



### Emergency Aid 1

Complete the requirements below.

1. Understand and recognise dangers in the house and outside.
2. Know what to do at the scene of an accident.
3. Know how to open an airway.
4. Know how to treat minor cuts, scratches and grazes.

### Emergency Aid 2

Complete the requirements below.

1. Know what to do at the scene of an accident.
2. Know how to get help from the emergency service.
3. Know how to clear an airway, give rescue breaths and place in the recovery position.
4. Know how to deal with minor bleeding.
5. Know how to deal with major bleeding.
6. Know how to deal with burns and scalds.

### Scout Badges: The Outdoor Challenge needs Emergency Aid!

In addition to the above, the Scout will need to demonstrate basic emergency aid skills when on a residential experience:

- understand the initial actions to take in the event of an accident
- understand the importance of getting adult help and when to call the emergency services
- know how to treat minor cuts, burns, scalds, stings and insect bites.

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### First Aid Kit content

Every Scout needs to be able to deal with the small mishaps that occur to them when hiking, or about camp. So everyone has their own first aid kit. Pack the following into a watertight container (15cm is big enough) Clearly labelled as a first aid kit with the Scouts name as well. Pack anything that can be water damaged into a sandwich bag or ziplock bag inside the container as well. (the poly-bag is a useful first aid item itself!)

1. paracetamol and/or ibuprofen (child dose, 2 to 4 tablets only and clearly marked with date and dose)
2. tweezers (blunt – for splinters mainly)
3. alcohol wipes
4. antiseptic hand cleaner (small bottles of gel cleaner are great)
5. medical adhesive tape (hypoallergenic)
6. sterile gauze (four inch squares are best)
7. elastic bandages (2”~3” wide are most useful)
8. several sizes of adhesive bandages (two “field dressings, small” are very handy)
9. insect bite swabs or mini-pump spray (germoline do a good one)
10. triple-antibiotic ointment (Savlon, Germoline or better)
11. bandage scissors (round ends, but bigger than nail scissors, must be able to cut cloth)
12. triangular bandages (1 or 2)
13. instant cold packs (very useful indeed!)
14. exam gloves (latex free, powder free disposables)
15. barrier device for resuscitation / CPR
16. card with YOUR medical conditions if any, contact details, name and address
17. pencil and cards (emergency cards available from Scouts)
18. Two or three 50p coins

Optional Items:

- Glucose tablets
- Corn / blister plasters
- Burn dressing (small)

REMEMBER - ALWAYS REPORT INCIDENTS THAT NEEDED TREATMENT TO A LEADER PROMPTLY!

## The Primary Survey (DRAB or DR ABC)

### Danger

Are you or the casualty in any danger? If you have not already done so, make the situation safe and then assess the casualty.



### Response

If the casualty appears unconscious check this by shouting 'Can you hear me?', 'Open your eyes' and gently shaking their shoulders.

If there is a **response**:

- ▶ If there is no further danger, leave the casualty in the position found and summon help if needed.
- ▶ Treat any condition found and monitor vital signs - level of response, pulse and breathing.
- ▶ Continue monitoring the casualty either until help arrives or he recovers.

If there is **no response**:

- ▶ Shout for **help**
- ▶ If possible, leave the casualty in the position found and open the airway.
- ▶ If this is not possible, turn the casualty onto their back and open the airway.



### Airway

Open the airway by placing one hand on the casualty's forehead and gently tilting the head back, then lift the chin using 2 fingers only.

This will move the casualty's tongue away from the back of the mouth.

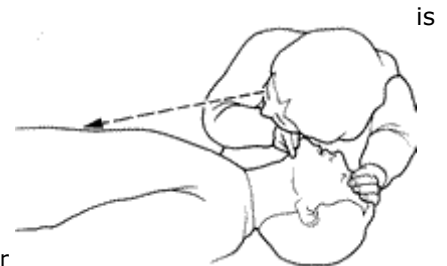
### Breathing

Look, listen and feel for **no more** than 10 seconds to see if the casualty breathing normally:

Look to see if the chest is rising and falling. Listen for breathing.  
Feel for breath against your cheek.

#### Agonal Breathing

This is common in the first few minutes after a sudden cardiac arrest. It usually takes the form of sudden irregular gasps for breath. It should not be mistaken for normal breathing and if it is present chest compressions and rescue breaths (together called cardio-pulmonary resuscitation or CPR) should be started without hesitation.



If the casualty is **breathing normally**, place them in the [recovery position](#).

Check for other life-threatening conditions such as severe bleeding and treat as necessary.

If the casualty is **not breathing normally** or if you have any doubt whether breathing is normal begin CPR:

#### [CPR for Adults](#)

If you have someone with you, send them to **Dial 999** (or 112) for an ambulance **immediately**.  
If you are **alone Dial 999** (or 112) for an ambulance immediately and then return to help the casualty.

