

READYMAN

- Register to take a Basic Aid Training (BAT) class at the Red Cross.
- Practice skills during a campout.
- Practice skills at Webelos Woods, DYB
- Cover safe swim while working on Aquanaut
- Cover bike safety while working on Handyman
- Attend a Boy Scout demonstration on first aid
- Put together a den or family first aid kit.
- Make one for the car for requirement #7 of the Travelers Badge.
- Check with your local library for videos on First Aid/CPR.

First Aid:

1. Aid given "FIRST" in cases of injury or sickness. The next time aid is to be given by someone trained like a doctor or EMT.
2. Help the patient by showing CONFIDENCE, COMMON SENSE, CALMNESS, and CHEERFULNESS.
3. In a major accident - THINK
 - DO FIRST THINGS FIRST!
4. If you happen upon an accident scene:
 - Protect yourself
 - Secure car and passengers
 - Phone for ambulance
 - Decide on priorities
 - DO NOT MOVE THE INJURED!

Resources:

- American Red Cross of Greater Houston 713-526-8300
- Texas Medical Center 713-790-1136
- local doctors' offices and medical clinics