

FIRST AID

LEARNING OUTCOMES

Having completed this badge members will be able to:

- demonstrate how to clean a wound and understand the risk of infection;
- demonstrate the current treatment of burns and scalds;
- demonstrate how to treat sprains;
- demonstrate how to respond to various bites and stings;
- demonstrate how to control bleeding;
- explain how to respond to an injured person.

BADGE REQUIREMENTS

1. Know how to clean a wound and understand the risk of infection.
2. Know the current treatment of burns and scalds.
3. Know how to treat a sprain.
4. Know how to respond to various bites and stings.
5. Know how to control bleeding.
6. Explain how to respond to an injured person.

Note to leaders
Use Handout 1 as a record sheet for the badge contents. When a member successfully completes and knows the relevant procedures, a stamp or sticker can be placed in the appropriate box.

ADVENTURERS
SUNBEAMS



CATEGORY

Life to the Max

TIME FRAME

Three weeks

AIM

To teach basic first aid skills.





Teaching ideas



1. Know how to clean a wound and understand the risk of infection.

A wound can be a graze or cut. A graze may not bleed a lot but is generally full of dirt. A cut usually bleeds freely but still can contain dirt.

Discuss with members the danger of dirt in a wound.

Treatment and cleaning of a wound

Check for bleeding: If a wound is bleeding, hold a pad firmly over the wound to reduce the blood flow. Elevate the affected area. Medical help is required if bleeding cannot be controlled.

Equipment needed to clean a graze or small cut:

- a small bowl of warm water with antiseptic added, e.g. *Dettol*;
- a supply of cotton wool balls;
- a disposable container for refuse;
- disposable gloves;
- band-aids and/or bandages; clean handkerchief.

Wash hands thoroughly before treating and cleaning any wound to stop cross-infection.

Members should be informed about cross contamination in regard to body fluids. It is important for both patient and first-aider to be protected from all blood and fluid borne contaminants. Hepatitis B is the greatest risk factor of blood contamination.

Procedure

- Put on disposable gloves.
- Dip one cotton ball into antiseptic solution. Wipe the wound gently from the centre to the outside of the wound. The dirt is taken away from the wound.
- Throw the soiled cotton ball away – never re-use a cotton ball as dirt would be put back into the wound.
- Take a new cotton ball and again wipe from the centre to the outside of the wound.
- Throw the soiled cotton ball away.
- Repeat these steps until the wound is free of dirt. Any dirt that may be deeply embedded needs to be removed by a doctor.
- Cover the wound with a band-aid, gauze bandage or a clean folded handkerchief.

Working in pairs, members simulate cleaning a wound, e.g. a grazed knee, shin or elbow. Ask members to show what they would do if the wound was bleeding a lot.

Use **Handout 2** to reinforce teaching about the risk of infection. The method of cleaning and bandaging a cut finger can be found on **Handout 3**.



2. Know the current treatment for burns and scalds.

A burn is caused by dry heat, e.g. a flame, hot surface.

A scald is caused by moist heat, e.g. steam, hot liquid.

- The response time is critical in the treatment of a burn or scald. Heat destroys the skin, layer by layer. The ability to rid the body of heat is the main treatment. The only way to reduce the heat is with cold water.
- For large area burns placing the injured person in cold water can cause shock. Ring 000 immediately.

Teaching ideas

- Never use a cream or oily substance on a burn or scald as the heat cannot escape and can cause greater damage.
- Do not touch the injury or attempt to burst blisters.

Treatment

- Follow DRABC of First Aid (www.stjohn.org.au).

If clothes are on fire, pull person to the ground and roll in non-flammable blanket, coat or rug (stop, drop and roll procedure)

- Place area of burn or scald under cold running water for up to 20 minutes. A chemical burn – place under running cold water for a minimum of 20 minutes. A bitumen burn – place under running cold water for a minimum of 30 minutes. A burn to the eye – flush with cold water for a minimum of 20 minutes. Do not use ice. Ice can stick to skin.
- Remove clothing and jewellery only if it is not stuck to the burn.
- Cover burn area with a sterile, non-stick cloth.
- Reassure patient.
- Seek medical help.

