

Readyman Activity Badge

Learning Objectives	As a result of this training experience, participants should be able to teach the following activities for the Readyman activity badge: <ul style="list-style-type: none">• Explain what first aid is.• Show what to do for “hurry cases.”• Show how to treat shock.• Show first aid for cuts and scratches, choking, burns and scalds, blisters, bites and stings, nosebleed, frostbite, sunburn, and poisonous snakebite.
Trainer Preparation	<ul style="list-style-type: none">• Study the training outline.• Review the information on the Readyman activity badge in the <i>Webelos Handbook</i> and the <i>Webelos Leader Guide</i>.• Gather displays such as those suggested below.• Gather materials needed for demonstrations and hands-on activities.• Practice and time your presentation in advance to help you stay within the time limit.• If this course is not run in conjunction with Introduction to Outdoor Leader Skills, then prepare to present the Introduction to Outdoor Leader Skills “First Aid” section.
Materials	33452, <i>Webelos Handbook</i> , Readyman activity badge 33853A, <i>Webelos Leader Guide</i> , Readyman activity badge First aid kits—several personal first aid kits and a den (patrol) first aid kit First aid supplies for demonstrations 33640, <i>Introduction to Outdoor Leader Skills</i> , “First Aid” session
Ideas for Displays	<ul style="list-style-type: none">• A Webelos den first aid kit, with contents labeled and their uses• Several personal first aid kits that Webelos Scouts can make• First aid supplies for demonstrations
Time	40 minutes in combined session with Outdoor Leader Skills 10 minutes in separate session for Webelos den leaders

Outdoor Leader Skills	Webelos den leaders join the Outdoor Leader Skills session “First Aid” at its beginning.
What Is First Aid?	First aid is just that—the first help given the victim of an accident or other health emergency. First aid should <ul style="list-style-type: none">• Stop life-threatening dangers.• Protect an injured or ill person from further harm.• Get proper medical help for the victim.

While the First Aid merit badge and Tenderfoot, Second Class, and First Class badges provide a solid introduction to first aid, there is always more to learn. Keeping your skills sharp requires regular practice and review.

Personal First-Aid Kit vs. Patrol/Troop First-Aid Kit

The *Boy Scout Handbook* tells what items make up the **personal first-aid kit** and the **patrol/troop first-aid kit**. Always take along your *personal first-aid kit* whenever you go hiking or camping. This kit allows you to treat scratches, blisters, and other minor injuries, and to provide initial care for more serious emergencies. Everything for this kit fits in a resealable plastic bag. The *patrol/troop first-aid kit* contains a wider variety of items to treat a wide range of injuries. The kit fits easily in a fanny pack that can be carried by one Scout.

Hurry Cases

Hurry cases—stopped breathing, no heartbeat, severe bleeding, and internal poisoning—pose an immediate threat to a victim's life and require quick action by the first-aider. Assess the situation:

- Is the victim breathing?
- Is the victim's heart beating?
- Is there severe bleeding?
- Is there evidence of poisoning?

Once you have completed the quick assessment, begin treatment and have someone seek help. Start by treating the conditions that pose the greatest threat to life.

- **Stopped Breathing.** The *Boy Scout Handbook* has detailed instructions on first aid for stopped breathing. Because techniques for performing rescue breathing are constantly being improved, check with your local Red Cross chapter for current methods and training opportunities.
- **No Heartbeat.** An accident or medical condition that causes stopped breathing can also cause a person's heart to stop. Performing *cardiopulmonary resuscitation (CPR)* can sometimes provide both oxygen and blood circulation for such a victim. Learning CPR requires special training from an instructor certified by the Red Cross or other appropriate organization. The *Boy Scout Handbook* gives the procedures for CPR in detail.
- **Heart Attack.** Heart attack is one of the major causes of death in the United States. The *Boy Scout Handbook* tells how to be prepared to help someone else who is having heart trouble. The handbook also tells how to spot the five common warning signals of heart attack.
- **First Aid for Severe Bleeding.** Without quick first aid, the victim of a severe cut can bleed to death in a matter of minutes. The *Boy Scout Handbook* tells how to render first aid for severe bleeding, and gives recommendations for treating victims who are bleeding.
- **Internal Poisoning.** Poisoning is the most frequent cause of accidental death among children. For this reason, it's important to know first aid for internal poisoning.
 1. Immediately take the container of the suspected poison to a telephone. Call the poison control center toll free at 800-764-7661, or call your local emergency center at 911, or an operator, and follow the instructions you are given.

2. Treat the victim for shock and monitor breathing. Do not give anything by mouth unless you are told to do so by medical professionals.
3. Save any vomit (use any container such as a bowl, cook pot, or plastic bag). It will help a physician identify the poison and give the right treatment.

Heimlich Maneuver

Learn when it's appropriate to administer the Heimlich maneuver. Use the Heimlich maneuver whenever a choking victim nods yes but cannot speak, cough, or breathe when asked, "Are you choking?" Encourage a choking victim who is conscious and can speak, cough, or breathe, to cough up the object.

Be prepared to administer first aid if necessary; have someone call for help. Practice the Heimlich maneuver, as directed in the *Boy Scout Handbook*, on a suitable training device—never on another person.

