

## READYMAN

Do all of these:

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.
  4. Demonstrate the Heimlich maneuver and tell when it is used.
  5. Show what to do for these "Hurry Cases"
    - o Serious bleeding
    - o Stopped breathing
    - o Internal poisoning
    - o Heart attack
  6. Show how to treat shock.
  7. Show first aid for the following:
    - o Cuts and scratches
    - o Burns and scalds
    - o Choking
    - o Blisters on the hand and foot
    - o Tick bites
    - o Bites and stings of insects other than ticks
    - o Poisonous snakebite
    - o Nosebleed
    - o Frostbite
    - o Sunburn
  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.
- And do two of these:
9. Explain six safety roles you should follow when "driving" a bicycle.
  10. Explain the importance of wearing safety equipment when participating in sports activities (skating, skateboarding, etc.)
  11. Make a home fire escape plan for your family.
  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.

In emergencies, someone has to be ready to help. After you earn the Readyman activity badge, you'll know how to react quickly when someone is ill or injured. . You'll be ready to call for emergency help. When you learn first aid, you can care for a sick or injured person until help arrives.

You'll also find out how to prevent accidents and how to be safe when swimming and biking. You'll help your family be safe at home and when traveling by car. Learning the skills that prevent accidents and help in emergencies will make you a Readyman. When you complete each requirement, ask your Webelos den leader or activity badge counselor to sign it.

### Be Courageous

Courage is what you need when you face an emergency. Courage is not something you're just "born with"; it is something you can train yourself to have when you need it. Learn to say these steps to help you feel courageous and behave courageously:

- Be strong.
- Be calm.
- Be clear.
- Be careful.

You've probably had at least a few scratches and scrapes in your lifetime, and an adult in your family or the nurse at school knew just what to do. Maybe you've taken care of a few small injuries by yourself. All of this is first aid.

First aid is also 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.

In earning the Readyman activity badge, you'll find out how to call for emergency help and what to do for different types of illnesses and injuries until help arrives.

### 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

### 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 number 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 who to contact in your community.

#### First Aid for Hurry Cases

If a person cuts a leg and blood is oozing out, he or she needs first aid but is not going to die. A broken arm is a serious injury, but it won't kill.

Hurry cases are different. Unless you act fast and give the right first aid, the victim may die within a few minutes. The four hurry cases are

- Breathing has stopped. It must be started quickly.
- Blood is spurting from a wound. The bleeding must be stopped quickly.
- Poison has been swallowed. The poison must be made harmless. Get help quickly.
- Heart attack or stroke. Get help quickly.

#### Protective Measures to Take When Handling wounds and Giving CPR

Treat all blood as if it contains blood-borne viruses. Do not use bare hands to stop bleeding; always use a protective barrier (see the list below). Cover any cuts or scrapes you may have. Always wash exposed skin with hot water and soap immediately after treating the victim, and don't use a sink in a food preparation area.

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

- Latex gloves, to be used when stopping bleeding or dressing wounds
- A mouth-barrier device, to be used when rendering rescue breathing or CPR (cardiopulmonary resuscitation)
- Plastic goggles or other eye protection, to prevent a victim's blood from getting into the rescuer's eyes in the event of serious arterial bleeding
- Antiseptic, for use in sterilization or cleaning exposed skin areas, particularly if soap and water are not available.

#### Stopped Breathing

In drowning cases and some other accidents, the victim's breathing may stop. It must be started again quickly, or the person will die.

Look at the chest. Is it moving up and down? Put your ear to the victim's mouth. Do you feel the victim's breath?

If the answer is no, start rescue breathing. This is a way of blowing air from your own lungs into the victim's lungs.

### Rescue Breathing

Don't give up. Continue rescue breathing until medical help arrives and takes over.

#### Step 1

Note: If available, a mouth-barrier device should be used when rendering rescue breathing or CPR.

Place the victim face up. Lift the chin with your right hand, and push the forehead down with your left hand.

This shows why it is important to tilt the head back. If the head is not tilted back, the tongue blocks the airway.

#### Step 2

Pinch the victim's nostrils together. Seal your mouth over the victim's mouth. (If the victim is a small child, don't pinch the nostrils. Blow into both the mouth and nose at the same time.) Blow into the victim's mouth to fill the lungs with air. Look to make sure the chest rises.

#### Step 3

Remove your mouth. Take a If the victim's chest does not rise deep breath and count slowly to five-about five seconds. (Count to three if the victim is a child) Watch to make sure the victim's chest falls as air escapes from the lungs. Then give another breath.

If the victim's chest does not rise when you blow in, the airway must be blocked. Turn the head to one side. With your fingers feel whether something is in the mouth. If there is, pull it out.

