



First Aid - Trauma

Life Skills - Step 1

Purpose

The "First Aid - Traumatic" Step provides an introduction to the treatment of injuries that could be experienced or witnessed in a number of contexts, such as at home, during sporting events, while camping or hiking, or while generally out in the community. Trailmen should be able to identify basic emergencies, and should develop confidence to respond with basic treatments. Trailmen should be equipped with an understanding of when outside aid should be sought through dialing 911.

1. What is first aid? Why is it first?
2. How should you treat someone who is bleeding?
3. How should you treat someone who has possibly experienced a fracture or sprain?
4. How should you treat someone who has been bitten or stung by an animal, spider, or insect?
5. How should you treat a foreign body?
6. When should you call 911?




Notes to the Trail Guide

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1. The goal is not for the boys to be experts at these skills, but to gain an increased knowledge and awareness of the skills of this Step.
2. Make it relative to your patrol.
3. Remember, these lessons should build from Fox to Hawk and from Hawk to Mountain Lion.
4. See the Leaders Guide for more information on Steps.
5. Fox Patrol boys may skip Tasks 4 & 5.
6. Hawk Patrol may skip Task 5.

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Skills Progression

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|  | <ol style="list-style-type: none">1. Able to identify bleeding, and able to call for help.2. Familiar with calling 911 for professional medical assistance. |
|  | <ol style="list-style-type: none">1. Able to control bleeding through application of direct pressure.2. Able to provide basic treatments for an animal bite. |
|  | <ol style="list-style-type: none">1. Able to secure a foreign body.2. Able to perform basic splinting or stretcher to facilitate the transfer of someone out of the woods. |

Helps

I. What is first aid? Why is it first?

- a. **Goal:** To understand what first aid is, as it relates to traumatic injury, and why this initial aid is valuable in helping to save lives on the trail or in the community.
- b. **Lesson:** Providing first aid for traumatic injury involves recognizing a number of physical signs and symptoms that suggest a person is injured and is in need of assistance. Responding with first aid involves providing a few basic treatments, and then seeking outside aid through calling 911.
- c. **Examples:**
 - i. Providing wound dressings for someone who is bleeding.
 - ii. Providing pressure and elevation to stop bleeding.
 - iii. Providing compression and/or splinting for someone with an injured arm or leg.
- d. **Example activities:**
 - i. Develop a first aid kit.
 1. Basic kit: these items could allow the Trailman to treat almost any non-life-threatening traumatic injury on any location of the body
 - a. Gauze pads (e.g. 2" x 2")
 - b. Medical tape (e.g. silk or athletic)
 - c. Elastic bandage (e.g. ACE or Coban)
 - d. Gauze rolls (e.g. 3" or 4")
 2. Purchase a pre-made kit.
 3. Suggested items for a home full custom kit include:
 - a. Gauze pads (come in various sizes: 2" x 2" pads are fairly versatile, as they are often multi-ply and can be unfolded to make larger pads)
 - b. Rolled gauze (useful in wrapping large scrapes, or for holding gauze pads to an injury)
 - c. Adhesive bandages (come in various sizes, and are useful for smaller injuries)
 - d. Butterfly bandages / Steri-strips (helpful for closing lacerations)
 - e. Triangular bandage (useful for tying bandages to head, or for creating sling)
 - f. Elastic bandage wrap (come in various sizes: a 2" or 3" wrap is fairly versatile, and when used in combination with gauze pads can usually secure dressings to any injury on the arm or leg. May also be used to supply compression to areas of swelling.)
 - g. Medical tape (choose a silk tape or athletic tape, as these are strong and fairly water-resistant)
 - h. Mole skin (for blisters)



- i. Antibiotic ointment
 - j. Anti-itch (Benadryl) cream
 - k. Basic medications (pills) to treat pain, swelling, or allergic reactions:
 - i. Acetaminophen (Tylenol)
 - ii. Ibuprofen (Motrin)
 - iii. Diphenhydramine (Benadryl)
 - l. Tweezers
 - m. Safety pins (for securing bandages)
 - n. Small set of scissors
 - o. Needle (useful for draining blisters or removing splinters)
 - p. Alcohol prep pads (for cleaning instruments)
 - q. Iodine prep pads (for cleaning wounds)
 - r. Small note pad and pencil (documenting injury details)
4. In section XII the *Trail Life USA Health and Safety Guide* lists items to be in a troop first aid kit. This kit should be present at all troop meetings and outings.

