



First Aid - Medical

Life Skills - Step 2

Purpose

The "First Aid - Medical" Step provides an introduction to the treatment of medical conditions that could be experienced by Trailmen or Trail Guides during an outdoor event, or could be witnessed while out in the community. Trailmen should be equipped to assess a few basic emergencies, and to respond quickly with a few basic treatments. Ultimately, Trailmen should carry a basic understanding of when to seek outside aid through the dialing of 911.




1. When should you call 911? What is first aid? Why is it first?
2. How should you treat someone who has become too hot, or who has been burned?
3. How should you treat someone who has become too cold, or who has experienced frost-bite?
4. What are some symptoms of a heart attack or stroke?
5. What is shock and how should you treat it?
6. When should you call 911?

Notes to the Trail Guide

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.



Skills Progression

	<ol style="list-style-type: none">1. Able to dial 911 to seek outside medical aid.2. Able to suspect if someone is not acting normally and report that information to an adult.
	<ol style="list-style-type: none">1. Able to recognize some basic symptoms of heart attack and stroke.2. Able to tell if someone is unconscious.
	<ol style="list-style-type: none">1. Able to recognize some basic symptoms of shock, and can provide basic treatments.2. Able to provide basic treatment for burns and frostbite.

Helps

- I. What is first aid? Why is it first?
 - a. **Goal:** To understand what first aid is, as it relates to medical emergencies, and why this aid is valuable in helping to save lives on the trail or in the community.
 - b. **Lesson:** Medical first aid involves recognizing a number of physical signs and symptoms that suggest a person is getting sick, or is already very sick. Responding with medical first aid involves providing a few basic treatments, and then seeking outside aid through calling 911.
 - c. **Examples:**
 - i. Providing a blanket or other shelter for someone who is cold.
 - ii. Providing drinking water for someone who has become too hot or dehydrated.
 - iii. Calling 911 when you notice someone is not acting normally.

2. How should you treat someone who has become too hot, or who has been burned?
 - a. **Goal:** To recognize basic signs and symptoms and to provide basic treatments when someone is becoming too hot. To be able to provide basic care when someone has been burned.
 - b. **Lesson:**
 - i. People who are becoming too hot may experience cramping, weakness, nausea and vomiting, headache, changing of skin color (pale), excessive sweating, dizziness, confusion, and in extreme cases – loss of consciousness. When noticing these symptoms, Trailmen should respond quickly with a few basic treatments, and should seek professional medical attention.
 - ii. Burns should be cooled for 3-5 minutes, and then should be kept clean, dry, and covered (American Burn Association, 2015). Seek professional medical attention for burns causing blistering, blackening, or whitening of the skin.
 - c. **Examples:**
 - i. Always drink plenty of water when outside in a hot environment! If available, offer water with electrolytes (Pedialyte, Gatorade) to anyone showing signs of heat cramps or heat exhaustion.
 - ii. Remove the person from the sun, and transfer them to a cool shelter.
 - iii. Allow the person to rest. If in a sporting activity or in the backwoods, do not allow the person to continue with strenuous activity. Carry the person out on a stretcher, if needed.
 - iv. Apply moist cloths to the person's skin.
 - v. Remove tight-fitting clothing.
 - vi. Call 911 for anyone who is confused, who is dizzy and passing out, or who has lost consciousness.
 - vii. Cool burns for 3-5 minutes with cool water, if available. Avoid using ice for extended periods.
 - viii. Keep burns covered and dry.



- d. Burns causing blistering or whitening and/or blackening of the skin should be further assessed by a medical professional.
 - e. DO NOT apply items like vinegar, mayonnaise, butter (or any other oils) to the burn.
3. How should you treat someone who has become too cold, or who has experienced frost bite?
- a. **Goal:** To recognize basic signs and symptoms and to provide basic treatments when someone is becoming too cold. To be able to provide basic care when someone has experienced frost bite.
 - b. **Lesson:**
 - i. People who are getting too cold may experience numbness, itching, or tingling to exposed parts of the body, and may develop weakness, apathy, confusion, slow and slurred speech, slowed breathing, and excessive shivering. When noticing these symptoms, Trailmen should respond quickly with a few basic treatments, and should seek professional medical attention.
 - ii. Frost bite may cause a burning sensation, and affected areas may tingle or feel numb. Skin color may change to white or yellow, and sometimes the person loses sensation. Warm the affected part with warm water (104°F - 110°F).
 - iii. DO NOT rub the affected area.
 - c. **Examples:**
 - i. Warm the person by a campfire.
 - ii. Provide an emergency blanket if away from the campsite.
 - iii. Wrap the person in a sleeping bag.
 - iv. Warm the person in a warmed vehicle.
 - v. If the person is able to tolerate food and/or drink, provide warm water, soups, or broths.
 - vi. Create a shelter with a tarp and cord to keep the person out of rain or snow.
 - vii. Call 911 for anyone showing confusion.
 - viii. Warm water over a camp stove to apply to suspected frostbite. Make sure the water is cool enough for you to tolerate holding your hand in so that you do not burn the frostbite victim. Once the skin has been warmed, do not allow it to get cold again.
4. What are some symptoms of a heart attack or stroke?
- a. **Goal:** To recognize when someone is having a heart attack or stroke.
 - b. **Lesson:**
 - i. When witnessing a person who has symptoms of a heart attack or stroke, the Trailman should dial 911 immediately to call an ambulance to transport the person to an Emergency Room.
 - c. **Examples:**

