synagogue, mosque, etc.) _____

- ◆ Your parent's or guardian's cellphone _____

- ◆ Your parent's or guardian's workplace _____

- ◆ A friendly neighbor who can help you _____

REQUIREMENT 2 | Show what to do for hurry cases of first aid: serious bleeding, heart attack or sudden cardiac arrest, stopped breathing, stroke, poisoning.

A sprained ankle needs first aid, but it's not a life-threatening injury. Other medical problems—called “hurry cases”—require immediate help. Unless someone acts fast, gets help, and gives the right first aid, the victim can die within a few minutes.



THE THREE C'S

When dealing with hurry cases, remember the three C's.

- ♦ **Check:** Make sure the area is safe for you. Then check the victim to identify the problem. Is the victim breathing or moving? Tap the victim's shoulder and ask, “Are you OK?” Does the victim respond?
- ♦ **Call:** Call 911. Call out for help, or send someone for help.
- ♦ **Care:** Care for the victim to the best of your ability while you wait for help to arrive. Some of the steps in treating hurry cases require special training to perform, but it's important to know what they are.



The five hurry cases are:

- ♦ **Serious bleeding.** When blood is spurting from a wound, it must be stopped quickly.
- ♦ **Heart attack or sudden cardiac arrest.** If someone's heart has stopped, it must be restarted quickly.
- ♦ **Stopped breathing.** If breathing has stopped, it must be restarted quickly.
- ♦ **Stroke.** If someone has a stroke (a blockage of blood flow to the brain), he or she must get medical attention quickly.
- ♦ **Poisoning.** If someone has swallowed poison, it must be made harmless quickly.

PROTECTIVE MEASURES TO TAKE WHEN GIVING FIRST AID

Treat all blood as if it contains germs that can make you sick.

Do not use bare hands to stop bleeding; always use a protective barrier. If you have any cuts or scrapes, cover them with a bandage. Always wash your hands and other exposed skin with hot water and soap immediately after treating the victim. When possible, don't use a kitchen sink as that may contaminate the sink and expose others.

The following equipment should be included in all first-aid kits and used when giving first aid to someone in need:

- ♦ Disposable, latex-free gloves—to be used when stopping bleeding, dressing wounds, performing CPR, or treating a victim who is choking
- ♦ Plastic goggles or other eye protection—to prevent a victim's blood from getting into the rescuer's eyes in the event of serious bleeding
- ♦ Antiseptic—for use in cleaning exposed skin areas, particularly if soap and water are not available

HURRY CASE: Serious Bleeding

In a bad accident, you might see blood spurting out of a wound. If blood gushes out of a wound like a fountain rather than oozing or flowing slowly, it must be stopped immediately.

3C Activate the 3 C's

Put on disposable, latex-free gloves and eye protection (not just eyeglasses), then grab the wound with your gloved hand. Press hard. With your free hand, grab your neckerchief, handkerchief, or another cloth. Fold it into a pad, and press it on the wound. If you can, wrap the wound with gauze to hold the pad in place. If not, keep applying pressure with your hand. Don't remove the pad if it gets soaked with blood. Instead, put another pad and bandage over the first.



If the wound is on the arm or leg, raise that limb above the level of the victim's heart. That can help slow the bleeding. (Don't do this if there are

other injuries such as a broken bone.)



HURRY CASE: Heart Attack and Sudden Cardiac Arrest

Heart attack is the No. 1 cause of death in the United States. Most heart attacks happen to adults, but sometimes even young people can experience them.

The most common symptom of a heart attack is pain in the center of the chest, but people can have other symptoms as well, including:

- ◆ Pain that radiates to the arms, back, neck, or jaw
- ◆ Sweating when the room is not hot
- ◆ Feeling like throwing up
- ◆ Feeling weak
- ◆ Sudden, sharp chest pain outside the breastbone
- ◆ Dizziness or lightheadedness

3C Activate the 3 C's

If you think a person is having a heart attack, call for medical help at once. If the person becomes unresponsive, begin chest compressions immediately, as described below.



