

Readyman Instructor Outlines

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Station One - Heart Attack, Rescue Breathing, and CPR

Rescue Breathing

When is it used: When the person is unconscious and not breathing. Why would you use it?

Some situations:

- Drowning
- Electrocution
- Poisoning
- Suffocation/Choking
- Trauma

Demonstration: During the explanation the assistant should demonstrate each step after the instructor describes it.

How to do it

- Tap and ask...are they aware?
- Call for help
- Open the airway (Head tilt/chin lift)
- Look, listen, and feel for breathing
- If not breathing, do rescue breathing for two breaths
- Pinch the nose, make a seal with your mouth against theirs, and slowly blow into their mouth until you see the chest rise, every five seconds
- If you are alone (no one there) get help now
- Open the airway (Head tilt/chin lift)
- Do rescue breathing for one minute
- Look, listen, and feel for breathing
- If not breathing, continue giving one breath every five seconds until relieved or breathing resumes

Practical. Have each pair of students get with a dummy. Talk them through the steps above, enforcing them to wait for each step to be described. Do two walk-throughs, then switch partners, and repeat. The partner is instructed to look for things that are done wrong and help.

Heart attack

What is it?

- The heart does not beat well or does not pump blood, or the heart can stop. If the heart stops you will die in minutes. It is usually caused by clogged arteries of the heart, but there can be other causes, too.

Risk and causes

- Family history of heart disease
- Poor Diet
- No Exercise
- Health factors
- High blood pressure
- Overweight

- Stress
- Diabetes
- Smoking

Signs and symptoms

- Chest pain, pressure, or feels like someone is sitting on your chest
- Difficultly breathing, shortness of breath, cannot catch breath, panting like a dog
- Pain going into the arms, neck or jaw
- Headache
- Sweating
- Denial

Treatment

- Important: Recognize that this could be a heart attack
- Have them stop activity and rest
- Call 911
- If heart stops (no pulse) do CPR

Demonstration: During the explanation the assistant should demonstrate each step after the instructor describes it.

How to do it

- Tap and ask...are they aware?
- Call for help
- Open the airway (Head tilt/chin lift)
- Look, listen, and feel for breathing
- If not breathing, do rescue breathing for two breaths
- Pinch the nose, make a seal with your mouth against theirs, and slowly blow into their mouth until you see the chest rise
- If you are alone (no one there) get help now
- Check pulse, if no pulse:
- Start CPR: Find the right spot over the heart, put the palm in the right spot, keep shoulders over the hands, compress 1 ½ to 2 inches, do 15 compressions.
- Open the airway (Head tilt/chin lift)
- Give two breaths.
- Repeat this 4 times for a minute.
- Look, listen, and feel for breathing
- If not breathing, do rescue breathing for two breaths
- Do CPR
- Continue giving 30 compressions and two breaths until relieved or breathing resumes, you can recheck every few minutes

Practical. Have each pair of students get with a dummy. Talk them through the steps above, enforcing them to wait for each step to be described. Do two walk-throughs, then switch partners, and repeat. The partner is instructed to look for things that are done wrong and help.

EQUIPMENT (one for each room)

12 student CPR dummies

1 instructor CPR dummy on table
3 bottles alcohol
6 rolls paper towels
POSTER: Position Airway
POSTER: Rescue Breath
2 disposable face shields

Readyman Requirements:

5. Show what to do for these "Hurry Cases"
- Stopped breathing
 - Heart attack

Station Two - Choking, Bones, and Joints

Choking

What is it? Can't breathe - blockage of wind pipe

Signs and symptoms

- Universal sign of hand to throat
- Person not talking or coughing - no sound
- Scared
- Blue color of skin
- Eventual unconsciousness and death

What to do for choking (conscious victim)

- Abdominal thrust to relieve the obstruction
- Rescuer behind the person choking
- Arms around the victim
- Use fist thumb side with other hand cupped around the base of the fist, placing fist midway between the belly button and the bottom of the breastbone, make sure you are not too high or too low
- Pull in rapidly until the victim can breathe, or they go unconscious

If this does not work be ready for victim to pass out – and do rescue breathing or CPR if necessary.