If no running water available:

- place burn area in a container of water, replace water often as the burn will actually heat the water;
- place a wet cloth over the burn area, renew every time the cloth becomes hot. Keep changing cloths until burn area cools.

Discuss with members ways in which people may sustain a burn or scald. Record the responses on a whiteboard. Ask members to role play some of the suggested scenarios and the appropriate response/treatment.

Discuss with members the safety issues that may have prevented the suggested scenarios. Remember – prevention is better than cure.

Ask members to make a list of areas in the home, at school and at the Corps where running water would be available. The list could include: bathroom/shower, toilet block, kitchen, laundry, resource room, staff room, outside taps. Take members on a tour of your Corps' premises to check out places where there would be running water available.

Leader's might like to teach the 'Stop, Drop and Roll' song, to reinforce the 'stop, drop and roll' procedure. (www.fire.nsw.gov.au)

Original Author unknown

Tune to: 'Three Blind Mice'

STOP, DROP and ROLL

STOP, DROP and ROLL

Here's what to do

If this should happen to you

If ever your clothes should catch alight

Don't you panic and run in fright

Because you know that it wouldn't be right

You STOP, DROP and ROLL



TEACHING
IDEAS



Teaching ideas

3. Know how to treat a sprain.

A sprain is caused by an irregular movement of a joint. When sprained the joint will be painful, swelling will occur and the skin will discolour from bruising.

Treatment

Treat a sprain following the RICE method.

R	rest	stop what you are doing
I	ice	apply an ice pack to the swollen area
C	compression	apply a compression bandage to reduce swelling
E	elevate	raise the affected joint to reduce the blood flow to that area. This reduces the pain.

A sprained ankle: leave the shoe on if possible as the shoe acts as a compression aid. Bandage the ankle with a figure-of-eight bandage, elevate and hold an ice pack on the affected area.

Figure-of-eight bandage on an ankle: Using an elasticised bandage, make one to two turns round the instep of the injured foot, then go round the back of the ankle, bring the bandage diagonally across the top of the foot and around the instep again. Repeat this process until there is about 15cm of bandage remaining. Fold the end of the bandage and tuck securely into an outer layer of the bandaging. Do not use any metal pins or clips.

Working in pairs, ask members to apply a figure-of-eight bandage to their partner's ankle.

4. Know how to respond to various bites and stings.

The most important thing to remember when someone is bitten is to get adult help as quickly as possible and tell the adult what has happened. Treatment methods change from time to time so check www.stjohn.org.au for the current treatment.

Snake Bites

If someone is bitten always assume that the bite may be dangerous.

Treatment

- Keep the patient still and help them to keep calm.
- Apply a broad, firm bandage around the limb, beginning at the bitten area. (As much of the limb should be bandaged as possible.)
- Keep the limb as still as possible. Splint the limb using timber or any rigid material.
- Bring transport to the patient if possible.
- Leave the bandages and splint on until medical care is reached.

Spider Bites

The two most dangerous Australian spiders are the funnel web spider and the red-back spider.

Treatment

- Funnel web spider – same as the treatment for snake bite.
- Red-back Spider – Apply ice-pack to bitten area and seek medical aid.

Teaching ideas



TEACHING
IDEAS

Bee sting

A bee's sting consists of a sharp barb with an attached venom sac. The poison from this venom sac will be pumped into the body for several minutes after the bee has gone. The barb on the sting means that, rather like a fish hook, it can't be pulled out. Attempts to do so only result in more poison being injected, making the reaction worse.