Another very serious heart problem is sudden cardiac arrest, which occurs when the heart stops pumping. In seconds, the victim will become unresponsive and will stop breathing or will gasp for breath.

If you suspect sudden cardiac arrest, call for medical help, begin chest compressions, and locate an automated external defibrillator (AED) if available. (See page 61.)

Circulation

Cardiopulmonary resuscitation (CPR) is a way to keep the heart beating until medical help arrives. It requires instruction from a certified teacher. Your den leader can help you find more information.

The steps of CPR for adults include a cycle of 30 chest compressions followed by two rescue breaths.

1. Place the heels of your hands on the center of the victim's chest, one on top of the other. Lace your fingers together.



2. Position yourself over the victim with your shoulders over your hands and your arms straight.



3. Give 30 compressions. Push hard and fast. Let the chest rise completely before pushing down again.
4. Perform two rescue breaths as described in the Breathing section on page 63.
5. Continue the cycle until one of the following happens:
 - a. The victim shows signs of life (breathing).
 - b. A trained adult or medical help arrives to take over.
 - c. You are too exhausted to continue.
 - d. An AED is ready to use.
 - e. The scene becomes unsafe.

Defibrillation

Find out if there is an AED near the victim. If there is, you can help by retrieving it and turning it on. An AED is a special device that can shock the heart into beating normally again. AEDs are found in schools, shopping malls, airports, houses of worship, and other places where people gather. You have to complete training to use an AED; this training is usually part of CPR training.



HURRY CASE: Stopped Breathing

In drowning cases, electric shock, and some other accidents, the victim's breathing may stop. It must be started again quickly, or the person's heart will stop beating and the person will die. You can help with these problems by providing care until professional medical help arrives.

3C Activate the 3 C's

Here are the steps you can take:

Airway

With the victim lying on his or her back, open the airway by pressing down on the forehead and lifting up on the chin. This will keep the tongue from blocking the flow of air. Don't do this if you suspect a neck injury.

If the victim starts to vomit, roll him or her onto the side away from you so the vomit doesn't get inhaled into the lungs. Be sure to roll the body as a unit—not just the upper body. You'll need help to do this.

Breathing

When the victim's airway is open, check for breathing. Place your cheek 1 to 2 inches above the victim's mouth. Look, listen, and feel for movement and breathing. If the person is breathing, you will feel and hear the airflow on your cheek and see and feel the chest rising and falling. If there are no signals that a person is breathing, give two rescue breaths using the following procedure.

Rescue Breathing

Step 1 Place a CPR breathing barrier over the victim's mouth to protect both of you from any diseases that could be spread.

Step 2 While continuing to tilt the head, pinch the victim's nostrils, seal your mouth over his or her mouth, and blow into it to fill the lungs. The breath should last about one second. Watch to see if the person's chest rises. Remove your mouth, and then give another rescue breath.

Step 3 For an adult: If the victim does not start breathing again after two rescue breaths, his or her heart may stop beating, too. Immediately begin CPR. (Ask your den leader about procedures for children.)

HURRY CASE: Stroke

Stroke occurs when the blood supply is cut off to part of the brain. Brain damage and death can result if the victim doesn't get medical help.

Stroke can cause:

- ◆ Numbness or weakness in the face, arm, or leg—especially on one side
- ◆ Trouble walking, speaking, understanding, or seeing
- ◆ Dizziness
- ◆ Headache



Activate the 3 C's

A good way to remember the signs of stroke is with the acronym

FAST:

- ◆ **Face drooping:** Does one side of the person's face droop? Is the person's smile uneven?
- ◆ **Arm weakness:** Is one arm weak or numb?
- ◆ **Speech difficulty:** Is the person's speech slurred? Does the person have a hard time speaking or repeating a simple sentence?
- ◆ **Time to call for help:** If you see these signs, call 911 immediately.

HURRY CASE: Poisoning



Activate the 3 C's

Poisoning can be caused by many things, including:

- ◆ Eating certain wild mushrooms or berries
- ◆ Swallowing household cleaning supplies, weed killers, insect poisons, or even things like nail polish remover
- ◆ Taking too much medicine
- ◆ Breathing in toxic fumes

If someone has swallowed or breathed in poison, call 911 or 800-222-1222 (the national Poison Help Line) immediately. Tell the operator what the poison is, if you know it, and follow the directions. Save the poison container so professionals can identify the poison.

