

Harford District
2016 Cub Scout Day Camp
June 27 - July 1
Cubstruction

First Responder II
Basic First Aid



Station Volunteer's Guide

Thank you for being a station volunteer! The stations are the heart of camp and truly provide our scouts with an opportunity to try out a new skill (or build on one they know) while having a great time. Our volunteers' knowledge and enthusiasm is what makes our camp great!

To make running the station easier, please take some time to read through the station guide. While, **what** is being covered at the station needs to remain as outlined so that the scouts earn the correct achievements, **how** it is covered is only one of many methods. If you find a better way to accomplish the requirements or if the method we have outlined doesn't seem to be working...please feel free to change it! This is only a guide...do what works best for you and the scouts coming to your station.

One other thing to keep in mind - some stations will be visited by all ranks. That means you may have 6 year olds through 11 year olds and may have to simplify or intensify the methods to meet the skills and knowledge of all the scouts.

Thanks again - we are glad to have you as part of Harford Day Camp!

Station Procedures

- The first station begins at 10:15 on Monday and 9:15 other days...so you have some time! We've tried to only schedule 2 dens at a time (max. 24 boys) but, there may be times when you have 3. Consult your station schedule so you will know who to expect and when.
- Greet dens as they arrive. Many will have a den cheer, ask to hear it!
- Once all the dens arrive or the start time has come, begin going through the procedures for the station. It is very important that you start and end on time! Each time slot lasts 45 minutes. If a den arrives 10 minutes late, they CANNOT stay 10 minutes past the end of the station...that would make you and then late for the next station. If a den doesn't get finished, suggest they come back during a break or take the remaining activity with them to work on at the den.
- Execute the station with energy and enthusiasm! Let the scouts do as much for themselves as possible. It doesn't need to be perfect, they just need to Do Their Best!
- Don't forget the beads. Each scout earns a bead at every station for participating. Beads can be given to the den leader for distribution.
- Once the den is finished, begin resetting for the next group.
- Close the station at the end of the day by packing/organizing the supplies and cleaning and disposing of all trash. Let the Program Director responsible for the station (either Tiger/Wolf/Bear or Webelos) know if supplies are running short!

Station Overview: First Responder: Basic First Aid

- 2016 Requirement 3 Demonstrate the Heimlich Maneuver
2016 Requirement 4 Show how to treat shock
2016 Requirement 5 Show first aid for:

| | |
|----------------------------|---------------------------------|
| Cuts and Scratches | Bites & stings of other insects |
| Burns and scalds | Venomous snakebites |
| Sunburns | Nosebleed |
| Tick bites | Frostbite |
| Blisters on hands and feet | Stroke |
| | |

Station Procedure:

Explain to the scouts that you will be reviewing the first aid procedures for several different situations. Remind them that these are all problems that could arise and that they need to really think about how to handle the situation.

In order to become familiar with the first aid, you will be playing the "Paramedics Game". Before we start, who knows what first aid is?

I- Explain what first aid is-

First Aid is the first help given to someone who has had an accident or other health emergency. If more attention is needed, first aid treatment helps keep an injured or ill person as safe as possible until medical personnel arrive. First aid has always been an important part of scouting. It is part of being a good citizen. Learning first aid skills is a way to put into action the scouting ideal of doing a good turn.

Goals of First aid

1. Protect a person who is injured or ill from further harm
2. Stop life-threatening medical emergencies
3. Get the person under professional medical care.

II. Paramedics Game

- Have the scouts sit in a circle, close enough so they can hear each other. If the group is big, have two circles, each with an adult or scout volunteer to lead the game.
- Each circle of scouts should have a bag with the following items: A Band Aid box, a box of matches, a hiking boot or shoe, a picture of a tick, a small honey jar, a plastic snake, a hot dog in a ziplock bag, a small tissue bag, snow gloves, and sun block.
- Ask a scout to pick one item from the bag.
- You should read the situation that goes with the item (See below which item corresponds to which item.). The scout should see if he can come up with the way to treat that medical situation. Have them "treat" their partner to make the game more interactive.
- If the scout can come up with the solution, they can provide the explanation for first aid. If they can come up with some of it let them do so and either ask if any other scout can finish the explanation or provide them with it yourself by consulting the information below.
- As you go through each item, have the scouts fill in the information on their First Responder Activity Packet.