Treatment

- Scrape the sting off with a sideways motion using a firm object such as the blade of a knife, a credit card, or even a finger nail.
- Place an ice-pack immediately on the area.
- If the person who has been stung is known to react badly to bee stings a compression bandage should be applied to the arm or leg and the patient encouraged not to move. Medical help should be sought. An injection of adrenaline (EpiPen®) may be needed to overcome the reaction (administered by an authorised trained person only – see Allergy information below).

Ticks

Ticks cause itchiness and sometimes cause vomiting. If a tick is attached, members need to get an adult to treat it.

Treatment

- The tick can be gently removed with fine pointed tweezers grasping as close to the skin as possible to remove the tick's head.
- Cold water can be useful to relieve itching. A variety of commercial preparations can be obtained from the chemist including Eurax® and Stingose®.
- It is normal for a tick bite to remain slightly itchy for a few weeks, but if this continues a doctor should be consulted.

Leeches

Leeches are like small worms that attach themselves to your skin and cause loss of blood.

Treatment

- Apply salt to the leech and it will fall off. If they are not attached, they can easily be brushed off.
- Wash the bite area, apply pressure to stop the bleeding and cover with a band-aid, bandage or some gauze and adhesive tape.

Allergy information for members should be noted on the *Individual Record Form* filled in by parents. This form should be updated annually. All members should be aware if any member is allergic to insects, plants or foods. Any person who has severe reactions may carry an EpiPen® on doctor's advice. Medication can only be given by Leaders with parents' written and signed consent which is gained on the *Individual Record/Permission Form*. Two adult leaders need to be present so that the permission and signature of parent can be checked. Leaders of members with an EpiPen® should be conversant with their use (refer to www.allergy.org.au).

Game:

Display a range of medical supplies, e.g. some bandages, band-aids, ice-packs, pieces of wood for splints, salt, tweezers. Ask members what things could be treated using the different supplies and/or working in small groups role-play some scenarios dealing with bites and stings. Members should use the appropriate supplies for treatments in their role-plays.



Teaching ideas



5. Know how to control bleeding.

Nose bleed

Nose bleeds occur mainly during hot weather or when the nose has been hit.

Treatment

- Sit patient down with head bent slightly forward.
- Pinch the nose firmly just below the bridge of the nose.
- Place a wet cloth at the back of the neck and the forehead.
- Inform patient not to blow nose as this would remove the clot that is forming.
- If bleeding continues, seek medical help.

Bleeding on other parts of the body

Treatment

- Firmly press a folded cloth pad directly over the bleeding area.
- Hold firmly, then bandage the pad in place.
- Add further pads and bandage in place should bleeding continue.
- Elevate injured part to reduce blood flow to the area.
- Reassure patient and keep them calm.
- If bleeding persists and/or injury is large, seek medical help.

Members should practise the methods for controlling bleeding of the nose and other parts of the body.



6. Explain how to respond to an injured person.

Response

- If a person has been injured members should find an adult or seek medical help (ring 000 or mobile 112).
- Do not move the injured person.
- If the injured person is awake, talk to them to keep them calm.
- If any bleeding is obvious, a pressure pad can be applied while waiting for help. When an adult or emergency helper arrives inform them that a pressure pad has been applied for bleeding.

Ask members to role play some situations, e.g. your friend has fallen off his/her bike; a friend has fallen off the monkey bars in the playground; John and Jenny went for a trail ride and John fell off his horse; Joanne was playing 'Fruit Salad' at SAGALA and twisted her ankle.

Handout 1

Adventurers/Sunbeams

Record sheet for First Aid Badge requirements Name _____

Place a stamp or sticker in the appropriate box when members complete each section of the badge requirements.

Clean a wound



Understand the risk of infection

Know how to treat a burn or scald



Know what RICE means in the treatment of a sprain

Apply a figure-of-eight bandage to an ankle



Know how to respond to a:

■ bee sting



■ snake bite



■ spider bite

Control bleeding of:

■ the nose



■ other parts of the body

Know how to respond to an injured person



Handout 2

Adventurers/Sunbeams

Show that you understand the danger of dirt in a wound.