Practical. Have each pair of scouts go through the above steps. Maintain high control of group. Emphasize they are not to actually do the thrust.

Joint Injuries

- Dislocation is when a bone comes out of where it is supposed to be, but is not broken
- Keep dislocated parts from moving and call for help.
- Sprains are damage to things that hold the bone in place
- Strains are tears to muscles and things they connect to
- Treatment for sprains/strains the same – cool pack for swelling, elastic bandage to provide support.

Demonstration. The instructor shows how to put on an elastic bandage on the wrist.

Practical. Have each pair put on an elastic bandage on a wrist. Wait until approved. When all done switch and have other partner put the bandage on.

Fractures

Bone is broken, chipped, or cracked. If the skin is broken it is “open”. If skin is not broken it is “closed”. Sometimes you can tell if bone is broken by looking at it. Otherwise it may look OK but there is pain. Could be deformed, sticking out, bruised, or bumpy. Can't hold weight or won't move right, or won't move without pain.

Treatment: splint

Demonstration: Instructor demonstrates a forearm splint using wood and roller gauze.

Practical. Break into threes, and put on forearm splint. When approved rewrap gauze.
Demonstration: Instructor demonstrates a sling.

Practical. Break into threes, and put on forearm splint and sling. When approved rewrap gauze.

Demonstration: Instructor demonstrates a wrist splint using wood and roller gauze.

Practical. Break into threes, and put on wrist splint and sling. When approved rewrap gauze.

Demonstration: Broken rib. Instructor uses some of the Webelos and demonstrates a swath.

Demonstration: Using elastic bandages: Instructor uses other Webelos and shows a lower leg splint using splints and elastic bandages.

Instructor passes around some other splinting materials (commercial, SAM splints, popsicle sticks, etc...)

EQUIPMENT (one for each room)

POSTER: Fractures

POSTER: Heimlich Thrust

24 elastic bandages

36 roller gauze

12 wooden forearm splints

1 sam splint (demo)

1 magazine

1 small blanket

24 triangular bandages

Readyman Requirements:

4. Demonstrate the Heimlich maneuver and tell when it is used.

7. Show first aid for the following:

- Choking

Station Three - Shock, Poisoning, and Burns

Shock

What is shock? The body does not have enough blood or the blood is not circulating correctly.

What are causes? Can be caused by kinds of things. Can be illness or injury. Shock is very serious. What does it look like? Skin pale, feels cool or clammy, maybe sweaty, breathing shallow, groggy or unconscious, eye dilated (pupils large).

How do you treat shock?

- Call 911
- Lay the person down and raise their legs
- Keep them warm (don't overheat if in the sun)

Demonstration: Instructor shows how to treat for shock, including raising the legs and using a blanket.

Poisoning

What is it? Something bad is in your body that should not be there, or too much of a good thing is in your body.

How do you get poisoned? You swallow something, you get stung/poked, you breathe something in, or some bad things can just get on your skin and soak in.

How do you treat poisoning? If someone is sick call 911.

If you breathe something bad in:

- Get out of the area into fresh air

Poisons on the skin and in the eyes

- Remove clothing, watches and jewelry
- Wash with water for 15-20 minutes
- If washing an eye don't get stuff in other eye

Injection

- For bees, wasps scrape the stinger out (Instructor demonstrates scraping with card)
- Take off jewelry (swelling of the hands)
- Wash the wound with soap and water
- Watch for shock, and breathing problems if so call 911

Snakebites

- Get away from the snake
- Call 911
- Keep person still
- Keep bite below the heart
- No ice, cutting on the skin, or tourniquets

Swallowing/eating poison

- Call poison control 1-800-222-1222, and follow instructions
- Watch for signs of shock and airway problems
- Call 911 as needed

Practical: Hand out cards with object/pics/things on them, each a different poison. Have cards around the room with eating/swallowed, breathed in, absorbed, poked/injected, and have the Webelos put their cards by the right one. Then the instructor talks about it.