If the airway still seems to be blocked, turn the victim's head face up. Place the heel of your hand midway between the victim's rib cage and belly button. Push upward quickly several times.

### Stopping Severe Bleeding

In a bad accident you might see blood spurting out of a wound. It doesn't ooze or flow slowly-it gushes out like a fountain. It must be stopped! Now!

Avoid direct contact with the blood. Use latex gloves.

Grab the wound with your gloved hand and press hard!

Raise a cut arm or leg above the level of the victim's heart. That I will help slow the bleeding.

With your free hand, grab your neckerchief, handkerchief, t or other cloth. Fold it into a t pad and quickly press it on the wound. Then press hard again. If you can, tie the pad in place with a bandage. Don't remove the pad even if it gets soaked with blood. Put another pad and bandage over the first. Send for medical help.

Direct pressure on the wound usually stops bleeding. If it doesn't, press hard on one of the pressure points shown to stop bleeding, in an arm or leg. The arteries that carry blood from the heart are squeezed against the bone. It's like stepping on a garden hose to stop the water.

### Poisoning by Mouth

Young children will try anything! They will even drink poisons because they don't know any better.

Keep all household cleaners, medicines, weed killers, and insect poisons out of their reach. Locked cabinets are best because children are curious and learn to climb.

If a child does swallow some poison, call a hospital or poison control center immediately. Tell them what the poison is. Follow their directions. Don't give anything to drink unless they tell you to.

Save the poison container so the poison can be identified.

## Heart Attack

Heart attack is the number one cause of death in the United States. Most heart attacks happen to adults, especially older people. Here are the signs of a heart attack:

- A feeling of pain or pressure in the center of the chest lasting more than a few minutes. It may come and go. Sharp, stabbing twinges of pain are rarely signals of a heart attack. If in doubt, seek medical help.
- Sweating when the room is not hot
- Feeling like throwing up
- Shortness of breath
- A feeling of weakness

If you think a person is having a heart attack, call for medical help at once.

## 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 his body. That's called shock. The person will feel weak. His face may get pale. His skin will feel cold and clammy. He may shiver or vomit.

- Don't wait for these signals to appear. Give any badly injured person first aid for shock.
- Have him lie down.
- Raise his feet slightly, unless you think he has injuries to his head, neck, back, hips, or legs. If you don't know, have him 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 for emergency help immediately. He needs expert medical care as soon as possible.

## Other First Aid You Should Know

### 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. First aid for small wounds: Wash scratches and minor cuts with soap and water. Applying antiseptic can help prevent infection. Keep the wound clean with an adhesive bandage. On camping trips, clean and re-bandage small wounds daily.

### First aid for larger cuts

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 or clean cloth folded into a pad. Hold the pad in position with tape, a cravat bandage, or other binder.

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

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.

### Choking

If a bit of food sticks in a person's throat, he will start choking. He may not be able to cough it up by himself. Unless the person is a baby, use the Heimlich maneuver to help him.

### Heimlich Maneuver

Stand behind the victim and put your arms around him. Make a fist with one hand just above his belly button. Cover the fist with your other hand. Now make four quick thrusts inward and upward to force air from his lungs. This should dislodge the food. If it doesn't, repeat until the food is dislodged.

If the person is too big for you to do the Heimlich maneuver standing up, have him lie down face up. Put one open hand just above his belly button and put the other hand over the first. Make four 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 be used only for actual choking cases.

### 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. Avoid getting blisters by wearing shoes or boots that fit, 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, treat a hot spot or blister 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. Shape several more "doughnuts" and stack them on top of the first. The donut bandage will keep pressure off 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. Follow the instructions on the package. Used together, a gel pad and a moleskin doughnut provide maximum relief for blisters and hot spots.

### Tick Bites

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 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.

When helping the victims of bites or stings, do whatever you must to avoid being stung or bitten yourself. A first-aider who becomes injured could greatly complicate any emergency situation.

#### Chigger Bites

Chiggers are almost invisible. They burrow into skin pores, causing itching and small welts. Try not to scratch chigger bites. You might find some relief by covering chigger bites with calamine lotion or by dabbing them with clear fingernail polish.

#### 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.

Use a hiking stick to poke among stones and brush ahead of you when you walk through areas where snakes are common.

Watch where you put your hands as you collect firewood or climb over rocks and logs.

1. Get the victim under medical care as soon as possible so that physicians can neutralize the venom.
2. Remove rings and other jewelry that might cause problems if the area around the bite swells.