Use the words around the box to complete the sentences.

touch

Dirt in a _____ can lead to
_____.

_____ can enter the blood stream
and quickly multiply.

_____ should be clean before I
_____ a wound.

regularly

I must _____ a wound
thoroughly before putting a
_____ or band-aid on it.

Bandages or _____
should be changed

clean

_____ check the
wound is not becoming infected.

Hands

band-aids

Germs

bandage

infection

cut

Handout 3

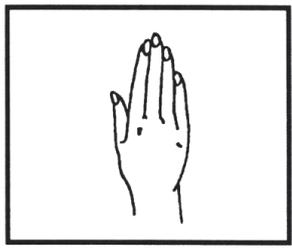
Adventurers/Sunbeams

Treatment for a cut finger

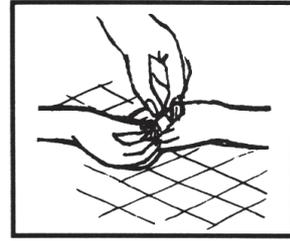
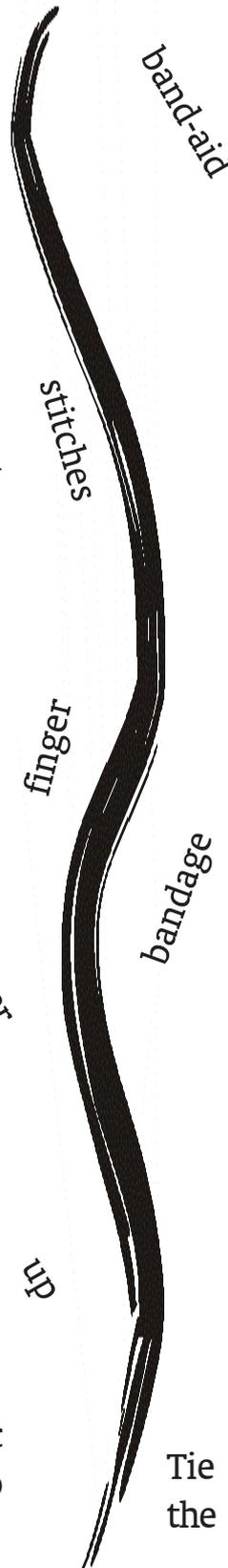


If someone has cut their

raise the hand --- ---
high.



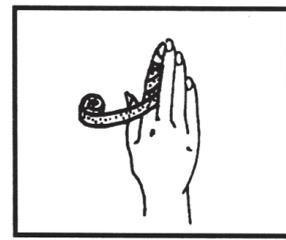
Get a bowl of antiseptic solution. Clean the cut to check if it is deep.



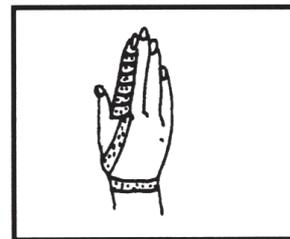
If it is only a small cut, dry it carefully and put on a
-----.

If the cut is too long for a band-aid then a

should be used.



Start at the top of the
----- and
work down to the base in a spiral.