Situation Game:

Band Aid Box: Cuts and scratches You were sleepy when you were delivering paper in your paper route so you crashed your bike on a bush and got cut and scratches everywhere

Box of matches: Burns and scalds A boy at camp was poking a stick on the fire and some hot ashes fell on your arm.

Shoe: Blisters on the hand and foot You came back from a 3 mile hike and noticed you have blisters on your foot.

Picture of a tick: Tick bites You're at camp and you feel a bump behind your ear. Your tent buddy tells you it is a tick!

Honey: Bites and stings of other insects While on a hike, your patrol discover a honey tree! You don't want to disturb it, so you around another way. A couple of bees want to make sure you don't come back and they sting you.

Rubber snake: Poisonous snakebite You are picking up litter for a cleanup project when all of a sudden a snake charges at your leg from under a plastic bag you picked up from the ground.

Hot Dog: Choking Your friend tells a really funny joke when you are eating a hot dog and you choke!

Tissues: Nosebleed You sneezed really hard and your nose won't stop bleeding.

Glove: Frostbite You went out to play on the snow without gloves. When you come in the house you feel a stinging pain in your fingers. Your mom tells you have frostbite.

Sun Block: Sunburn You did not listen to your mom when she told you to put on sunblock before you went Scouting for Food. Now you are redder than a lobster!

Cleaning Fluid: Poisoning Your little brother comes into the room holding his stomach...he has a strange smell and a crusty look around his lips!

Peanut Butter Jar: Shock. Your sister is allergic to peanuts and didn't know that the cookies she just ate had nuts in them. Now she is having trouble breathing, her pulse is racing and she seems confused. You suspect she is going into shock...what do you do?

III. The Heimlich Maneuver

The Heimlich Maneuver is an emergency technique for preventing suffocation when a person's airway (windpipe) becomes blocked by a piece of food or other object. The choking victim may not be able to cough it up by himself. Unless the person is a baby, use the Heimlich maneuver to help him. There are ways to indicate that someone is choking, they include:

- The person cannot speak or cry out.
 - The person's face turns blue from lack of oxygen.
 - The person desperately grabs at his or her throat.
 - The person has a weak cough, and labored breathing produces a high-pitched noise.
 - The person does all of the above, then becomes unconscious
- ❖ **Choking is an emergency. Call 911 emergency medical services. Do not attempt to drive a choking person to a hospital emergency department.**

These are the steps to perform the Heimlich Maneuver:

1. Stand behind the victim and put your arms around him.
2. Make a fist with one hand just above his belly button.
3. Cover the fist with the other hand.
4. NOW make 4 quick thrusts inward and upward to force air from his lungs.
5. This should dislodge the object. If it doesn't repeat until the object is dislodged.
6. If the person is too big for you to do the Heimlich maneuver standing up, have him lie down face up.
7. Put one open hand just above his belly button and put your other hand over the first. Make 4 quick upward thrusts.

NOTE: Because of the possibility of injury, **do not practice the thrust part of the Heimlich maneuver on a person.** Thrusts should only be used on actual choking victims.



IV. Treating for shock

Shock may result from trauma, heatstroke, allergic reactions, severe infection, poisoning or other causes. Various signs and symptoms appear in a person experiencing shock:

Signs of shock include:

- ✓ **The skin is cool and clammy.** It may appear pale or gray.
- ✓ **The pulse is weak and rapid.** Breathing may be slow and shallow, or hyperventilation (rapid or deep breathing) may occur. Blood pressure is below normal.
- ✓ **The eyes lack luster and may seem to stare.** Sometimes the pupils are dilated.
- ✓ **The person may be conscious or unconscious.** If conscious, the person may feel faint or be very weak or confused. Shock sometimes causes a person to become overly excited and anxious.