If a person has breathed in smoke, gas, or other fumes, try to move him or her to fresh air. Be careful that you don't become a victim yourself, however. Make sure the area is safe first.

It's important always to keep all household cleaners, medicines, weed killers, and insect poisons out of the reach of small children. Locked cabinets are best because children are curious and quickly learn to climb.

REQUIREMENT 3 | Show how to help a choking victim.

Choking on food or a foreign object can lead to unconsciousness and death. If you see someone choking, take action immediately.

When you see a person holding his hands to his throat and turning blue, ask if he is choking. If he can speak, cough, or breathe, encourage him to try to cough up what he has swallowed. If not, call 911, or ask a bystander to call 911. Tell the person you know first aid, and ask if you can help.

If the answer is yes, give back blows:

- ◆ Give five back blows between the shoulder blades with the heel of your hand.



If the object is not removed, give abdominal thrusts:

- ◆ Position yourself behind the person, and reach your arms around his or her waist.
- ◆ Make a fist with one hand just above the person's belly button. Cover the fist with your other hand.
- ◆ Make a series of five quick thrusts inward and upward to force air from the lungs. (Pretend like you're trying to pick the person up.)
- ◆ Alternate between abdominal thrusts and back blows until the object is dislodged, the person becomes unconscious, or medical help arrives.

Because of the possibility of injury, do not practice actual back blows or abdominal thrusts unless you are using a special simulator.

REQUIREMENT 4 | Show how to treat for shock.

When a person is injured or under great stress, the circulatory system might not provide enough blood to all parts of the body. That's called shock. This is a medical term and does not mean the same thing as being surprised or scared. The person will feel weak. The face may get pale. The skin will feel cold and clammy. He or she may shiver or vomit.



Don't wait for these signals to appear. Give any badly injured person first aid for shock:

- ◆ Call 911 for emergency help immediately.
- ◆ Have the person lie down on his or her back.
- ◆ Raise the feet slightly, unless you think there are injuries to the head, neck, back, hips, or legs. If you don't know, have the person lie flat.
- ◆ If the person is not awake, turn him or her on the side. But first, be sure the person has no injuries to the head, neck, or back.
- ◆ If the weather is cool, cover the person with a sheet. If it's hot, don't.
- ◆ Do not give the person anything to eat or drink.

- ◆ Stay with the person until help arrives.

REQUIREMENT 5 | Demonstrate how to treat at least five of the following:

- A. Cuts and scratches**
- B. Burns and scalds**
- C. Sunburn**
- D. Blisters on the hand or foot**
- E. Tick bites**
- F. Bites and stings of other insects**
- G. Venomous snakebites**
- H. Nosebleed**
- I. Frostbite**

Cuts and Scratches

Cuts and scratches are openings in skin. They can let in germs that cause infections.

When treating cuts and scratches, be sure to wear disposable, latex-free gloves and eye protection. Wash your hands thoroughly with soap and water after treating any wounds.



For small wounds, wash the wound with soap and water. Then apply

antibiotic ointment to help prevent infection if you have the victim's permission and know that he or she doesn't have any allergy to the medicine. Keep the wound clean with an adhesive bandage. Change the bandage as often as needed but at least once daily.

For larger cuts, first stop the bleeding by applying direct pressure. Keep the wound as clean as possible to limit infection. Cover an open wound with a sterile gauze pad or a clean cloth folded into a pad. Hold the pad in place with tape or a bandage made out of a neckerchief. Any bandage should be loose enough that you can slide two fingers between it and the person's body. An adult leader should evaluate any large wound. Once the bleeding has stopped, clean the wound as described above.

Anyone suffering a serious wound should be treated for shock and seen by a physician.

Burns and Scalds

Burns and scalds range from simple sunburn to very dangerous third-degree burns. What kind of first aid to give depends on the severity of the burn.