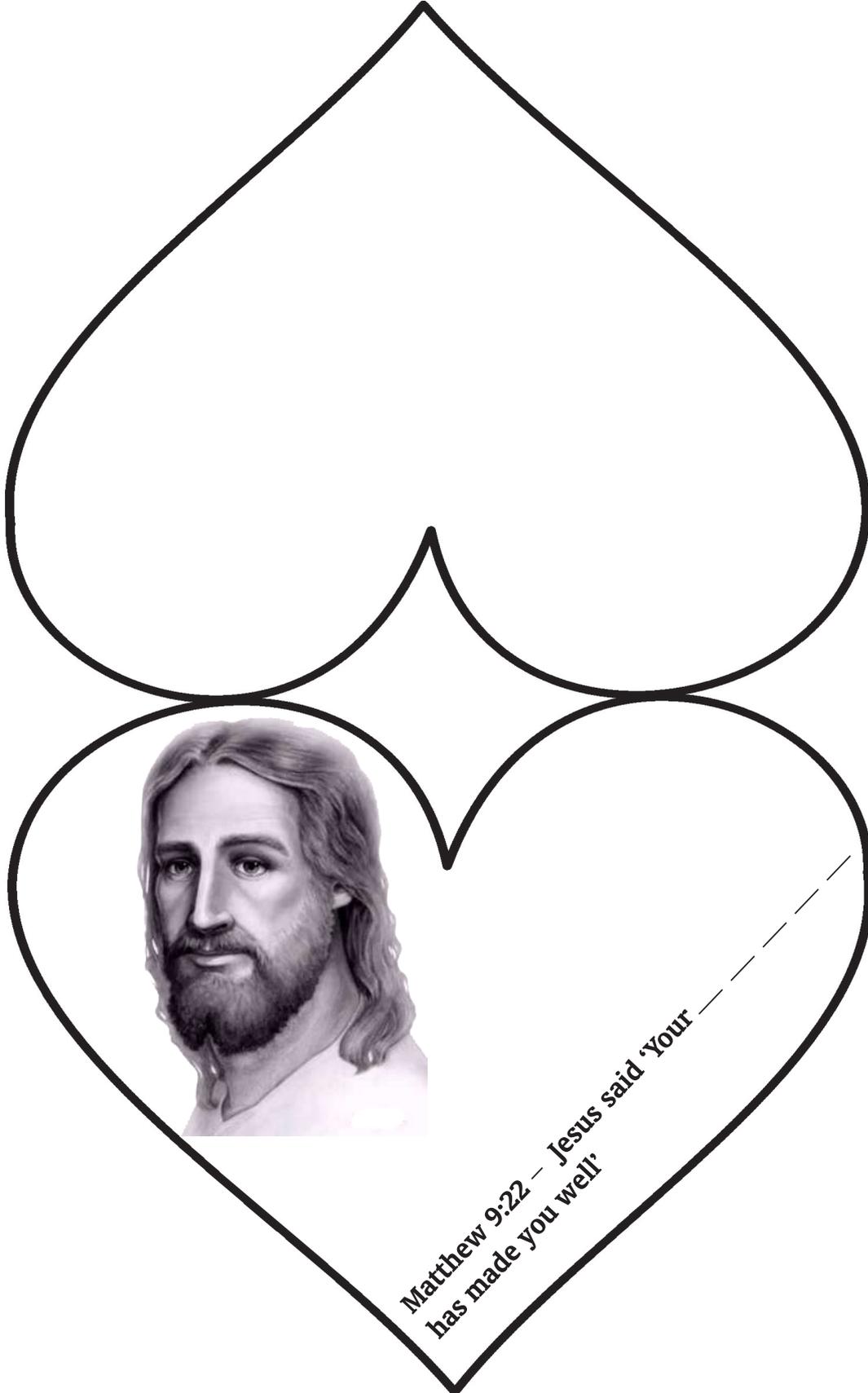


Tie the bandage off around the wrist. A deep cut needs
----- and
medical help is needed.