If you suspect shock, even if the person seems normal after an injury:

- **Dial 911** or call your local emergency number.
- **Have the person lie down** on his or her back with feet higher than the head. If raising the legs will cause pain or further injury, keep him or her flat. Keep the person still.
- **Check for signs of circulation** (breathing, coughing or movement). If absent, begin CPR.
- **Keep the person warm and comfortable.** Loosen belt(s) and tight clothing and cover the person with a blanket. Even if the person complains of thirst, give nothing by mouth.
- **Turn the person on his or her side** to prevent choking if the person vomits or bleeds from the mouth.
- **Seek treatment for injuries**, such as bleeding or broken bones.

First Aid for Shock when a person is injured or under great stress, his circulatory system might not provide enough blood to all parts of the body. That's called SHOCK. The person will feel weak, his face may get pale, the skin will feel cold & clammy. He may shiver or vomit. Don't wait for these signals to appear, give any badly injured person first aid for shock.

- Have them lie down.

- Raise the feet slightly, unless you think they have injuries to the head, neck, back, hips, or legs. If not sure have them lie flat.
- If he is not awake, turn him on his side, not on his back.
- If the weather is cool, cover him. If it's hot, don't.

Call 911 immediately.

BACKGROUND INFORMATION ON FIRST AID

1. Cuts and Scratches

Sharp cuts through the skin, such as those caused by knives, razors, edges of metal or broken glass or other sharp objects are known as incisions. The first thing you must do for any wound is to stop the bleeding. The wound should be cleaned and bandaged as soon after the injury.

Treat large cuts by using direct pressure to stop bleeding, then keep the wound as clean as you can to limit infection. Cover an open wound with a sterile gauze pad held in place with tape or other binding. Serious wounds should be treated by a physician as soon as possible.

2. Burns and scalds

The first aid depends on how serious the injury is. A burn from light contact with a hot object is probably a first degree burn. Very serious burns are called third-degree burns.

- ***First-degree burn:*** The skin gets red and sore. Put the burned area in cold water until the pain stops. If you don't have water, cover the burn with a clean dry dressing.
- ***Second- degree burn:*** Blisters form on the skin, try to protect these from breaking open, as this could cause infection. Cover the burn area with a sterile gauze pad. Hold the pad loosely in place with a bandage. DO NOT apply creams, ointments, or sprays. Seek medical attentions immediately.
- ***Third-degree burn:*** The skin may be burned away. Flesh may be charred. The victim may feel no pain. Don't try to remove clothing from around the burn. Wrap the victim in a clean sheet. Cover him with blankets if the weather is cool. Call 911.
- ***Treat for shock, too:*** People with second and third degree burns will be suffering from shock. Give first aid for shock as well as burns.

3. Sunburn

Most sunburns are first degree burns, a severe sunburn is second degree and should receive medical attention promptly. Prevent sunburn by applying sunscreen and wearing protective clothing and a broad brimmed hat and sunglasses as well as limit your exposure to the sun. The sun's rays are most harmful between 10:00 A.M. and 2:00P.M. Sunburns should also be treated with cool compresses or baths.

4. Tick bites

- If you spend time outdoors or have pets that go outdoors, you need to beware of ticks.
- Ticks are small bloodsucking bugs. Many species transmit diseases to animals and people. Some of the diseases you can get from a tick bite are Lyme disease, Rocky Mountain spotted fever and tularemia.
- Some ticks are so small that they can be difficult to see. Ticks may get on you if you walk through areas where they live, such as tall grass, leaf litter or shrubs.
- To help protect yourself and your family, you should:
 - ✓ Use a chemical repellent with DEET, permethrin or picaridin
 - ✓ Wear light-colored protective clothing
 - ✓ Tuck pant legs into socks
 - ✓ Avoid tick-infested areas
 - ✓ Check yourself and your pets daily for ticks and carefully remove any ticks you find

If you've received a tick bite:

- **Remove the tick promptly and carefully.** Use tweezers to grasp the tick near its head or mouth and pull gently to remove the whole tick without crushing it.
- **If possible, seal the tick in a jar.** Your doctor may want to see the tick if you develop signs or symptoms of illness after a tick bite.
- **Use soap and water to wash your hands** and the area around the tick bite after handling the tick.
- **Call your doctor** if you aren't able to completely remove the tick.

See your doctor if you develop:

- A rash
- A fever
- A stiff neck
- Muscle aches
- Joint pain and inflammation
- Swollen lymph nodes
- Flu-like symptoms

If possible, bring the tick with you to your doctor's appointment.

