

Webelos First Responder

Complete requirement 1 and at least five others:

1. Explain what first aid is. Tell what you should do after an accident.
2. Show what to do for hurry cases of first aid:
 - a. Serious Bleeding
 - b. Heart Attack or Sudden Cardiac Arrest
 - c. Stopped Breathing
 - d. Stroke
 - e. Poisoning.
3. Show how to help a choking victim
4. Show how to treat for shock.
5. Demonstrate how to treat at least five of the following
 - a. Cuts and Scratches
 - b. Burns and Scalds
 - c. Sunburn
 - d. Blisters on the Hand or Foot
 - e. Tick Bites
 - f. Bites and Stings of other Insects
 - g. Venomous Snakebites
 - h. Nosebleed
 - i. Frostbite
6. Put together a simple home first aid kit. Explain what you included and how to use each item correctly.
7. Create and practice an emergency readiness plan for your home or den meeting place.
8. Visit with a first responder or health care professional.

First Responder is a very exciting Adventure and something you will use throughout your life. It usually takes several den meetings to finish the entire Adventure. If you are doing First Responder at home, be prepared to spread the requirements out over several days. Some requirements will need adult supervision for safety. Be Safe! Have Fun!

Requirement 1. Explain what first aid is. Tell what you should do after an accident.

You will need: Your Webelos book, your parent/ guardian or Webelos leader, piece of paper, pencil or pen, local phone book or internet access, pennies, beads or a few buttons. Markers or crayons are optional.

. With your adult partner read Requirement 1 in your Webelos book.

. After reading this material, in your own words explain to your adult partner what first aid is.

. Explain to your adult partner what “Check, Calm down and think, Call and Care” means. Can you say “Check, Calm, Call and Care” five time very loud and then five times very softly? It is important that if there has been an accident you follow these rules in this very order. You might be scared but these words will help you be brave.

. Pretend there has been an accident. With your adult partner pretend to call the local emergency number. Pretend to be the person who is calling the emergency number. Did you remember to cover the “Who, What and Where” when giving the operator the information the Emergency Services is going to need?

. In your pretend accident scenario, was this a real emergency? Why should we never call 911/ emergency services for things that are not emergencies?

. Turn to page 56 of your Webelos handbook. With your paper and pencil make a list of important phone numbers that can be kept where you and your family can easily see it. A refrigerator or bulletin board are good places to keep this information. If you want, color your emergency list so that it is easy to spot in case of emergency.

Now is a good time to stop to take a break.

Requirement 2. Show what to do for hurry cases of first aid: serious bleeding, heart attack or sudden cardiac arrest, stopped breathing, stroke, poisoning.

You will need: Your Webelos book, your parent/ guardian or Webelos Leader, a family member who you live with (this can be your parent/ guardian), Disposable/ latex free gloves that you can try on, face mask, Plastic goggles or other eye protection that you can try on, soap and water or an antiseptic, two gauze dressings, a handkerchief/ Scout neckerchief or a roll of gauze and a thick pillow from the sofa or chair. If you have internet access, you might want to see a video at the end of this requirement.

- . With your adult partner read Requirement 2 in your Webelos book.
- . After reading the material, let's play a game to find out if you remember what the hurry cases are. Try to find the hurry cases from the following list of problems:
 - . A paper cut on the hand
 - . A cut on the arm that is spurting blood
 - . An occasional cough
 - . A person who is not breathing
 - . A person who is tired
 - . A person who is weak on one side of their face or body
 - . A person who has a tummy ache after eating six slices of pizza
 - . A person who may have swallowed more medicine than what the doctor prescribed.
 - . A person with a minor head ache
 - . A person with chest pain.

Now that you have guessed what the hurry cases are, tell your adult partner why you think these are hurry cases. What would happen if the victim did not get help quickly?

. Recite the order of care: Check, (Keep calm), Call and Care. Show how you would check the scene for your safety before you got close to the victim. Did you look up, down and all around?

. Obtain the protective gear you prepared for this class. Before giving care you are supposed to put these on to keep you safe from germs. Let's play another game!

Scatter the pennies, buttons or beads on a table. As fast as you can with all your gear on, try to pick them all up and put them back in the container or box you got them from. Do it 2-3 times. Was it hard to do at first? Were you able to do it faster each time you tried? Giving care with your personal protective equipment on will feel difficult at first but you will more comfortable as you practice!

. With a member of your household who is willing to pretend to be a victim read the hurry cases on pages 59- 65. Have your parent/ adult guardian watch you as you pretend your victim has serious bleeding, heart attach or sudden cardiac arrest, stopped breathing, stroke and poisoning.