Then, redistribute the cards, and have cards on the wall with treatments, such as get away, clean it off, call poison control, scrape it off, etc., and have the Webelos put the cards by the right treatment again. Then the instructor talks about it.

Burns

How do burns happen?

Touching hot things

Fire/Flame

Electricity

Hot water or steam

Sun (too much)

Chemicals

There are three types of burns: Superficial, Partial Thickness, Full Thickness. These used to be called First, Second, and Third degree burns. These terms of degrees are in some older books, like your Readyman book. They are the same thing as the new terms...just a different name.

Burns and Scalds

First aid for burns and scalds depends on how serious the injury is. A burn from light contact with a hot object probably is 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 any water, cover the burn with a clean, dry dressing.

Second-degree burn: Blisters form on the skin. Try to protect them from breaking open, as this could cause infection. Cover the burned area with a sterile gauze pad from a first aid kit. Hold the pad loosely in place with a bandage. Don't apply creams, ointments, or sprays. All second-degree burns need medical attention.

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 for an ambulance to rush him to a hospital. Treat for shock, too: People with second- or third-degree burns will be suffering from shock. So give first aid for shock as well as for the burn.

Sunburn: Most sunburns are first-degree burns. A severe sunburn is a second-degree burn and should receive prompt medical attention. Prevent sunburn by liberally applying sunscreen lotion with a high sun protection factor (SPF) about 20 minutes before you're in the sun. Reapply if you sweat heavily or swim. It's also important to wear 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 2:00 P.M. Sunburns should be treated with cool compresses or baths.

Demonstration: Instructor shows how to treat a superficial burn to the forearm, including washing, patting, and bandage (with roller gauze).

Practical: Students break into pairs (provided with small spray bottle of water, paper towel, roller gauze). Student treat for superficial burn, switch, and other person treats. Comments and critique for both pairs.

EQUIPMENT (for each room)

10 small Tupperware tubs with covers

10 small bottles with water

6 rolls paper towels

12 roller gauze

POSTER: Types of Poisons

POSTER: Burns

Cards for Poison Games: Set of signs (8.5 x 11) for ways poisons get in body, and set of signs for treatments. Another set of smaller cards with twenty-four examples of common things that can be poisons (can be text or text/picture)

Readyman Requirements:

5. Show what to do for these "Hurry Cases"

- Internal poisoning

6. Show how to treat shock.

7. Show first aid for the following:

- Cuts and scratches
- Blisters on the hand and foot
- Tick bites
- Bites and stings of insects other than ticks
- Poisonous snakebite
- Nosebleed
- Burns and scalds
- Frostbite
- Sunburn

Station Four - Cuts, Bleeding, and Bandaging

Cuts: Any break of the skin can be bad. Skin keeps out germs and keeps you together.

Blood will try to clot to seal a cut. This is body's way of sealing a cut. We need to help.

Simple cuts: Clean with soap and water. Dry. Put on antibiotic and Band aid.

Demonstration: Instructor cleans a cut, puts on antibiotic, and properly applies a band aid.

Practical: Teams of two, clean a cut, put on antibiotic (simulate with Vaseline/Q-Tips), and apply band-aid. Observed with comments, then switch.

Bleeding: Larger cuts won't stop by themselves, so we add dressings and bandages.

Direct pressure is best technique, and elevation is easy to do. You need bulk to stop bleeding, with a variety of bandages to hold the dressings on.

Instructor demonstrates use of roller gauze, then sponges under roller gauze, then sponges under elastic bandages. Stress on techniques for rolling, neatness, finishing knots.

Practical: Teams of two, use roller gauze for forearm cut. Take comments, then switch. Do it again with sponges under the roller gauze. Take comments, then switch.

Instructor demonstrates sponges and roller gauze for forehead cut.

