

Do ALL of these:

1. Explain First Aid & tell what to do after an accident.

First Aid is:

- Knowing how to clean a scratch or scrape
- Knowing how to apply a clean Band-Aid®
- Knowing how to take care of small injuries by yourself
- Knowing what you must do immediately in the event of a serious injury

After an accident you must:

➤ Stay _____ and _____.

➤ If the victim seems badly hurt, send someone to
_____ for _____.

If no one is there to call, give what assistance to the victim that you can and then you go and call for help.

➤ Do not _____ a badly hurt person unless the victim is in further danger. It may be necessary to move the person if there is a nearby
_____ or if the person is lying in the
_____. But, never _____ an injured person unless it is absolutely necessary.

➤ Check the person for
_____.

➤ Treat the victim for _____.

2. Explain how to get help quickly in an emergency in the home.

The way to get help in an emergency is not always the same in every town. Some communities may have different phone numbers for the police, fire department, ambulance, and rescue squad. In many places, the 911 number will put you in touch with all of these services.

In our community, you may simply dial _____ to get help.

If you are not at home, it is helpful to carry _____ with you in case you need to use a pay phone.

(You do NOT need coins to call 911 from a pay phone.)

Other important phone numbers to know are:

- Utility companies (electricity, gas, water)
- Family doctor
- Poison Control Center
- A friendly neighbor who can help you out

(see page 6 of this handout for wallet cards that you can fill out and carry with you)

When you call for help, make sure you remember the three W's:

_____ | _____ | _____

Who? *Give your name.*

What? *Explain the situation: fire, accident, injury, etc.*

Where? *Give the exact location. Give the names of both streets or roads at the nearest corner.*

Stay on the phone until your message is understood and you have answered all

_____.

3. Show what to do for these "hurry cases":

- Stopped Breathing
 - Look at the person's chest; is it moving up & down?
 - Put your ear to the person's mouth, do you feel his breath? If not, then you must start rescue breathing. (See page 234 of your Webelos Handbook.)
- Serious Bleeding
 - Is the blood spurting out of the wound? If the answer is yes, then you must stop it fast! (See page 236 of your Webelos Handbook.)
- Internal Poisoning (www.mnpoison.org)
 - If a small child swallows poison, call the Poison Control Center immediately.
 - Save the poison container so that it can be identified later.



- Heart Attack: look for these symptoms
 - Pain or pressure in the chest
 - Sweating when it is not hot
 - Feeling like throwing up
 - Feeling weak
- 4. Show how to treat shock. A badly injured person may suffer from shock. He may feel weak, his face may get pale, his skin will feel cold and clammy and he may shiver or vomit. If you suspect someone is in shock:
 - Have him lie down
 - Raise his feet slightly (unless you suspect that he has injuries to his head, neck, back, hips or legs. If you don't know for sure, have him lie flat.
 - If he is not awake, turn him on his side, not on his back.
 - If the weather is cool, cover him. If it's hot, leave him uncovered.
 - Call for emergency help immediately. He needs expert medical care right away.
- 5. Show first aid for the following (see page 238 of your Webelos Handbook):
 - Cuts & scratches
 - Burns & scalds
 - Choking
- 6. Tell what steps must be taken for a safe swim with their den, pack, family, or other group. (See page 242 of your Webelos Handbook.)
 - Explain the reasons for the buddy system.

Plus, two of these:

- 7. Explain six safety rules for bicycling. (see page 4 of this handout)
- 8. Make a home fire escape plan. (see page 7 of this handout for escape plan worksheet)
- 9. Explain how to use items in a first aid kit. (see page 5 of this handout for pictures)

tweezers	Safety pins	30" Splints
Band-Aids	Roller bandages	Calamine lotion
Sterile pads	Triangular bandages	Latex gloves
Adhesive tape	Cravat bandages	Mouth-barrier device
Scissors	17" Splints	

- 10. Tell where accidents are most likely to occur in the home.
- 11. Explain six safety rules for riding in a car. (see page 8 of this handout for more info)
- 12. Attend a First Aid demonstration.

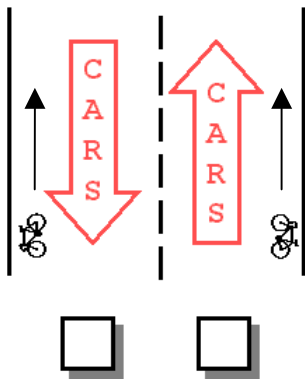
Bike Safety

1) Always wear a _____.

2) Ride your bike in a:

- Corn field
- Safe place
- Busy parking lot
- Garage

3) In the picture below, indicate where you should ride your bike IF you must ride in the road.