***Do not demonstrate any treatment of hurry cases without an adult monitoring for safety. Injury or disease transmission can occur if these demonstrations are taken to an extreme. ***

. Here is a You Tube video that shows all the steps of how to do CPR. Notice that the nurse is NOT giving real chest compressions or breaths to a live person.

<https://www.youtube.com/watch?v=cosVBV96E2g>

. With your parent/ adult guardian walk through your home and identify where the household cleaners, medicines, weed killers and insect poisons are located. If there are small children in the home, are these items in a locked cabinet or out of reach of the young ones?

. Did you write down the phone number to the poison control center on your emergency phone number list? Go to page 56 of your Webelos book if you need this number.

Good Job! Let's take a break.

Requirement 3 Show how to help a choking victim.

You will need: Your Webelos book, an adult to supervise for safety and a family member who you live with.

. Read page 65 in your Webelos book. Look at the photos.

. Now pretend that your family member is choking. Start from the beginning with Check, Call and Care. Remember to ask permission before touching anyone who you think might need first aid! Once your “victim” has nodded “yes” indicating they want help because of choking then PRETEND to give the back blows and abdominal thrusts.

Requirement 4 Show how to treat for shock.

You will need: A family member who you live with.

. When we talk about “treating for shock” here we are not talking about an electrical shock or being shocked at receiving surprising news. When a person has been seriously ill or injured, the body might not be able to get enough blood to the brain or vital organs in the body. Your job is to help promote blood flow to the brain.

. Read page 66 of your Webelos book again. Now look at the picture. See if you can treat you “victim” for shock as the Scout has in the picture.

. Now let’s play a game! What could you use if you didn’t have a folded blanket or pillow to prop the victim’s feet up with? In two minutes try to find as many things as you can to prop your victim’s legs up. Ready, set, go!

. What did you find? A back pack, some books, a stack of clothes?

Good Job! Let’s take a break now. Our next section is a big one!

Requirement 5 Demonstrate how to treat at least five of the following:

- A. Cuts and scratches
- B. Burns and scalds
- C. Sunburn
- D. Blisters on the hand or foot
- E. Tick bites
- F. Bites and stings of other insects
- G. Venomous snakebites
- H. Nosebleed
- I. Frostbite

Cuts and Scratches

. You will need: An adhesive bandage, gauze pad or a clean cloth folded into a pad, tape for skin or your Scout neckerchief, disposable latex-free gloves, eye protection, soap and water, a family member who you live with and your Webelos book.

. Read page 67 and the top of page 68

. Let's play pretend again. Put on your gloves. Remember Check, Call and Care. Don't forget to Stay Calm. Tell your victim what is wrong and what you plan to do to help them. Ask their permission to help and then do what is described in your book for both a small scrape and again for larger cut.

Preparing the tape and bandages can be very tricky! Try getting all your tape and gauze ready before rendering aid or ask someone else to help open the gauze and tear the tape off the roll. Remember not to touch the part of the gauze of adhesive bandage that is going to touch the wound.

Don't forget to wash your own hands with soap and water after you remove your gloves.

Burns and Scalds

You will need cold water, gauze pads, gauze roll and a family member of your household. Pillows or blankets will be needed to treat for shock.

- . Read Page 68 of your Webelos handbook.
- . Now let's pretend your victim has a first degree, then second degree then third degree burn on the arm.
- . For the second degree burn did you remember to treat for shock?
- . For the third degree burn did you remember to pretend to call 911 or the local emergency number?

Sunburn

You will need a bottle of sunscreen, broad brim hat, a long sleeved shirt, long sleeved pants, a walking buddy and your parent's or guardian's permission to take a walk or play outside.

- . Review page 69 of your Webelos book.
- . Now read the label of the sunscreen you selected. The SPF should be at least 30.
- . Put the sunscreen on. Don't get it into your eyes! Did you remember to put it on your ears and the back of your neck? If you are wearing sandals, short sleeved shirt or short pants did you remember to apply sunscreen there also? Make sure your walking buddy is protected from the sun.
- . Sunburn is a type of radiation burn. How would you manage a first or second degree sunburn?
- . With your buddy go for a walk or play outside!

Blisters on the Hand and Foot

You will need mole skin dressing, some small scissors, an adhesive bandage, a washable marking pen, a family member of your household and your Webelos book.

. Review page 69 of your Webelos Handbook about how to treat blisters on the hand and foot.

. Decide where and how big the blister or “hot spot” is. Typically when hiking occur on the back of the heel where the skin and shoe tend to rub. Make a circle over this area and pretend it is the sore that you are going to treat.

. Cut out a couple of moleskin doughnuts to fit over this pretend blister.

. Now, as described in the book, place the moleskin over the sore. Ask the victim to put on his socks and shoes to make sure the shoe will fit and your victim is comfortable. After walking a bit, have your victim remove his shoe. Did your bandage slip or did it stay on? Try again with a different size of moleskin if it slipped or was uncomfortable.