Handout 4

Adventurers/sunbeams

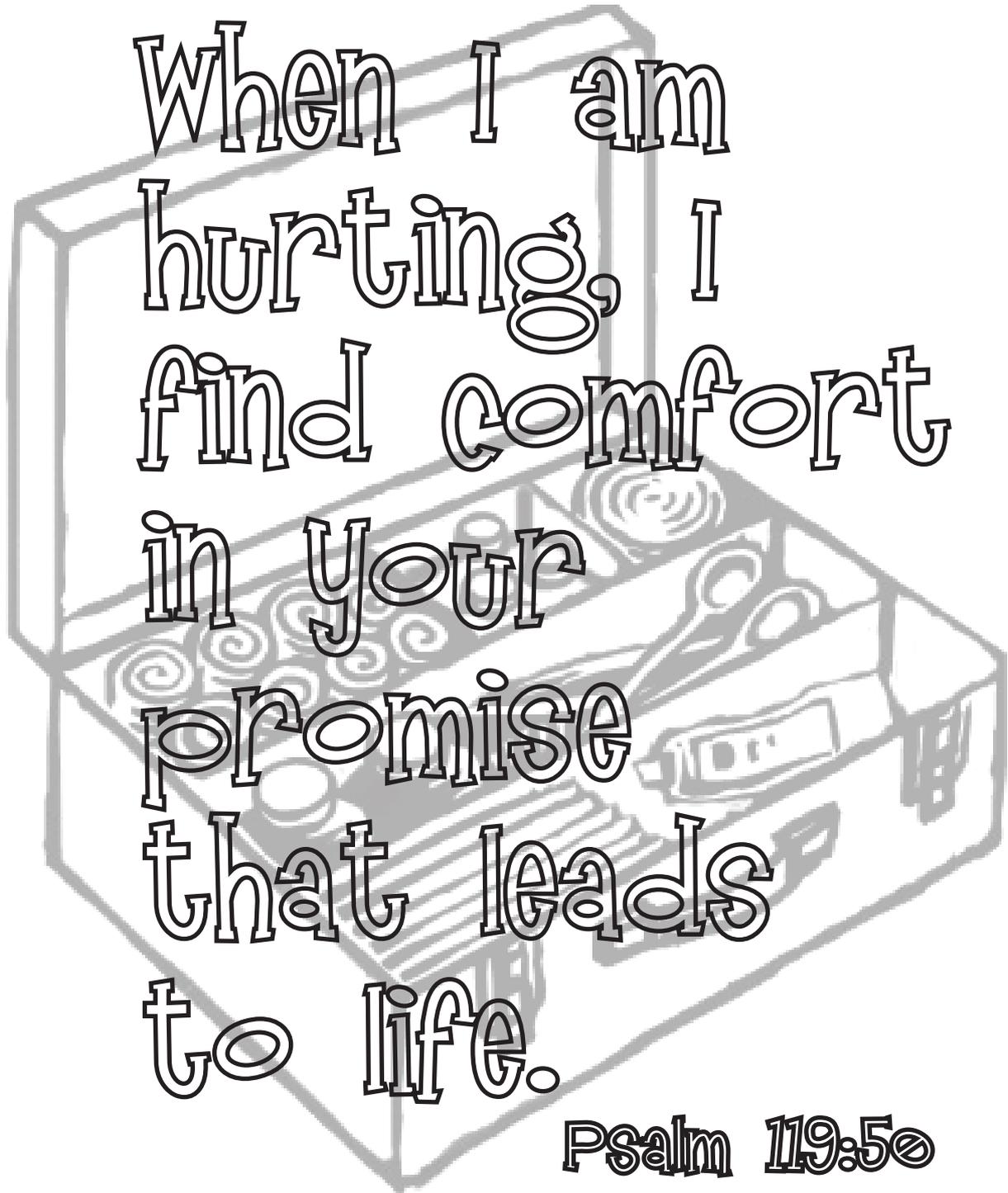
Fold the heart so that the picture of Jesus is on the outside. Encourage members to write their 'hurts' inside the heart and place a band-aid over the words.