(check one)



4) Watch out for:

- Others
- Drain grates
- All of the above

5) Write the correct letter under the hand signs shown below:


A -- Stop or slowing

B -- Left turn

C -- Right turn



Things you will need in your First Aid Kit

			
sterile pads	band-aids	roller bandages	calamine lotion
			
safety pins	tweezers	cravat bandages	adhesive tape
			
mouth-barrier	splints	latex gloves	safety tip scissors

Cards to complete and carry in your wallet or backpack

(Leaders, print this out on cardstock and cut cards for each Scout)

Name: _____

Address: _____

Phone: _____

Family Doctor: _____

Poison Control Center: **1-800-222-1222**

Xcel Energy (gas & electricity): **(612) 330-5500**

City of Eden Prairie (water): **(952) 949-8382**

Neighbor or friend to call for help:

Name: _____

Address: _____

Phone: _____

Family Doctor: _____

Poison Control Center: **1-800-222-1222**

Xcel Energy (gas & electricity): **(612) 330-5500**

City of Eden Prairie (water): **(952) 949-8382**

Neighbor or friend to call for help:

Name: _____

Address: _____

Phone: _____

Family Doctor: _____

Poison Control Center: **1-800-222-1222**

Xcel Energy (gas & electricity): **(612) 330-5500**

City of Eden Prairie (water): **(952) 949-8382**

Neighbor or friend to call for help:

Name: _____

Address: _____

Phone: _____

Family Doctor: _____

Poison Control Center: **1-800-222-1222**

Xcel Energy (gas & electricity): **(612) 330-5500**

City of Eden Prairie (water): **(952) 949-8382**

Neighbor or friend to call for help:

Name: _____

Address: _____

Phone: _____

Family Doctor: _____

Poison Control Center: **1-800-222-1222**

Xcel Energy (gas & electricity): **(612) 330-5500**

City of Eden Prairie (water): **(952) 949-8382**

Neighbor or friend to call for help:

Name: _____

Address: _____

Phone: _____

Family Doctor: _____

Poison Control Center: **1-800-222-1222**

Xcel Energy (gas & electricity): **(612) 330-5500**

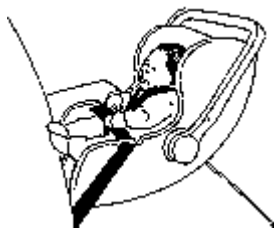
City of Eden Prairie (water): **(952) 949-8382**

Neighbor or friend to call for help:

Rules of the Road

- **Regularly inspect your car safety seat(s).** Make sure the seat belt that holds it securely in its place is snug, each time you belt your child in. Do not continue to use a car seat if it has been damaged or has been in a crash.
- **The back seat is the safest place in the car to ride.** This is something we have always known, but this information becomes even more crucial now that a passenger-side air bag is commonly installed in virtually every new car. Remember, placing your child under 12 in the front seat, even when properly secured by a seat belt or car safety seat, is a very dangerous practice. In a crash the airbag inflates very quickly. The force of the air bag deploying can cause serious head and chest injuries or death
- **Childhood restraints are the law in all 50 states.** Select the proper seat for your child, make sure that it is properly installed, and use it without fail.
- **Choose the proper size car seat for your child.** Infants under 20 pounds AND under one-year-old should be placed in an rear-facing infant seat. Children over one-year of age AND weighing 20 to 40 pounds should be placed in a full-size car safety seat. Booster seats are then used from about 40 to 60 pounds. When your child outgrows his booster seat -- when he is over 60 or 70 pounds -- use a lap/shoulder belt that fits snugly across his shoulder and chest. If the belt lies across your child's face or throat, you should move him to a position in the back seat where he uses only the lap belt. Do not place the shoulder belt under your child's arm, as this could become hazardous in the event of an accident. Position the lap belt so that it fits snugly across the lower part of your child's lap, and not across his abdomen.
- **Buckle your child into his seat.** Do not allow him to do it himself, even if he is able to. This gives you the opportunity to check that his safety seat is secure, and that he is snugly belted-in before each trip.
- **Don't start the car until everyone is safely belted-in.** If during the trip someone removes his seat belt, or begins to climb out of his car seat, find a safe place to pull off the road and help them to get re-secured. Let passengers know that the car isn't moving until everyone is buckled-up.

Types of Car Seats



infants only (rear facing)

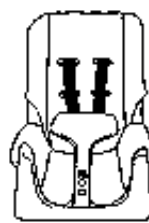
5-point harness



Overhead shield



T-shield



booster > 40 pounds

For children 20 to 40 pounds