Shock

Most injuries result in some degree of shock, which prevents the circulatory system from providing enough blood to all parts of the body. Treat every victim for shock, even if no symptoms appear. Symptoms may include all or some of the following: a feeling of weakness; confusion, fear, dizziness; moist, clammy, cool, and pale skin; a quick, weak pulse; shallow, rapid, and irregular breathing; nausea and vomiting; extreme thirst. See the *Boy Scout Handbook* for information about treatment of shock.

Heat Emergencies

Avoid heat emergencies by taking a few precautions in hot weather: Drink plenty of fluids, and rest in the shade when you feel too warm. The *Boy Scout Handbook* tells how to identify and treat the different types of heat emergencies:

- **Heat exhaustion**—when the body's cooling system becomes overworked
- **Heatstroke**—when a victim's cooling system has stopped functioning; life-threatening
- **Dehydration**—when a person loses more moisture (through breathing, sweating, digestion, urination) than is taken in; can be life-threatening

Sunburn

Sunburn, an injury common among people who enjoy being outdoors, can easily be prevented. Use plenty of sunscreen with a sun protection factor (SPF) of at least 15. Reapply sunscreen after swimming or if you are perspiring. Use a broad-brimmed hat, long-sleeved shirt, and long pants for added protection.

Cold Emergencies

Avoid cold emergencies by wearing the right clothing when in the outdoors, eating plenty of food for energy, and drinking lots of fluids. Be prepared for bad weather, and know how to identify and treat cold emergencies.

Hypothermia occurs when the body loses more heat than it can generate.

The temperature doesn't have to be below freezing for hypothermia to strike.

Dehydration, exhaustion, hunger, and exposure to wind and rain increase the risk of hypothermia. A victim of hypothermia may

- Feel cold and numb.
- Display fatigue and anxiety.
- Shiver uncontrollably.

- Seem confused, irritable, and may make bad decisions.
- Stumble and or fall.
- Lose consciousness.

See the *Boy Scout Handbook* for step-by-step instructions on first aid for hypothermia.

Frostbite

In cold weather, learn how to identify the signs of frostbite. The toes, feet, fingers, ears, nose, and cheeks are especially vulnerable. One victim may complain that these extremities feel painful and then numb, while another might not notice anything wrong. Be alert to grayish-white patches on the skin—a sure sign of frostbite. The *Boy Scout Handbook* gives first-aid instructions for frostbite.

Other First Aid Cases Especially in the outdoors, Scouts will be exposed to a variety of first-aid situations.

First Aid for Simple Cuts and Scratches

Cuts and scratches are wounds—openings in the skin and tissues that can allow germs to enter the body and cause infection.

- Wash **small wounds** with soap and water, then apply antiseptic to help prevent infection. Keep the wound clean with an adhesive bandage. On camping trips, clean and rebandage small wounds daily.
- For **large cuts**, use direct pressure to stop the bleeding. Use direct pressure to stop bleeding, and keep the wound as clean as possible to limit infection. Cover open wounds with a sterile gauze pad or clean cloth folded to size and secure with tape, cravat bandage, or other binder.

First Aid for Blisters

Blisters are pockets of fluid that form as the skin's way of protecting itself from friction. Hikers can avoid foot blisters by wearing shoes or boots that fit, by changing socks if they become sweaty or wet, and by paying attention to how their feet feel. The *Boy Scout Handbook* tells how to avoid and how to treat blisters.

First Aid for First- and Second-Degree Burns

Treatment for burns depends upon its degree.

- **Minor (first-degree) burns or scalds** will cause the skin to be tender and may cause redness. Treat immediately by holding the burn under cold water or applying cool, wet compresses until the pain subsides.
- **Serious (second-degree) burns** form blisters. Place the injured area in cool water until the pain fades, then let the burn dry and protect it with a sterile gauze pad. Do not break the blisters—that makes them open wounds. **Do not apply butter, creams, salves, ointments, jellies, or sprays**—these are difficult to remove and can slow healing.

First Aid for Bites or Stings

Bites from these critters can be painful, and some can cause infection. The *Boy Scout Handbook* instructs how to treat bee and wasp stings, tick bites, chigger bites, and spider bites, and has some tips for prevention.

First Aid for Poisonous Snakebites

Poisonous snakebites can cause sharp, burning pain. Avoid snakes by using a hiking stick to poke among stones and brush ahead of you while walking through areas where snakes are common. Watch where you put your hands and feet as you collect firewood or climb over rocks and logs. The steps given in the *Boy Scout Handbook* tell what to do in case of poisonous snakebite.

First Aid for Nosebleed

Have the victim sit up and lean forward to prevent blood from draining into the throat. Maintain pressure on the flow by pinching the nostrils together. Apply a cool, wet cloth to the area. If there are other injuries to the face and head or more severe bleeding, position the victim to keep blood out of the airway. Treat for shock and get help.

Webelos den leaders leave the Outdoor Leader Skills session after the section on "First Aid for Nosebleed."

Activity Badge Requirements

After leaving the Outdoor Leader Skills session and returning to the Webelos den leader meeting place, review the requirements for the Readyman activity badge. Boys as well as leaders should understand the basics of first aid before taking part in outdoor activities, whether an afternoon event, an all-day activity, or an overnight campout.

Summary

First aid is an important skill for any outdoor session. The Webelos Scouts as well as the leaders need to know how to handle basic first aid in an outdoor or campout situation. Having a knowledge of what you, as a leader, can handle and when to call for professional emergency help is critical.