#### [CPR for Children](#) (1 year to puberty)

If you have someone with you, send them to **Dial 999** (or 112) for an ambulance **immediately**.  
If you are on your own carry out **CPR for 1 min** before dialling **999** (or 112) for an ambulance.

#### [CPR for Babies](#) (birth to 1 year)

If you have someone with you, send them to **Dial 999** (or 112) for an ambulance **immediately**.  
If you are on your own carry out **CPR for 1 min** before dialling **999** (or 112) for an ambulance.  
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## Bleeding

### Minor cuts, scratches and grazes

#### Treatment

- ▶ Wash and dry your own hands.
- ▶ Cover any cuts on your own hands and put on disposable gloves.
- ▶ Clean the cut, if dirty, under running water. Pat dry with a sterile dressing or clean lint-free material. If possible, raise affected area above the heart.
- ▶ Cover the cut temporarily while you clean the surrounding skin with soap and water and pat the surrounding skin dry. Cover the cut completely with a sterile dressing or plaster.



### Severe bleeding

#### Treatment

- ▶ Put on disposable gloves.
- ▶ Apply direct pressure to the wound with a pad (e.g. a clean cloth) or fingers until a sterile dressing is available.
- ▶ Raise and support the injured limb. Take particular care if you suspect bone has been broken.
- ▶ Lay the casualty down to treat for shock.
- ▶ Bandage the pad or dressing firmly to control bleeding, but not so tightly that it stops the circulation to fingers or toes. If bleeding seeps through first bandage, cover with a second bandage. If bleeding continues to seep through bandage, remove it and reapply.
- ▶ Treat for [shock](#).
- ▶ Dial 999 for an ambulance.



**Remember:** Protect yourself from infection by wearing disposable gloves and covering any wounds on your hands.

If blood comes through the dressing DO NOT remove it – bandage another over the original.

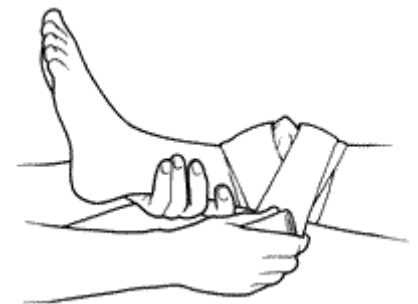
If blood seeps through BOTH dressings, remove them both and replace with a fresh dressing, applying pressure over the site of bleeding.

### Objects in wounds

Where possible, swab or wash small objects out of the wound with clean water. If there is a large object embedded:

#### Treatment

- Leave it in place.
- Apply firm pressure on either side of the object.
- Raise and support the wounded limb or part.
- Lay the casualty down to treat for [shock](#).
- Gently cover the wound and object with a sterile dressing.
- Build up padding around the object until the padding is higher than the object, then bandage over the object without pressing on it.
- Depending on the severity of the bleeding, dial 999 for an ambulance or take the casualty to hospital.





## How to make a 999 call

One day you might need to call the fire brigade, police or ambulance service. Following a few simple steps on how to make a 999 call, will help them get there as quickly as they can.

At the Primary Survey take QUICK NOTES on:

- Age and sex of casualty
- Location and position (as accurate as possible)
- Condition of site and casualty ("DRABC")
- Other people present or near

All 999 calls are free. You can make them from any phone, including mobile phones. You can also dial 112. You can call 112 and 999 even if there is no credit on your mobile or the phone box does not take money.

Before you dial 999, try to think about which of the emergency services to call. Don't worry if you're not sure - the emergency operator will help you. Try to find out as much as you can about where the emergency is - the house number or name, the road name, the district or town. This will help the operator to pinpoint the address. Road names are more useful to them than map references!

When you get through, the operator will ask you which emergency service you want: fire brigade, police or ambulance service. Please listen carefully and be patient. You will be put through to an emergency control room operator for the service you want.

They will ask you a number of questions. Answer the questions clearly, and don't put down the phone until you are told to.

If asked you should state clearly and concisely what the situation is: for instance "a Scout, male, aged 12 has fallen from a tree and hit his head. He is unresponsive, unconscious, but breathing and not bleeding. Four other Scouts are with him, and he is in the recovery position and protected from the rain. The nearest road is St Albans Drive, and a Scout is there is a yellow jacket with me and we can take you to him quickly"

If you can, wait in a safe position for the emergency services to arrive. When they get there, tell them where the incident has happened. Vital seconds can be saved if the emergency services are able to go straight there.

Don't dial 999 if there isn't an emergency. All 999 calls are recorded and you are breaking the law if you make a hoax emergency call.