



Webelos Adventure: First Responder

Complete 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: Serious bleeding, heart attack or sudden cardiac arrest, stopped breathing, stroke, 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.

Helpful Resources



CHOKING FIRST AID

DETERMINE IF THE VICTIM CAN CRY, SPEAK OR COUGH. IF NOT, SHOUT FOR SOMEONE TO CALL 911. IF YOU'RE THE ONLY RESCUER, PERFORM CHOKING FIRST AID BEFORE CALLING 911

ADULT & CHILD - OVER 1 YEAR OLD

1

GIVE 5 BACK BLOWS



Bend victim forward to perform 5 quick upward blows between the victim's shoulder blades with the heel of your hand.

2

GIVE 5 ABDOMINAL THRUSTS



Stand behind the victim and wrap your arms around the waist. Place fist with thumb against person's abdomen just above the navel. Grab your fist with the other hand.

Quickly pull inward and upward.

Take the object out of his mouth only if you can see it. Never do a finger sweep unless you can see the object in the person's mouth.



FOR PREGNANT WOMEN

Apply chest thrusts instead of abdominal thrusts. Continue until the foreign object is expelled or they become unconscious.

INFANT - UNDER 1 YEAR OLD

1

GIVE 5 BACK BLOWS



Lay infant face down, along your forearm. Use your thigh or lap for support. Hold chest in your hand and jaw with your fingers. Point head downward, lower than body. Use the heel of your hand to give 5 quick, forceful back blows.

2

5 CHEST THRUSTS



Turn infant face up. Use your thigh or lap for support. Support the head. Place 2 fingers on the middle of infant's chest just below the nipples. Give up to 5 quick thrusts down, compressing the chest 1/3 to 1/2 the depth of the chest.

Repeat the back blows and chest thrusts if breathing doesn't resume. Call for emergency medical help. Begin infant CPR if one of these techniques opens the airway but the infant doesn't resume breathing.

CLEARING THE AIRWAY OF AN UNCONSCIOUS PERSON

1 Lower the person on his or her back onto the floor.

2 Clear the airway. If a blockage is visible at the back of the throat or high in the throat, reach a finger into the mouth and sweep out the cause of the blockage.

3 Begin cardiopulmonary resuscitation (CPR) if the object remains lodged and the person doesn't respond after you follow the procedure.



- Place the victim in shock position
- Keep the person warm and comfortable
- Turn the victim's head to one side if neck injury is not suspected



3C THE THREE C'S

When dealing with hurry cases, remember the three C's.

- **Check:** Make sure the area is safe for you. Then check the victim to identify the problem. Is the victim breathing or moving? Tap the victim's shoulder and ask, "Are you OK?" Does the victim respond?
- **Call:** Call 911. Call out for help, or send someone for help.
- **Care:** Care for the victim to the best of your ability while you wait for help to arrive. Some of the steps in treating hurry cases require special training to perform, but it's important to know what they are.