Tick Bites

You will need your Webelos Book and internet access to view a video.

. Read about tick bites on page 70 of your hand book. It can be dangerous to remove a tick from your skin. An adult will need to help you. Some ticks are as small as the period on this page!

. Look at this You Tube video about tick bites

<https://www.youtube.com/watch?v=ssl50ZSCj0Y>

Bee and Wasp Stings

You will need your Webelos Book, a business card or 3x5 index card, a piece of tape, pillow/ blanket and a family member of your household to be your “victim”.

. Read about bee and wasp stings on page 70 of your Webelos handbook.

. Now let’s pretend your “victim” has been stung by a bee on the arm. Use your card to scrape the stinger away. Did you remember not to squeeze the stinger?

. Did you remember to ask your “victim” if they were allergic to bee stings? What would you do if your victim was allergic to bee stings? That’s right! Treat for shock, see if they have they have their medication for allergic reactions. You might want to pretend to contact 911 or the local emergency number again and review what you would say to the emergency operator.

. Prepare a piece of tape about 2 inches long. Pretend you do not have a card to remove the stinger and use the tape instead. When you remove tape from a part of the body that has hair, it is best to remove the tape with the hair so that it will not hurt.

Chigger Bites

You will need your Webelos book.

. Read about Chigger bites on page 70-71.

. With your parent or guardian’s help look to see if you have any calamine lotion or hydrocortisone cream in your family’s first aid box or medicine cabinet. Read the label. Has the medication expired? If you do not have this, help put one of these medications on the grocery list.

Spider Bites

You will need your Webelos book, access to the internet or a book with good photos of the Black Widow spider and the Brown Recluse spider, paper and colored pencils/ markers or crayons.

. Read about Spider Bites on page 71 of your Webelos book.

. Draw a picture of a Black widow spider and Brown recluse spider.

. With your parent’s/ guardian’s permission take a walk around the outside of your home. Spiders like to hide in quiet, dark places where things have piled up like tool sheds or wood piles. Did you spot any spider webs?

Snakebites

You will need your Webelos Handbook, a family member of your household to be the “victim”, gloves, antiseptic wipe and a bandage. If the bandage is not self-adhesive you will also need tape to secure it.

- . Read about snakebites on pages 71-72 in your Webelos Handbook.
- . Let’s pretend your “victim” got bit by a rattlesnake. Here is a real good reason to “Check the scene” before you “check the victim”. The rattlesnake might still be near! If the rattlesnake is visible, have another person keep an eye on it to see where it goes while you care for the victim. Don’t let anyone get close to the rattlesnake!

Nosebleed

You will need your Webelos handbook and your parent/ guardian.

- . Read about nosebleeds on page 72 of your handbook.
- . Have you ever had a nose bleed or know someone who had a nosebleed? Tell what was done to manage the bleeding and then tell if you would do anything different now that you know what to do.

Frostbite

You will need your Webelos handbook, your winter clothes your parent/ guardian.

- . Read about Frostbite on page 73.
- . Now look at your winter clothes. What kinds of materials are your winter clothes made of? Do you know how to layer your clothing so that your skin stays dry when it is cold outside?

It’s time to take another break! You are almost finished!

Requirement 6 Put together a simple home first- aid kit. Explain what you included and how to use each item correctly.

You will need your Webelos book and the items listed on page 74 of your book. If you don't already have a car and personal first aid kit, the items needed for these are on pages 74-75.

- . Assemble your home first aid kit and explain to your parent/guardian or den leader how each item can be used.
- . First aid kits make thoughtful gifts for your friends and family. If you have any leftover supplies, ask your parent/ guardian if you can make some personal first aid kits for those you care about.
- . Tell how you would use the items for the Car First Aid Kit.

Requirement 7 Create and practice an emergency readiness plan for your home (or den meeting).

You will need your Webelos book some paper, pencils/ markers or crayons. Your family should be included in your emergency readiness plan!

- . Read about creating an emergency readiness plan for your home in your Webelos book.
- . Now create your plan and draw it on paper.
- . When your family members are together review your plan and ask everyone the questions that are on the bottom of page 76.

Requirement 8 Visit with a first responder or health- care professional.

You will need help of your parent, guardian or den leader and your Webelos book.

- . Read about this requirement on page 77 of your Webelos book.
- . With the help of your parent, guardian or den leader visit with a first responder or health care professional. Prepare a list of questions you might want to ask.
- . Always make sure you say "Thank you!" and consider writing a Thank You note.

Congratulations! You have now earned your First Responder Adventure. As you go on in Scouting BSA, you will have an opportunity to learn more about First Aid as you move up in rank and earn Merit Badges. You should be proud of all that you have done.