First-Degree Burns

First-degree burns only affect the outer surface of the skin, which gets red and sore. Put the burned area in cold water until the pain stops. If you don't have any water, cover the burn with a clean, dry, loose dressing.

Second-Degree Burns

With second-degree burns, which are also called partial-thickness burns, blisters form on the skin. Put the burned area in cold water until the pain stops. Gently dry the burned area. Cover it with a sterile gauze pad, and hold the pad loosely in place with a bandage. Be careful not to break open blisters as that could cause infection. Don't apply creams, ointments, or sprays. If needed, treat for shock. Second-degree burns should be evaluated by an adult to determine the need for additional medical help.

Third-Degree Burns

With third-degree burns, which are also called full-thickness burns, the skin may be burned away, and the flesh may be charred. The victim may feel no pain because nerve endings have been burned. You will definitely need to call 911 or local emergency responders and have an adult evaluate the situation. Don't remove clothing from around the burn. Wrap the victim in a clean sheet. Cover him or her with blankets if the weather is cool. Treat for shock if needed, and stay with the victim until professional medical help arrives.

SUNBURN

Sunburn is a common injury among people who enjoy being outdoors. Most sunburns are first-degree burns, although severe sunburn is a second-degree burn and should receive prompt medical attention. All sunburns are dangerous because they can lead to long-term skin damage and even skin cancer when you get older.

People with lighter skin are most at risk of getting sunburned, but no one is immune. You can prevent sunburn by using plenty of broad-spectrum sunscreen with a sun protection factor (SPF) of at least 30. Put it on 20 minutes before you go outside and every two hours while you're outside. Reapply it after swimming or if you are sweating a lot. A broad-brimmed hat, long-sleeved shirt, and long pants will give you even more protection.



You should wear sunscreen even on cloudy days. The ultraviolet radiation from the sun that causes a sunburn can pass through clouds. It

can also bounce off water and snow and cause damage.

Blisters on the Hand and Foot

Blisters are pockets of fluid that form as the skin's way of protecting itself from friction. Blisters on the feet are common injuries among hikers. You can avoid getting blisters by wearing shoes or boots that fit well, by changing your socks if they become sweaty or wet, and by paying attention to how your feet feel. A hot spot is a warning that a blister might be forming. As soon as you notice it, cover the hot spot with moleskin.

If a blister forms, you can protect it with a doughnut bandage. To make one, cut moleskin in the shape of a doughnut, and fit it around the blister. Shape several more doughnuts, and stack them on top of the first. Cover with an adhesive bandage.

Tick Bites

Ticks are small, hard-shelled arachnids that bury their heads in your skin. Protect yourself whenever you're in tick-infested woodlands and fields by wearing long pants and a long-sleeved shirt. Button your collar, and tuck your pant legs into your socks. Insect repellents can help too.



Inspect yourself daily, especially the warm and hairy parts of your body, and immediately remove any ticks you find. If a tick has attached itself, ask an adult to help you. The adult will grasp the tick by its head with tweezers close to the skin and gently pull until it comes loose. It's important not to

squeeze, twist, or jerk the tick, which could leave its mouth parts in the skin. Wash the wound with soap and water, and apply antibiotic ointment. After dealing with a tick, thoroughly wash your hands. If you develop a rash or flulike symptoms or otherwise feel ill in the next days or weeks after being bitten, talk to your doctor.

Bee and Wasp Stings

Scrape away a bee or wasp stinger with the edge of card, such as your Whittling Chip card, or ask an adult to help. Another method is to put a piece of tape on top of the sting to pull out the stinger. Don't try to squeeze it out. That will force more venom into the skin from the sac attached to the stinger. An ice pack might reduce pain and swelling.



Some people have severe allergies to bee and wasp stings. If someone has trouble breathing after being stung or feels his or her throat swelling or closing up, seek medical help immediately, and alert an adult. Find out if the person is carrying a kit for treating anaphylactic shock, and help him or her administer the medication.

Chigger Bites

Chiggers are almost invisible. Their bites cause itching and small welts. Try not to scratch chigger bites. You might find some relief by covering chigger bites with calamine lotion or hydrocortisone cream.