Handout 5

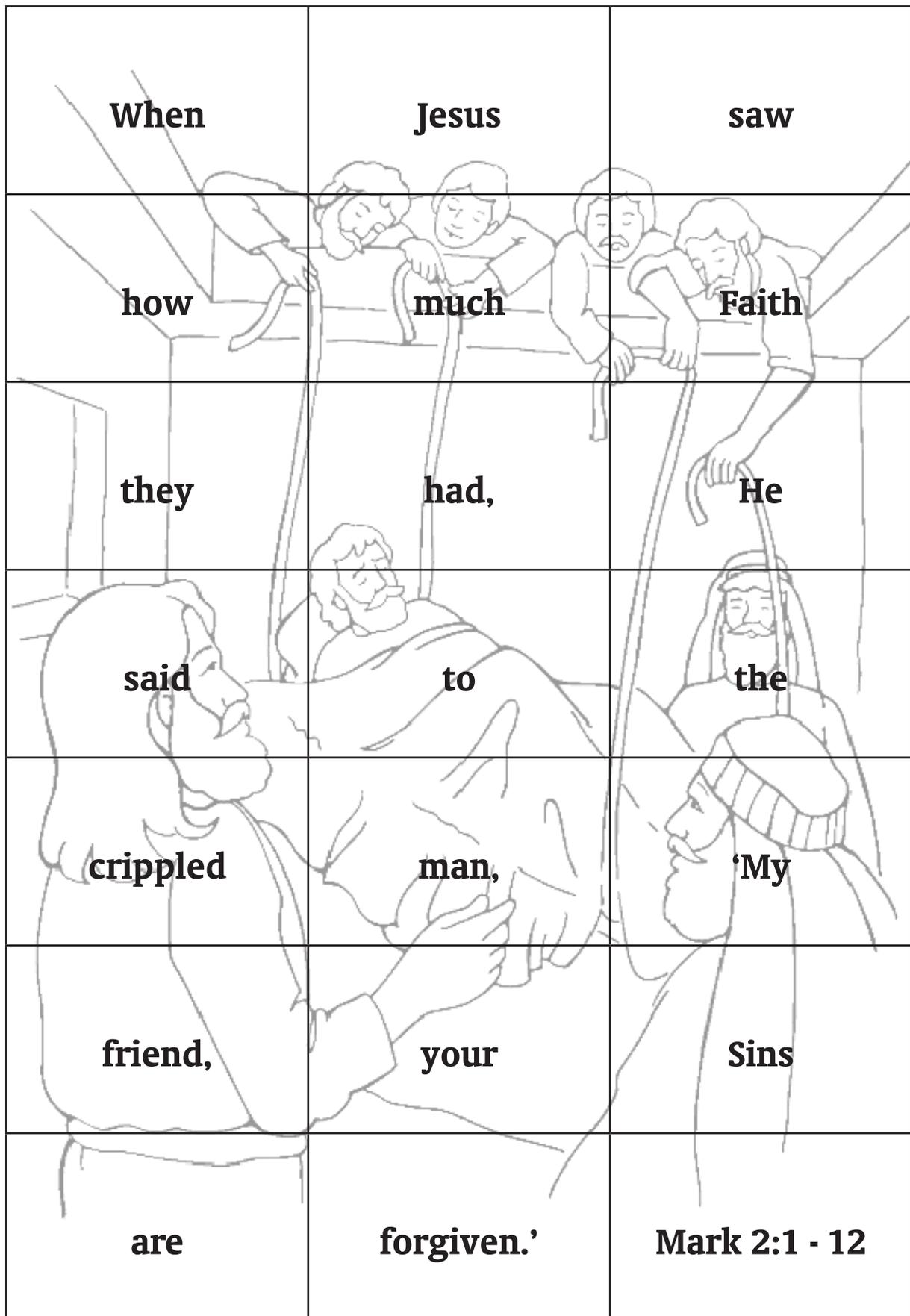
Adventurers/sunbeams

Colour picture and then cut into pieces to make a jigsaw puzzle.



Leader's Resource 1

Cut into cards, for relay race in Devotion 3.



Devotional ideas



1. Title Mend My Heart

Bible: Matthew 9:22

Thought: Jesus can help us

Supplies: Bible, a supply of band-aids, card with outline shape and verse printed on one side. (You may wish to use the template from **Handout 4**.)