Practical: Teams of two, use sponges and roller gauze for forehead cut. Bandage each other with comments in between.

Instructor demonstrates roller gauze on finger.

Practical: Teams of two, use roller gauze for finger cut. Bandage each other with comments in between.

Ticks are small, hard-shelled arachnids that bury their heads in the skin of warm-blooded vertebrates. Protect yourself whenever you are in tick-infested woodlands and fields by wearing long pants and a long-sleeved shirt. Button your collar and tuck the cuffs of your pants into your boots or socks. Inspect yourself daily, especially the hairy parts of your body, and immediately remove any ticks you find. If a tick has attached itself grasp it with tweezers close to the skin and gently pull until it comes loose. Don't squeeze, twist, or jerk the tick, as that could leave its mouthparts in the skin. Wash the wound with soap and I water and apply antiseptic. After dealing with a tick, thoroughly wash your hands.

Bee and Wasp Stings

Scrape away a bee or wasp stinger with the edge of a knife or blade. 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.

Spider Bites

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.

Victims of spider bites should be treated for shock, then seen by a physician as soon as possible.

Snakebite

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.

The bite of a nonpoisonous snake causes only minor puncture wounds.

The bite of a poisonous snake can cause sharp, burning pain.

The area around the bite might swell and become discolored; however, a poisonous snake does not inject venom every time it bites.

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 his or her 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 if there are other injuries to the face and head, position the victim to keep blood out of his airway. Treat for shock and call for help.

EQUIPMENT (for each room)

24 band aids

24 pairs of gloves (for reuse, but include spares)

12 film canisters filled with Vaseline

24 Q Tips

24 roller gauze

24 triangular bandages

12 elastic bandages

12 4x4 gauze pads

POSTER: Cut

POSTER: Direct Pressure and Elevation

Readyman Requirements:

5. Show what to do for these "Hurry Cases"

- Serious bleeding

6. Show how to treat shock.

7. Show first aid for the following:

- Cuts and scratches
- Blisters on the hand and foot
- Tick bites
- Bites and stings of insects other than ticks
- Poisonous snakebite
- Nosebleed
- Frostbite

Station Five –Fire Safety

4000 Americans die each year from fires, 20000 are injured each year.

Fires are preventable. Deaths and injuries are preventable.

Fires come from playing with fires and unsafe things around the house. You can prevent almost all fires with good sense and good safety.

We are going to talk about:

- Fires, how they start and what they are?
- How to get out of your house in case of fire.
- Different types of fires.
- Extinguishers.
- Fire safety around the home.
- EDITH (Exit Drills in the Home)

Kinds of Fires

Class A – Wood, paper, cardboard, carpet, walls (most contents of houses).

Class B – Flammable Liquids (gasoline, grease, oils, paints)

Class C – Electrical (anything with electricity in it – computers, TVs, sound systems, game systems)

Home Fire Escape Plan (EDITH)

Suppose you wake up some night and hear your smoke detector or smell smoke. What would you do? That's easy. Wake the other members of your family and get them out of the house!

Then call the fire department. But what if your family sleeps on the second floor and the fire is coming up the stairway? How would the family get out?

- You need a plan that is known to every one in your house.
- You should have two ways out of every room in the house.
- Do you have security bars? Do they have a release and do you know how to operate it?
- Check doors for heat – don't open a hot door because there is fire on the other side.
- Have a meeting place outside (a safe location).
- Practice at night and in the dark.
- Have one member designated to be the one to call the fire department (neighbor's house).

<Pass out the fire plan handout and pencils. Go over the plan on the front. Have the kids do a floor of their house on the back and draw escape routes.>

Smoke Alarms

- Have one on each major floor and/or outside sleeping areas.
- Test them frequently.
- Replace the batteries once a year.
- Replace the alarm every ten years.
- Keep them clean.

- If your house has an alarm system there is probably a smoke alarm attached to it. You should still have other smoke alarms in the other areas.

