



PLANS & IDEAS: FIRST AID

First Aid	Information	Troop Meetings	Main Event
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OBJECTIVES

This month's activities should:

- Show Scouts how to evaluate a scene.
- Help them understand the first aid needs to consider on outings.
- Teach them what to say when calling 911.
- Cover basic first aid skills needed for advancement.
- Encourage Scouts to work together as a team.
- Prompt Scouts to pursue additional first aid training, such as certification in CPR or wilderness first aid.

LEADERSHIP PLANNING

As a leadership team, you may want to discuss the following items when choosing first aid as your program feature during your planning meetings.

- How prepared are we for first aid emergencies?
- Who do we know that is a CPR instructor?
- What first aid training supplies do we have?
- What will we do for our main event?
- Where will we do our main event?
- What other subtopics would fit well with this feature?
- What agencies need our help?
- How can we involve parents?
- To meet our needs, what should we change in the sample meeting plans?

Week	Date	Activity	Description	Run by	Time
		Preopening	Preopening activity meeting		
		Opening Ceremony	Opening Ceremony		
		Group Instruction	Group Instruction		
		Skill Instruction	Skill Instruction		
		Breakdown Session	Breakdown Session		
		Closing	Closing		
		After the Meeting	After the Meeting		

[Click above for fillable troop meeting planning form.](#)

PREOPENING IDEAS

[Preopening Ideas on Troop Program Resources](#)

- Hand groups of arriving Scouts decks of cards listing steps in first aid (assess the scene, call 911, perform CPR, stop bleeding, treat for shock, splint broken bones, etc.). Have them sort the cards in the order of priority.
- Show arriving Scouts pictures of poisonous and nonpoisonous plants, and venomous and nonvenomous snakes found in your area. Challenge them to identify which plants are poisonous and which snakes are venomous.
- Poll arriving Scouts to see if they are carrying adhesive bandages in their wallets or personal first-aid kits in their backpacks. Offer adhesive bandages to those who don't have one.
- From the previous meeting, remind Scouts to make sure they bring their personal first aid kit to the next meeting. As Scouts arrive to the next meeting, check to see they've brought their kit. Have materials on hand for those who still need to make one.

OPENING IDEAS

Opening Ideas on Troop Program Resources

GROUP INSTRUCTION IDEAS

Evaluating the Scene

Discuss the following:

- Evaluating the safety of the scene
- Universal protection (why it's important to wear gloves and use mouth shields)
- Calling 911—what callers need to know
- Hurry cases—airway, breathing, circulation
- Identifying and treating shock

Basic Skills

Discuss first-aid emergencies that are related to the environment:

- Heat and cold exposure
- Bites from insects and animals
- Contact with poisonous plants

Bandages

- Identify the different types of wounds.
- Demonstrate the use of direct pressure, elevation, pressure points, and tourniquets (which should rarely if ever be used in first aid).
- Discuss the difference between dressings and bandages and show what belongs in a first-aid kit.






Breaks, Splints, and Transportation

- Demonstrate first aid for strains, sprains, and fractures.
- Explain how to handle potential spinal-cord and neck injuries.
- Discuss when and when not to move or transport a victim.

SKILLS INSTRUCTION IDEAS



Evaluating the Scene

-  • Role-play situations where Scouts must evaluate the safety of a scene.
 -  • Have them discuss the need for gloves, masks, and safety glasses.
 -  • Simulate calling 911, performing the procedure for someone who is choking, and identifying and treating shock.
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-  • Discuss scenarios when the scene would not be safe and Scouts should not try to render aid.
 -  • Discuss what universal protection protects rescuers from.
 - Brainstorm ways to get help without using a phone.
 - Practice identifying and treating shock.
 - Review the steps in CPR.



- Discuss when it is safe and advisable to move a victim and when it is not.
- Cover what you should do if exposed to a communicable disease and what you should do when help is delayed. Research upcoming wilderness first aid courses.
- Review the use of AEDs (automated external defibrillators).
- Practice identifying and treating shock.

Basic Skills

Practice treatment for the following:



- Minor burns and scalds
- Sunburn and frostbite
- Bites (snakes and rabid animals), insect stings, and ticks
- Contact with poisonous plants



- Review the above skills.
- Practice treatment for the following: heat exhaustion, heat stroke, hypothermia, and dehydration; different types of burns; abdominal pain



- Teach a first-aid skill to others.
- Compare and contrast medical emergencies, such as stroke, seizure, and skewed blood sugar levels.

Bandages

Learn and practice treatment for the following:



- Simple cuts and scrapes
- Object in the eye
- Puncture wounds and splinters
- Nose bleeds



- Review the above skills.
- Learn and practice treatment for the following: severe bleeding, impalement on object, broken or chipped tooth



- Review the above skills.
- Learn and practice treatment for the following: avulsions and amputations; when to use a tourniquet; what to do when help is delayed

Breaks, Splints, and Transportation

Show a personal first-aid kit for inspection. Learn and practice the following:



- Treatment for sprained ankle, upper arm, and collarbone injury
- When to move an injured person
- Transport from a smoke-filled room (Have rescuers wear gauze blindfolds to simulate reduced visibility.)

Show a personal first-aid kit for inspection. Learn and practice the following:



- Identifying signs and symptoms of broken bones (including open fracture)
- Splinting with improvised material

Show a personal first-aid kit for inspection. Learn and practice the following:



- Making traction splints
- Cervical spine immobilization and use of backboards

BREAKOUT GROUP IDEAS

Getting Ready for the Main Event

- Menu Planning (as applicable)
- Duty Roster Planning (as applicable)

Preparation for the meeting's game or challenge

GAME AND CHALLENGE IDEAS

[Library of First Aid Skill Activities](#) *(make a selection)*

CLOSING IDEAS

- [Leader's Minutes](#)
- [Ceremony](#)

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TROOP LEADER RESOURCE LINKS

[Advancement Resources](#)

[Awards Central](#)

[Boy Scouts](#)

[Guide to Safe Scouting](#)

[SCOUTBOOK](#)

[Scouting Forms from the National Council](#)

[ScoutCast](#)

[Scouting Magazine](#)

[ScoutStuff.org \(Retail Site\)](#)

[ScoutingWire](#)

[Sign in to MyScouting.org](#)

[Take Youth Protection Training](#)

[The Outdoor Adventure Planning Guide](#)

[Troop Leader Guidebook Appendix](#)

[Uniforms](#)