2. How should you treat someone who is bleeding?

- a. **Goal:** To understand the basic approach to stop bleeding caused by traumatic injuries.
- b. **Lesson:** Bleeding should be treated through the application of direct pressure to the injury causing the bleeding, and through elevating the injured part of the body above the level of the heart (if possible).
- c. **Examples:**
 - i. Unless severe bleeding prevents it, clean the wound to remove any debris.
 - ii. Hold pressure over a cut to the forehead until the bleeding stops.
 - iii. Elevate an arm or leg above the level of the heart while holding pressure to the injury, until bleeding stops.

3. How should you treat someone who has possibly experienced a fracture or sprain?

- a. **Goal:** To understand the basic approach in controlling swelling after an injury.
- b. **Lesson:** Fractures and sprains are best treated using R.I.C.E.
- c. **Examples:**
 - i. R.I.C.E. is:
 - 1. **Rest** (keep from using the injured arm or leg)
 - 2. **Ice** (or cold water)
 - 3. **Compression** (using an elastic bandage or gauze wrap)
 - 4. **Elevation** (above the level of the heart)
 - ii. Use water from a cold stream to soak a swollen ankle.
 - iii. Use an elastic bandage to apply compression to an area of swelling.

- iv. Create a splint from sticks and cordage to immobilize an injured arm or leg.
 - v. Create a stretcher from sticks, a tarp, and/or clothing to carry an injured person out of the woods.
4. How should you treat someone who has been bitten by an animal, spider, or insect?
- a. **Goal:** To understand the basic approach to treating a bite from an animal, spider, or insect.
 - b. **Lesson:** Bites from animals, insects, or spiders can cause infections, pain, bleeding, swelling, and possibly loss of life or limb. Trailmen should be quick to seek or provide medical attention for bites from wild animals and insects.
 - c. **Examples:**
 - i. Mammals:
 - 1. Clean the wound, and control any bleeding. Seek treatment in a medical facility due to the potential of contracting diseases such as rabies. If it is a domestic animal, find out as much information about the animal to determine the status of immunizations.
 - ii. Insects/spiders:
 - 1. Seek first to determine if the person has any allergies to insect stings (especially bee stings).
 - 2. Clean the wound.
 - 3. Treat symptoms of pain and swelling with cool compresses and medications such as ibuprofen and diphenhydramine (Benadryl).
 - 4. Itching and rashes may be treated with cool compresses and diphenhydramine (Benadryl) cream or pills.
 - iii. Snakes:
 - 1. Identify the snake. If unable to identify the snake, seek care from emergency medical providers.
 - 2. If snake is non-venomous: clean wound and control any bleeding.
 - 3. If snake is venomous:
 - a. Keep the person calm. Do not allow them to exert any energy. Do not allow them to walk or run.
 - b. Call 911 and work toward getting the person to an Emergency Room. If possible, do not allow them to walk or run. Carry the person as much as possible.
 - c. Mark the bite with a pen or permanent marker.
 - d. Clean the wound.
 - e. Do not attempt to cut the area near the bite to remove the venom.
 - f. Do not tie a tourniquet to the patient – this can often cause more harm than good.
 - g. Remove any jewelry from the arm or leg that has been bitten.

- h. Record the time of the bite, and watch for any swelling or skin discolorations. Mark the edges of this swelling and discoloration every 15 minutes and relay this information to medical providers.