<Instructor demonstrates the smoke alarm test, changing batteries, and demonstrates the audible alarm.>

Fire Extinguishers

- Most home extinguishers are multi-purpose and work on all kinds of fires.
- They come in different sizes.
- Everyone who is old enough should know where the extinguisher is and how to use it.
- There is a dial on them to see if they are full. There is an expiration date, too.
- They are only for very small fires – if the fire is big just get out of the house.
- If you use the whole extinguisher and the fire is not out then get out of the house.
- Don't put them too close to where the fire could happen (don't put them right over the stove, etc..). Put them where they can be reached easily.

<Instructor shows the extinguisher and passes it around.>

Evacuation Techniques

- Stay low (avoid smoke and hot air). Most fatalities in fires are from smoke and hot air – not the flames.
- Crawl on floor if you have to.
- Feel for hot doors – don't open.
- If you can't get out don't hide.
- If you can't get out and you hear the fire fighters yell “help” so they can find you.
- Don't go back into the house once you get out.
- Don't gather things on the way out – just get out.
- If in bed: Roll off the side onto the floor – don't stand up.
- If someone is on fire use the “stop, drop, roll” technique.

<Use a Webelo to demonstrate “stop, drop, roll” technique.>

Fire Safety in the Home

Perform an inspection of your home looking for fire hazards. Here are some examples:

- Towel too close to the stove top or heat source.
- Overloaded or damaged electrical cords.
- Space heaters left alone when on.
- Piles of clothes or papers near heat sources.
- Cords under carpets.
- Screens missing from fireplaces.
- Objects on top of heaters.
- Smoke alarms missing or with dead batteries.
- Flammable liquids in wrong container or inside house.
- Oily rags in garage kept in a pile (spontaneous combustion).
- Candles not in right containers or used unattended.

<Shows the Webelos a sample setup with seven things wrong. Webelos have to identify the hazards>

1. Frayed cord
 2. One power strip plugged into another
 3. Cord under rug
 4. Small paint can next to power strips.
 5. Pile of rags next to power strip.
 6. 3 outlet adaptor used in power strip
 7. 3 way plug has ground broken off so it can fit a 2 prong adaptor
-

EQUIPMENT

2 power strips (one damaged)

Small Rug

Small paint can

Extinguisher

Smoke Alarm

Fire Escape Plan handouts (one per Webelo per class)

3 outlet adaptor

3 way plug and cord with ground broken off (small appliance?)

3 dirty rags

pass around color pictures of a house fire

Readyman Requirements:

11. Make a home fire escape plan for your family.

Station Six – First Aid Kits, Swim Safety, Accidents

The courage steps: Be strong; Be calm; Be clear; Be careful.

Be strong – a first aid situation may be very stressful. Someone is hurt, there may be danger, and you have to be able to render aid.

Be calm – the situation may be at an accident, there may be blood, you may be alone, you could be hurt yourself. Stay calm and focused. Your calm will help others.

Be clear – remember the basics. Do first aid as you have been trained.

Be careful – take care of yourself. Don't rush. Do your first aid step by step. Be safe.

What is first aid?

First aid is knowing exactly what to do first to help a person with a more serious injury or illness.

First aid is what you must do immediately. Someone has to help right away, and you might be the only person there who can do this job. It's important to know the right ways to help.

How to Get Help

The way to get help in an emergency is not always the same in every town. Some communities may have different phone numbers for the police, fire department, ambulance, and rescue squad.

In many places, the 911 numbers will put you in touch with all of these services.

Find out how to get help where you live and make a list of the phone numbers. Post your list near the telephone in your home 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. You should also carry coins for a pay phone.

- Your "help list" should include numbers for
- Police or sheriff's department
- Fire department
- Ambulance
- Utility companies (electricity, gas, water) . Rescue squad
- Your family doctor
- Poison control center
- A friendly neighbor who can help you

When you call for help, remember the "three W's": Who? What? and Where?

Who? Give your name.

What? Explain the situation: fire, accident, injury, etc.