- i. Heart attacks occur when part of the heart begins to die because blood is not flowing to the heart muscle like it should. The person may experience chest pain, abdominal pain, jaw pain, shoulder pain, pain that shoots down the arm, nausea and vomiting, dizziness, or shortness of breath. They may lose consciousness. A person experiencing these symptoms should be transported to the hospital in an ambulance. If someone becomes unconscious, the Trailman should alert anyone nearby trained in CPR to assess the person and intervene as necessary until medical professionals arrive.
- ii. A stroke occurs when part of the brain begins to die because blood is not flowing to the brain like it should. A good acronym to remember is F.A.S.T.
 1. **Face** – the person’s face often is unequal. They may have drooping of the mouth and drooling.
 2. **Arms** – the person’s arms may be weaker on one side than another. They may not be able to move both arms equally.
 3. **Speech** – the person’s speech may be slurred, or you may not understand what they are trying to say at all. They may not answer questions correctly.
 4. **Time** – if you notice the above symptoms, it is TIME to get the person to call 911. The person may only have a little TIME to get treatment that can help the stroke get better.

5. What is shock and how should you treat it?

- a. **Goal:** To understand the basics of what shock is, and to be able to provide basic treatments to someone suspected to be in shock.
- b. **Lesson:** Shock occurs when oxygen does not circulate to the cells of the body like it normally should because of a problem with the person’s heart, blood vessels, or blood supply. The person may experience weakness, thirst, restlessness, confusion, dizziness, shallow breathing, or nausea and vomiting. They may have changes in their skin color and their skin may become cool and moist. This is a life-threatening condition and the Trailman should call 911 as soon as possible.
- c. **Examples:**
 - i. Get help immediately by dialing 911 and have the person transported out of the environment by medical professionals.
 - ii. Have the person lie down, and lift the legs above the level of the heart.
 - iii. Keep the person warm through the layering of blankets or sleeping bags, or through wrapping with an emergency blanket.
 - iv. Remain calm, and do all you can to keep the person from expending any energy.
 - v. If the person is bleeding, apply direct pressure to the injury to stop the bleeding. Often people will go into shock from losing a lot of blood.

6. When should you call 911?

- a. **Goal:** To understand when to call 911 for someone experiencing a medical emergency.
- b. **Lesson:** The Trailman should recognize when outside aid is needed and should be able to dial 911 when witnessing basic signs and symptoms of medical emergencies.
- c. **Examples:**
 - i. The person is extremely weak.
 - ii. The person is confused or is not acting normally.
 - iii. The person has become dehydrated and does not have strength to move like normal.
 - iv. The person has become unconscious.
 - v. The person is not breathing normally.
 - vi. The person's pulse is weak and/or rapid.
 - vii. The person is suspected to be having a stroke, heart attack, or to be in shock.

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.
 - **First Aid Baseball**
 - Create "run" cards. Label the cards on one side with: "single", "double", "triple", "home run". Have more singles than any other card – have only one double, one triple, and one home run in the deck.
 - Create a list of first aid quiz questions appropriate for the age levels: Foxes, Hawks, and Mountain Lions.
 - Create a baseball diamond on the floor with masking tape. Divide the patrol into two teams – one will be "up to bat" first, and the second will be "in the field." The Trail Guide serves as the "pitcher" and asks a question of the Trailmen "up to bat".
 - If the Trailman answers correctly, he draws a run card and advances as directed on the card. If he does not answer correctly, he is out. After three outs, the second group is up to bat.



- Play a few innings, giving each team an equal opportunity “at bat”. The team with the highest score wins.
- **Trail Guide rescue reenactment**
 - Create a scenario that requires rescuing a Trail Guide who has fallen through the ice.
 - Some equipment props should be provided, such as poles and tarp, rope, canned goods, sleeping bag, fire starting kit.
 - Under the direction of another Trail Guide, the Trailmen must think creatively to rescue the Trail Guide from the cold water, assess him for hypothermia, provide basic treatments, and dial 911.

Scripture

Psalm 107:19-21

- Foxes: When we call 911, an ambulance comes to help. Even more, when we call on the Lord, He will also answer us to help us.
- Hawks: We have a good God who offers healing to those who call on His name. Sometimes the healing we need is physical; however, many times it is emotional or spiritual healing that we need. God offers all of this when we call on His name.
- Mountain Lions: God offers healing to those who cry out to the Lord in their distress. This healing starts with the act of calling out to God, recognizing that only He can deliver His follower from trouble.

Psalm 119:50

- Foxes: When you are hurting, pray to God for His comfort.
- Hawks: When someone is physically hurting, we can provide medical care for them. God also comforts us when we are hurting and suffering, going even further by providing us life.
- Mountain Lions: True life may be found in knowing and following the promises of God. The knowledge that God provides life for His followers is great comfort during any time of suffering.

Websites/References

American Burn Association. (2015). *Advanced Burn Life Support (ABLS) course: Provider manual*. Chicago, IL: American Burn Association.

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