Spider Bites

Only a few types of spiders' bites cause serious reactions. Victims of these spider bites should be treated for shock and seen by a doctor as soon as possible. When possible, try to identify the spider, or take the dead spider to the physician's office. Be sure that you don't put yourself in danger to do so.



Black widow

The bite of a female black widow spider can cause redness and sharp pain at the wound site. The victim might suffer sweating, nausea and vomiting, stomach pain and cramps, severe muscle pain and spasms, and shock. Breathing might become difficult. The bite of a brown recluse spider doesn't always hurt right away, but within two to eight hours there can be pain, redness, and swelling at the wound. An open sore is likely to develop. The victim might suffer fever, chills, nausea, vomiting, joint pain, and a faint rash.



Brown recluse

Snakebites

Snakes are common in many parts of the country, but bites from them are rare. Snakes try to avoid humans and normally strike only when they sense danger. Snakebites seldom result in death.

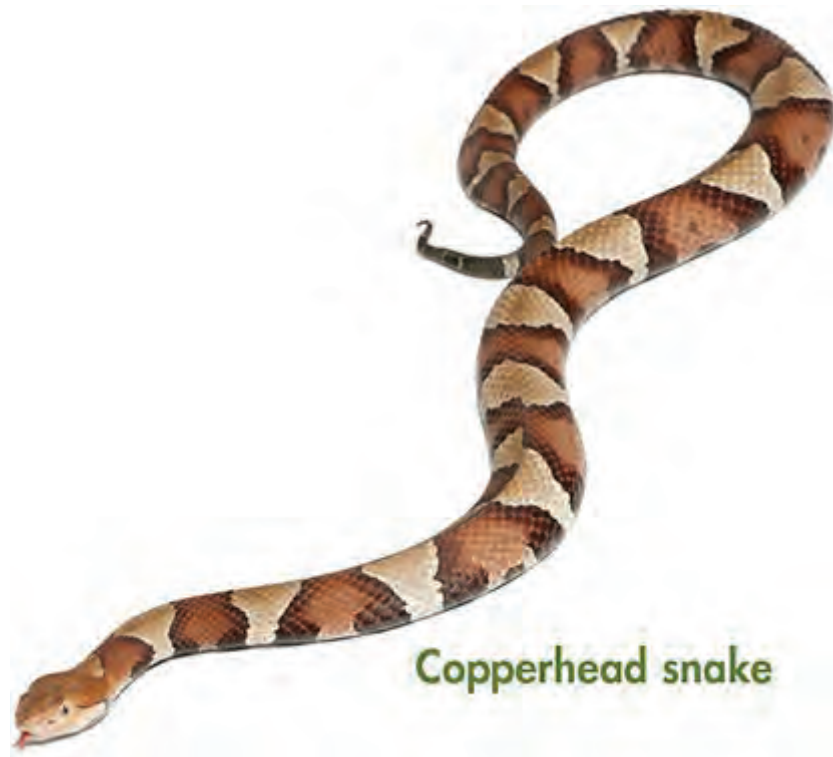
Use a hiking stick to poke among stones and brush ahead of you when you walk through areas where snakes are common. Remember to stay on the trails. Watch where you put your hands as you collect firewood or climb over rocks and logs.

The bite of a nonvenomous snake causes only minor puncture wounds. You can treat these like other puncture wounds; just wash with soap and water, then apply antibiotic ointment and an adhesive bandage. Before applying medicine, put on disposable, latex-free gloves; ask about any drug allergies; and get permission. Get medical attention if you see signs of an infection.

The bite of a venomous snake can cause sharp, burning pain. The area around the bite might swell and become discolored.

If you think a person has been bitten by a venomous snake, call for help, and follow these steps:

- ◆ Keep the person calm and still.
- ◆ Do not let the victim walk unless it is unavoidable—for example, if you have to evacuate the area. If possible, have an adult carry the victim to a safer area or to medical help.
- ◆ Immobilize the part of the body that was bitten, and position it below the level of the heart.
- ◆ Remove any rings or jewelry from the bitten extremity.