Where? Give the exact location. Give the names of both streets and roads at the nearest corner.

Stay on the phone until your message is understood and you have answered all questions.

Sometimes you need to know how to get help, but it may not be an emergency. For problems with your sewer line or other housing problems, call a department of your city or county government. Your church or other religious group, a counseling agency, or friends and relatives might be able to help with a family problem. Find out whom to contact in your community.

What to Do After an Accident

- First, stay calm and think! This may be hard to do-but try.
- The victim will feel better, knowing you are in control.
- 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 give what assistance you can to the victim.

- Do not move a badly hurt person unless the victim is in further danger. It may be necessary to move the 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"
- Treat the victim for shock

Accidents in the Home

By looking for accidents before they happen you will have a safer home and less chance of an accident. Some examples:

- First, stay calm and think! This may be hard to do-but try.
- Extension cords frayed/damaged
- Things you can trip over (toys left on the floor, loose rugs)
- Spills not cleaned up right away
- Poisons not locked up
- Putting poisons in other containers (not labeled right)
- Leaving candles alone (flame)
- Running the car in the garage to warm it up
- Not shoveling the snow off sidewalks
- Care in the kitchen (hot liquids, hot pans)
- Clutter around stairs (leaving things on stairways)
- Handling knives and sharp object wrong
- Horseplay/running around the house (do that outside)

Safety in a Car

You may say, "What can I do about safety in a car? I'm not old enough to drive."

That's true. But you can do something about car safety. Here are ideas:

- Always use your seat belt. You are much less likely to get hurt in an accident if you are wearing a seat belt. In some states, wearing a seat belt is the law. What is the law in your state?
- Don't talk to the driver in heavy traffic. He or she must concentrate on driving.
- Do talk to the driver when he or she is tired. It will help keep the driver alert. But also remind the driver to stop for a rest and perhaps something refreshing to drink. When a driver dozes off even for a second, an accident can happen.
- Suggest to the driver that you stop every two hours on a long trip. The driver needs to stretch and relax. Maybe you can take a ball along and play catch at a rest area to help the driver relax.
- Keep younger children from quarreling or jumping around in the car. Be sure they keep their seat belts fastened or are in their car seats with the harness fastened.
- Lock the doors. Then younger children won't be able to open them accidentally.
- Keep hands, head, and feet inside the car-even when it is ' parked.
- Don't ride or carry passengers in the bed of a pickup truck.

Safe Swimming

Swimming is a lot of fun, but the water can be a dangerous place if you aren't prepared.

Scouting has a checklist called the Safe Swim Defense plan to make sure you are prepared. The plan has eight points.

Safe Swim Defense

1. An adult is in charge. Follow the adult's orders.
2. Physical fitness. Each swimmer must provide a current health history from his parent, guardian, or doctor.

3. Safe swim area. The area is checked for underwater dangers. One area not more than 3 feet deep is marked off for non-swimmers. Another area is marked for beginners; it can be a little deeper. A third area of deep water is marked for good swimmers.
4. Lifeguards. Trained lifeguards are on shore, watching everybody who is in the water.
5. Lookout. A lookout is also on shore to direct the lifeguards if a person needs help.
6. Ability groups. The leaders divide the swimmers into three groups: (1) non-swimmers (2) beginners, who can swim at least 50 feet and (3) swimmers, who can swim 100 yards and float. Each group stays in its own area.
7. Buddy system. Each person is paired with another person who has the same swimming ability. They go into the water together, stay together, and come out together.
8. Discipline. Everyone agrees to follow water safety rules. Everyone obeys the lifeguards or other supervisors.

The Buddy System

Your Webelos den leader or another adult will take care of most of the steps of the Safe Swim Defense plan. But the buddy system depends on YOU! When you go swimming, you'll have a buddy. If you're a beginner, he'll be a beginner. If you're a swimmer, he'll be a swimmer. At Scout camp, you and your buddy will check in at the waterfront together. You'll stay together until you check out. When the lifeguard calls "Buddy check!" or "Buddies!" you and your buddy will grasp hands and raise them overhead. Then the lifeguard can make sure all the people in the water are safe.

