



2020 Cub Scout Backyard Challenge



Advanced First Aid

Category: Scout Skills

Difficulty: Advanced

Description:

Please read the following and go to the next page:

Requirement 1: Explain what First Aid is. Tell what you should do after an accident

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“First Aid is the first help or immediate care given someone who has suddenly sickened or been hurt in an accident. First-aid training continues through the program of the Boy Scouts of America as concrete evidence that we are prepared to help others in need.

“It is important that one person in each touring group be trained in the principles of first aid, know how and when to put this knowledge to the best use, and thoroughly understand the limitations of this knowledge.

“It is strongly recommended that adult leaders in Scouting avail themselves of CPR and first-aid training by the American Red Cross or any recognized agency to be aware of the latest techniques and procedures. However, some of the first-aid techniques found in BSA

literature are not the same as those professed by the American Red Cross. Frequently, modifications depend on the Scout's age—this could be a factor in the Scout's judgment and physical dexterity.”

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Please read the following and go to the next page:

Do the 3 Cs!

1. **Check the surroundings.** Evaluate the situation. Are there things that might put you at risk of harm? Are you or the victim threatened by fire, toxic smoke or gasses, an unstable building, live electrical wires or other dangerous scenario? Do not rush into a situation where you could end up as a victim yourself.

If approaching the victim will endanger your life, seek professional help immediately; they have higher levels of training and know how to handle these situations. First aid becomes useless if you can't safely perform it without hurting yourself.

Check responsiveness. Is the accident victim conscious? Breathing? Able to communicate? Discovering this will help you decide what aid you need to give.

2. **Call for help.** Call authorities or emergency services immediately if you believe someone to be seriously injured. If you are the only person on the scene, try to establish breathing in the patient before calling for help. Do not leave the victim alone for an extensive amount of time.
3. **Care for the person.** Caring for someone who has just gone through serious trauma includes both physical treatment and emotional support. Remember to stay calm and try to be reassuring; let the person know that help is on its way and that everything will be alright.

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Please read the following and go to the next page:

If a person is unconscious, try to rouse them by gently tickling their bare hands and feet or by speaking to them. If they do not respond to activity, sound, touch, or other stimulation, determine whether they are breathing.

Requirement 2: Show what to do for the hurry cases of first aid

Serious bleeding



PRESS IT

Apply direct pressure over the wound with your hand using a clean dressing. If you don't have a dressing, ask them to apply pressure themselves

Maintain direct pressure on the wound to control bleeding



RAISE IT



Help them lie down



Raise and support the injured limb above the level of their heart to reduce blood loss



Raise legs to ease shock

911



Call 911 and monitor them while waiting for help to arrive

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Please read the following and go to the next page

STROKE

There's treatment if you act **FAST**

Face
Face Look Uneven
Ask the person to smile.
Does one side of the face drop?

Arm
One Arm Hanging Down
Ask the person to raise both arms.
Does one side drift downward?

Speech
Slurred Speech
Ask the person to repeat a simple phrase.
Is the speech slurred or strange?

Time
If you observe any of the signs,
Call Emergency Assistant
Immediately!

Time is critical when a stroke occurs. Getting help fast could reduce disability and death from stroke.



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Please read the following and go to the next page

When someone is choking:








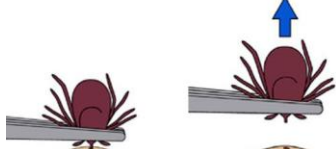

1. Encourage them to cough. If this doesn't clear the obstruction, support their upper body with one hand and help them lean forward.
2. Give up to five sharp back blows between their shoulder blades with the heel of your hand.
3. If the obstruction has not cleared, stand behind them and put both arms around the upper part of the abdomen.
4. Clench your fist and place it between the navel and the bottom of their breastbone.
5. Grasp your fist firmly with your other hand.
6. Pull sharply inwards and upwards up to five times.
7. If this doesn't clear the obstruction repeat backslaps and abdominal thrusts up to three times.
8. If it still hasn't cleared, call 911 for emergency help. Continue until help arrives.

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Match the injury to its first aid treatment:

1. Nosebleed		A. 
2. Bites and stings of other insects		B. 
3. Tick bites		C. 
4. Blisters on the hand or foot		D. 
5. Sunburn		E. 
6. Burns and scalds		F. 
7. Frostbite		G. 
8. Venomous snakebite		H. 
9. Cuts and scratches		I. 

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Answer Key:

1E, 2F, 3H, 4B, 5I, 6C, 7D, 8G, 9A

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