Ask members to tell you what a band-aid is used for and when they may have used one. Allow them to comment. (*When you are hurt you put a band-aid on the cut/sore/wound.*) We can heal a cut by covering it with a band-aid. It will stop hurting and get better.

There are some hurts that we cannot see. When somebody says something that is not nice we say it hurts our feelings. We are 'hurt' on the inside – there is no visible scratch or cut that we can put a band-aid on. These are some of the things that we can take to God and ask Him for help.

Ask members to cutout the heart shape on **Handout 4**.

Fold the heart so that the picture of Jesus is on the outside. Encourage members to write their 'feelings' or 'hurts' inside the heart.

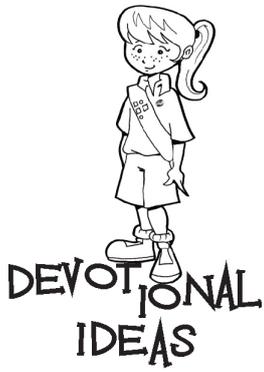
Ask members to place a band-aid across the words inside the heart card.

As members do this, read the verse and lead into a time of prayer. Ask members to pray that God will heal their 'hurt'. Give members a few minutes to pray silently then finish with a prayer.

Lord, you know all my feelings and my hurts. Please make me feel better. Amen.'



DEVOTIONAL
IDEAS



Devotional ideas



2. Title: God's First Aid Guide

Bible: Psalm 119:50

Thought: The Bible is our First Aid Kit

Supplies: Bible, a First Aid Kit, **Handout 5**, pencils, scissors

A first aid kit is a very important item to have around. (*Show the first aid kit.*) There should be a first aid kit at home, at school, and in the car. Ask members where is the nearest first aid kit to their parade room.

Ask members what they would expect to find in a first aid kit. (*Answers might include cotton balls, spray or ointment bandages, band-aids, scissors.*) When someone is hurt, it is important to have a first aid kit and to know how to use the items that are in it.

The Bible is a lot like a first aid kit. It has the answer to problems that we may have in our life. It is important to have God's first aid kit when we are feeling hurt. In Psalm 119:50 it says, 'When I am hurting I find comfort in your promise that leads to life.' Knowing how to use God's first aid kit, the Bible, will help us overcome our problems so that we can live and grow like Jesus.

In this verse 'your promise' is the word of God – teaching and guiding us for a good life.

Memory verse reminder: Using **Handout 5** encourage members to colour and cut out the jigsaw to take home.

'Thank you Lord, for giving us the Bible. Teach us to always trust in you. Amen.'



Devotional ideas



3. Title: Grab the blanket

Bible Mark 2:3 - 5

Thought: Help others

Supplies: Bible, tea towel and doll/teddy for smaller groups – one for each team or blanket for larger groups. Verse in jigsaw pieces or memory verse cards with one word per card or **Leader's Resource 1**

Game: Have members form teams and use the blanket or tea towel and doll in a relay race. Place the doll/teddy onto the tea towel and four team members carry that it to the end of the hall where they pick up a piece of the jigsaw. Swap members who are carrying the doll and repeat the process until the team has all had a turn. The team must then piece the jigsaw together and indicate that they are finished by putting hands on their heads.

For larger groups – try this relay with a member being carried on a blanket.

Tell members the story of the paralysed man from Mark 2:3 - 5. The friends helped the man reach Jesus. Jesus healed the man and forgave him all his sins. The man's friends help him get healed.

We learn about First Aid and many other things so that we can be useful to our community. If needed, we then know how to help someone who is hurt. We can help our friends by taking them to Jesus. Our friends might not have broken legs but they might have broken lives. They need Jesus to forgive and heal them.

Just as the paralysed man's friends held on to him until he met Jesus we must hold on to the 'blanket' until we bring our friends to Jesus.

Prayer: Dear Jesus, we all have friends who need your forgiveness, healing and your forgiveness. May we be faithful to grab a corner of the blanket and bring them to you. Amen.



DEVOTIONAL
IDEAS