3. If the victim must wait for medical attention to arrive, have ( him lie down and position the bitten part lower than the rest of his body. Encourage him to stay calm. He might be very frightened, so keep assuring him that he is being cared for.
4. Treat for shock.
5. If available within 3 minutes of the bite, apply a venom extractor such as a Sawyer Extractor@ directly over the fang marks and leave in place for no more than 10 minutes. Properly used, the extractor can remove up to 30 percent of the venom. Do not make any cuts on the bite-that's an old-fashioned remedy that can harm the victim much more than help him.
6. Do not apply ice to snakebite. Ice will not help the injury, but it can damage the skin and tissue.

#### 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.

#### Frostbite

A victim of frostbite might complain that his ears, nose, fingers, or feet feel painful and then numb. Another frostbite victim won't notice anything. You might see grayish-white patches on his skin-a sure sign of frostbite.

Get into a tent or building, then warm the injury and keep it warm. If an ear or cheek is frozen, remove a 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 your belly. Avoid rubbing frostbitten flesh, as that can damage tissue and skin.

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

#### Sunburn

Sunburn is a common injury among people who enjoy being outdoors. Repeated burns can cause long-term skin damage and the potential for skin cancer. People with lighter skin are most at risk, though others are not immune. Prevent sunburn by using plenty of sunscreen with a sun protection factor (SPF) rating of at least 15. Reapply sunscreen after swimming or if you are perspiring. A broad-brimmed hat, long-sleeved shirt, and long pants provide even more protection.

#### 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.

### Bicycle Safety

Did you notice that requirement 9 talks about "driving" a bicycle? When you are on a bike, you are a driver, just like an adult driving a car.

So you should act like a driver and obey traffic safety rules. Here are the safe bicycle driving rules.

1. Always wear a safety helmet.
2. Obey all traffic laws. Stop at all "Stop" signs. Give signals for turns. Avoid busy streets, if you can.
3. Observe local laws. Your community may have rules for registration of bicycles and driving on sidewalks. Learn them and obey them.
4. Drive with traffic, not against it. Stay close to the curb.
5. Watch out for hazards like potholes and drain grates.
6. Watch out for car doors opening or cars pulling into traffic.
7. Don't carry passengers. You will have less control of your bike if you have a passenger.
8. Never hitch a ride by holding onto a truck, car, or other vehicle.
9. Be extra careful at intersections. If traffic is heavy, get off your bike and walk it across the intersection.
10. Use hand signals for turning and stopping.
11. Drive a safe bike. Keep it in good repair. Don't ride after dark, but have reflectors and lights on your bike in case you have to ride for an emergency reason. In that case, also wear reflective clothing.
12. Drive "defensively." That means: Watch out for the other guy. Keep a safe distance from traffic ahead of you. Stay alert. Be ready to stop suddenly.

### Safety Equipment

For all sports, it is important to wear equipment that will help prevent injury. For example, during all street or pavement skating activities, participants should wear properly fitted helmets that meet American National Standards Institute (ANSI) standards, padded gloves, wrist supports, and

elbow and knee pads. Your parent, guardian, or Webelos den leader can help you learn what safety equipment is needed for each sport you want to learn.

### Home Fire Escape Plan

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?

Make a plan now. Discuss it with the adult members of your family.

Figure out two possible escape routes for each bedroom. If there is a two-story drop from some bedroom windows, the family may have to buy escape ladders. But that's a lot better than having a family member trapped in a fire because the only way out is blocked by flames.

Make sure your family has a place to meet once they are outside. Then everyone will know when all family members are outside and safe.

(Diagram of escape plan)

### First Aid Kits

Every home and car should have a first aid kit. Then first aid supplies will be there if they are needed.

Check your family's home or car first aid kit. For requirement 12, you'll explain how the items should be used. If you don't know, ask your Webelos den leader or den chief to show you. Things that should be in a first aid kit are listed below.

#### First Aid Kit

- Tweezers
- Box of 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 adhesive tape
- Scissors
- Safety pins
- Two 1 inch roller bandages
- Three triangular bandages
- Three cravat bandages (a cravat bandage is made by folding a triangular bandage or Scout neckerchief)
- Two 17-inch splints of thin board
- Two 30-inch splints
- Calamine lotion
- Latex gloves
- Mouth-barrier device

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!"

### Danger Spots at Home

Some homes are safer than others. In safe homes, toys are not left lying around. Matches and poisons are kept away from small children. Electrical cords are placed such that they don't trip people.

In other words, the family thinks about safety. You can help your family think about safety. Are there danger areas in and around your home? Use the "Home Safety Checklist" on page 233 to find out.

Look around outside, too. Are garden tools stored neatly and safely? Are ladders strong and not wobbly? Are stairs and side-walks kept free of ice and snow in the winter? See what you can do to make your home safer.

#### 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.

(End)