5. How should you treat a foreign body?

- a. **Goal:** To understand a basic approach to treating injuries caused by foreign objects that remain stuck in the body.
- b. **Lesson:** Do not attempt to remove large foreign objects that may be lodged in the head, neck, chest, abdomen, arms, or legs. Instead, these objects should be stabilized, and bleeding should be controlled as much as possible. Smaller items such as splinters should be removed with clean tweezers.
- c. **Examples:**
 - i. Stabilize a large foreign object, such as a knife or stick, by securing it with gauze wraps or an elastic bandage, so that it will not be accidentally pulled out.
 - ii. Clean tweezers with alcohol swabs prior to using them to remove small items, like splinters.

6. When should you call 911?

- a. **Goal:** To understand when to call 911 for someone experiencing a traumatic emergency.
- b. **Lesson:** The Trailman should recognize when outside aid is needed, and should be able to dial 911 when witnessing traumatic injuries causing a lot of bleeding, or when caring for someone who has been bitten by a venomous snake.
- c. **Examples:**
 - i. When someone has a large amount of bleeding from a wound to the neck, chest, or abdomen.
 - ii. After someone has lost consciousness from a fall.
 - iii. If someone is bitten by a venomous snake.
 - iv. If someone has been injured in a fall, and will need extra assistance to be removed from the backcountry.
 - v. If Trailmen and Trail Guides are unable to stop the bleeding after an injury.

Activity Ideas

- See the relevant patrol and branch section of the activities.
- Or, create your own activity relevant to your troop and region.
- Several ideas are listed above in the Helps section.

Game ideas

- Check the games section online for game ideas.

- Or, create a game that works for your patrol.
- Several ideas are listed below.
 - **Bandage Relay**
 - Divide group into at least two teams. Each team will have a simulated injured “victim”. Create a relay race to apply various treatments (e.g. gauze pads, bandages, wraps, slings, etc.)
 - The treatment must be quick, but effective (e.g. slings accurately applied, bandages secured to arm/leg/head, etc.)
 - Team who finishes first wins
 - Foxes: may play with simple adhesive bandages
 - Hawks: may play with bandages and wraps
 - Mountain Lions: may play with bandages, wraps, and slings
 - **Stretcher Relay**
 - *Note: Requires close supervision from the Trail Guide. Trailmen should be monitored closely to make sure the stretchers are secure, and that they are not moving too quickly. Entire event should be completed without any running.*
 - Teams create a make-shift stretcher from tarps/shirts/poles/sticks to create a platform to carry a Trailman to safety.
 - Trail Guide may create minor obstacles to work around or over.
 - Emphasis should be on safe transfer of the injured Trailman across the defined distance.
 - First team to complete the obstacle course wins.
 - Foxes: may play with stretchers created by the Trail Guide, with Trail Guide assistance in carrying
 - Hawks: may play with Trail Guide assistance in carrying the stretcher
 - Mountain Lions: Trailmen create own stretcher, and carry themselves under Trail Guide supervision

Scripture

Luke 10:29-37

- Foxes: Learning first aid will help us to care for our neighbors much like Jesus instructed us to do.
- Hawks: We will be known by our actions. Make sure your actions reflect what you believe to be true. If you say you love Jesus, you will care for others, because this is what He has instructed his followers to do.
- Mountain Lions: Learning to care for the physical needs of friends, family, or community members provides a way to show the love of Christ to people who do not know Jesus as Lord and Savior.



I Peter 3:15

- Foxes: Walk worthy! Be gentle and respectful. Be prepared to share about Jesus.
- Hawks: Be prepared to share with others what you have been given, whether this is in the form of physical care, or the Gospel.
- Mountain Lions: Developing a sense of preparedness as a lifestyle relates not only to responding to the physical needs of those around you, but also to the spiritual needs of those who do not know the Gospel.

Websites/References

Emergency Nurses Association. (2013). Emergency Nursing Pediatric Course (ENPC): Provider manual. Des Plaines, IL: Emergency Nurses Association.

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