First Aid Kit

First aid kits should be set up for a specific purpose. The one in your home is different than the one you would take camping, or in the car for a trip.

For a first aid kit in a car, also include a small flashlight and spare batteries, hand cleaner in packets, a white handkerchief (to attach to the car so you can attract attention if the car is disabled), a blanket, and a large red and white sign that can be placed in the front or rear window that reads "Send Help!"

<The instructor will show/demo all the items, describe what they are used for, and pass things around so the Webelos can handle the items. After the pass around they get put back in the demo first aid kit.>

Here is a generic list

- Tweezers
- Band Aids (different sizes)
- Antiseptic Ointment
- Gauze pads
- Sanitizer or washing solution (can use eye wash)
- Twelve each of 3-by-3-inch and 4-by-4-inch sterile pads
- Scissors
- Roller Bandage
- Triangular Bandage
- Splints
- Latex gloves
- Mouth-barrier device

For the comments:

First Aid Kit “Tour” –It’s a good idea for everyone to have a first aid kit in their home and car. Today we will talk about some good things to have in these kits and why.

Personal Protective Equipment: Your first responsibility is to protect yourself. It is also important to keep dirt and germs away from the person you are helping.

Latex Gloves- These are the really thin gloves you see at the doctor’s office and at the dentist. These keep blood and other body fluids off of you.

Hand Soap or Sanitizer Gel- You should clean your hands before and after giving first aid.

Pocket mask- This is used during mouth to mouth so you don’t have to put your mouth directly on the person’s mouth. You will learn more about this at another station.

Bandaging Materials: Your first aid kit should have stuff to handle big and small cuts. You will learn how to use this stuff at one of the other stations.

4x4’s – These are clean absorbent gauze pads. They get their name from their size 4 inches by 4 inches. They are put on cuts to soak up blood and help stop it.

Roller Gauze-This is rolled up gauze, you could use it to cover a large area by wrapping it around or you could use it to hold dressings in place.

Band Aids- We have all seen band aids before. They are used to on small cuts to keep dirt out and help stop bleeding.

Antibacterial Ointment- This keeps germs from growing in cuts and making the person sick.

Tape- It is best to use special first aid or medical tape. Other tape may not be strong enough or it might be too sticky and hurt the person’s skin when it is taken off.

EQUIPMENT

Tub for First Aid Kit

Tweezers

Band Aids (different sizes)

Gauze pads

Sanitizer or washing solution (can use eye wash)

Twelve each of 3-by-3-inch and 4-by-4-inch sterile pads

Scissors

Roller Bandage

Triangular Bandage

Splints

Latex gloves

Mouth-barrier device

Readyman Requirements:

1. With your parent, guardian, or Webelos den leader, complete the Courage Character Connection.
 - a. Know: Define the importance of each courage step: Be strong; Be calm; Be clear; Be careful. Explain how memorizing the courage steps help you to be ready.
 - b. Commit: Explain why it is hard to follow the courage steps in an emergency. Tell when you can use the courage steps in other situations (such as Standing up to a bully, avoiding fights, being fair, not stealing or cheating when tempted, etc.)
 - c. Practice: Act out one of the requirements using these courage steps: Be Strong; Be Calm, Be Clear: Be Careful.
2. Explain what first aid is. Tell what you should do after an accident.
3. Explain how you can get help quickly if there is an emergency in your home. Make a "help list" of people or agencies that can help you if you need it. Post it near a phone or in another place with easy access.
8. Tell what steps must be taken for a safe swim with your Webelos den, pack, family, or other group. Explain the reasons for the buddy system.
12. Explain how to use each item in a first aid kit.
13. Tell where accidents are most likely to happen inside and around your home.
14. Explain six safety rules you should remember when riding in a car.
15. Attend a first aid demonstration at a Boy Scout troop meeting, a Red Cross center, or other community event or place.