- ◆ Clean the wound with antiseptic, and cover it with a clean bandage.
- ◆ Don't apply ice or a tourniquet.
- ◆ Don't cut the wound or try to suck out the venom.
- ◆ Don't give the victim caffeine or alcohol.
- ◆ Try to remember the snake's shape and color pattern so you can describe it later, but don't try to capture it.

Nosebleed

A nosebleed can look bad, but it will usually stop in just a few minutes. Have the victim sit up and lean forward to prevent blood from draining into the throat. Pinch the nostrils together for 10 minutes to maintain pressure on the flow and stop the bleeding. Apply a cool, wet cloth to the victim's nose and face above where you are pinching. (As always, wear latex-free, disposable gloves.) Watch for symptoms of shock and treat if needed. Call for help if the bleeding doesn't stop after 15 minutes.

Frostbite

Frostbite happens when the skin gets cold enough to freeze. A sure sign of frostbite is grayish-white patches on the skin. Some victims will complain that their ears, nose, fingers, or feet feel painful and then numb. Others won't notice anything.

If you suspect frostbite, get the person into a tent or building, then gently warm the affected area and keep it warm. If an ear or cheek is frozen, remove your glove, and warm the injury with the palm of your hand. Slip a frostbitten hand under your clothing, and tuck it beneath an armpit. Treat frozen toes by putting the victim's bare feet against the warm skin of another person.

Avoid rubbing frostbitten flesh. That can damage tissue and skin.

You can also warm a frozen part by holding it in warm—not hot—running water. Have the patient exercise injured fingers or toes, and don't let the injured area freeze again. Get the victim to a doctor.

What's the best way to avoid frostbite? Stay warm and dry. Wear warm gloves, socks, and a hat. Wool and synthetic materials will keep you warm when they get wet; cotton won't. Dress in layers so you can regulate your body temperature by adding or removing articles of clothing.



REQUIREMENT 6 | Put together a simple home first-aid kit. Explain what you included and how to use each item correctly.

Every home and car should have a first-aid kit so that supplies will be there when you need them.

Home First-Aid Kit

Here are the things you should include:

- ◆ Tweezers
- ◆ Box of latex-free adhesive bandages (different sizes)
- ◆ Twelve each of 3-by-3-inch and 4-by-4-inch sterile pads
- ◆ Roll of 1-inch and roll of 2-inch latex-free adhesive tape
- ◆ Scissors
- ◆ Safety pins
- ◆ Two 1-inch roller bandages
- ◆ Two 2-inch roller bandages
- ◆ Three cravat, or triangular, bandages
- ◆ Two 17-inch splints of thin board
- ◆ Antibiotic ointment
- ◆ Calamine lotion
- ◆ Latex-free, disposable gloves
- ◆ Mouth-barrier device
- ◆ Goggles
- ◆ Hand sanitizer



Car First-Aid Kit

All the items listed above plus:

- ◆ Small flashlight and spare batteries
- ◆ White handkerchief (to attach to the car so you can attract attention if the car is disabled)
- ◆ Blanket
- ◆ Large red and white sign that reads “Send help!” (Place in the front or rear window in an emergency.)



Personal First-Aid Kit

You should also make a first-aid kit to carry on outings. Include these items:

- ◆ Adhesive bandages
- ◆ Moleskin
- ◆ Antibiotic ointment
- ◆ Latex-free gloves



In addition to the basic items above, consider including:

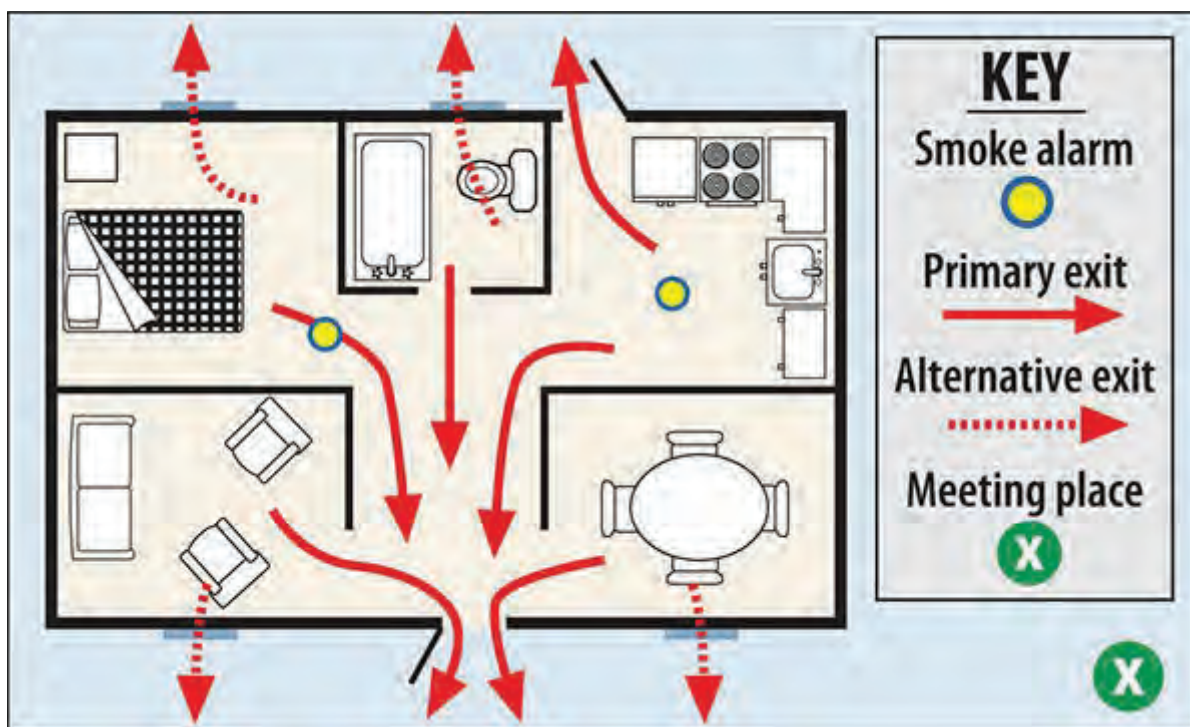
- ◆ Gauze pads
- ◆ Adhesive tape
- ◆ Soap
- ◆ Scissors
- ◆ Mouth barrier
- ◆ Pencil and paper
- ◆ Antiseptic wipes



REQUIREMENT 7 | Create and practice an emergency readiness plan for your home or den meeting place.

Emergencies can happen at any time—even in the middle of the night. What would you do if you woke up and smelled smoke or heard your smoke alarm going off? It's important to have a plan.

Sketch a floor plan of your house or apartment. Figure out two possible escape routes from each room, and draw them on your floor plan. Now, decide on a place away from the building where everyone can meet once they are outside. Discuss your plan with your family, and practice what you would do in an emergency.



Discuss these questions with your parent:

- ◆ Are our smoke alarms working?
- ◆ Are our windows easy to open? How could we get out through windows, such as picture windows, that don't open?
- ◆ Are there rooms on a second floor or higher? Should we buy escape ladders? Does our building have a fire escape?

- ◆ Would anyone in the family need special assistance in an emergency?

REQUIREMENT 8 | Visit with a first responder or health-care professional.

First responders are people who keep us safe. They include police officers, firefighters, EMS workers, and search and rescue professionals. Whenever an emergency happens or someone calls for help, they are the first people to respond.

Some first responders were once Webelos Scouts just like you. Some enjoyed learning about first aid and wanted to provide emergency medical care for a living. Others became police officers or firefighters because they wanted to help other people, just like the Scout Oath says.

In fact, first responders are helpful all the time, even when they aren't working. If an emergency happens in the woods, on an airplane, or in a restaurant, they quickly take action.

Meet with a first responder, and learn more about his or her work. If possible, meet at a place like a fire station or police station so you can see the equipment and vehicles the first responder uses. Ask the first responder what training or education he or she has had. Find out how you can be helpful in your role as a Scout first responder.



A Scout is courteous. When you visit a first responder, show good manners, follow instructions, and say “thank you” as you leave.