5. Blisters on the hand and feet

- ✓ Blisters are pockets of fluid that form as the skin's way of protecting itself from friction.
- ✓ Avoid getting blisters by wearing shoes or boots that fit and 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 may be forming.
- ✓ As soon as you notice treat with a doughnut bandage to relieve the pressure on your skin. Cut moleskin in the shape of a doughnut and fit it around the injury.
- ✓ A gel pad made of the same material used to treat burns can be applied directly over a blister to reduce friction and speed healing. Used together the moleskin doughnut and gel pad provide maximum relief for blisters.

6. Bites and stings of insects

Scrap away the stinger with the edge of a knife blade (you should try to have an adult do this). 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 may help reduce swelling and pain.

Spider bites can cause redness and sharp pain at the wound site. The victim might suffer sweating, fever, chills, nausea, vomiting, stomach pain & cramps, muscle pain & spasm, joint pain, rash and shock. Breathing may be difficult. Treat victims for shock and have seen by a physician as soon as possible.

7. Poisonous snakebite

Each year, nearly 8,000 people receive poisonous snake bites in the United States. Even a bite from a so-called "harmless" snake can cause infection or allergic reaction in some people. People who frequently visit wilderness areas, camp, hike, picnic, or live in snake-inhabited areas should be aware of the potential dangers posed by venomous snakes.

What snakes cause poisonous bites?

Any of the following snakes cause poisonous bites:

- Rattlesnake
- Copperhead
- Cottonmouth Water Moccasin
- Coral Snake

What are the symptoms of poisonous bites?

While each individual may experience symptoms differently, the following are the most common symptoms of poisonous snake bites:

- bloody wound discharge
- severe localized pain
- diarrhea
- burning
- convulsions
- fainting
- dizziness
- weakness
- blurred vision
- excessive sweating
- fever
- increased thirst
- loss of muscle coordination
- nausea and vomiting
- numbness and tingling
- rapid pulse
- fang marks in the skin & swelling at the site of the bite

Treatment

Get the victim under medical care as soon as possible, so that the venom can be neutralized.

Remove rings or jewelry that could cause problems in the area of swelling.

If the victim must wait for medical care have him lie down and position the bite area lower than the rest of his body. Speak to him calmly, he will be frightened.

Treat for shock.

If available within 3 minutes of the bite, apply a venom extractor such as Sawyer Extractor directly over the fang marks and leave in place for no more than 10 minutes. Properly used, this can remove up to 30% of the venom. **Do not make any cuts on the bite.**

Do not apply ice to a snakebite, ice will not help but it can damage the skin.

8. Nosebleed

A nosebleed can look bad, but will usually stop in a few minutes. Have the victim sit up and lean forward to prevent blood from draining into his throat. Pinch the nostrils together to maintain pressure on the flow. Apply a cool, wet cloth to the victim's nose and face. If bleeding is severe or there are other injuries to the face and/or head position the victim to keep blood out of his airway. Treat for shock and call for help.

9. Frostbite

A victim of frostbite may complain that his ears, nose, fingers, or feet feel painful and then numb, another victim may not feel anything at all. A sure sign of frostbite is grayish white patches of skin.

Get into shelter then warm the injury and keep it warm. If an ear or cheek is frozen, remove a glove and warm the area with the palm of your hand. Slip a frostbitten hand under your clothing or tuck under your armpit. Treat frozen toes by putting the victim's bare feet against the warm skin of your belly. Avoid rubbing frostbitten flesh, as this can cause more damage.

You can also warm frozen flesh under warm -NOT HOT- water. Or wrap in a dry blanket. Have the victim exercise injured fingers and toes.

10. Stroke

A stroke can be thought as a brain attack or cerebrovascular accident (CVA). A stroke happens when a blood clot clogged an artery in the brain. The brain then is deprived of oxygen causing the brain cells to die.

Signs for a stroke include:

- weakness, numbness or paralysis of the face, arm or leg of one side of the body
- blurred vision, especially in one eye
- problems speaking or understanding
- dizziness or loss of balance
- sudden, severe headache

Treatment for someone having a stroke is supportive. Call 911 and get the victim to the hospital.