

FIRST AID



First Aid is the immediate care given to someone injured or suddenly ill, until further help arrives.

As a first-aider, you may never do more than treat a minor scrape or wound; or you may be the one responsible for quick and efficient care in a life-threatening situation. Learn what you need to know and practice it. Then you will not be afraid when you are

most needed.

REQUIREMENTS:

1. _____ **Know your local emergency and help telephone numbers.**
2. _____ **Learn how to provide basic first aid for cuts and scratches, burns, bee stings and ankle sprains.**
3. _____ **Visit the local hospital or medical clinic and speak to a doctor or nurse about first aid.**
4. _____ **Make a first aid kit for your home and make sure the kits at the corps have everything they should.**
5. _____ **Discover Jesus' miracles of healing.**

Date
Completed

Leader's Signature

REQUIREMENT #1 - Emergency and Help Phone Numbers

It is extremely important that you know the emergency-help phone numbers in your community. You will need them in case of accidents and emergencies. Although many communities use 911 for all emergency services, some do not.



Memorize the emergency-help telephone number(s) in your community. In some (but not all) areas it is 911 and may be dialed free of charge from pay telephones. **Write in the appropriate phone numbers for your area and review them with your leader:**

Police or Sheriff's Department	_____
Fire Department	_____
Ambulance	_____
Family Doctor or Hospital	_____
Utility Companies (gas and electricity)	_____
Poison Control Center	_____
Neighbor's Phone Number	_____

When you call an emergency-help number, be sure to provide the following information:

- Give your name.
- Explain the situation (fire, accident, injury, etc.).
- Give the exact location, street names and nearest corners.



Make sure you stay on the line until you are sure that you are understood and that you have answered all the service provider's questions.

Demonstrate to your Adventure Corps section and leader the proper way to place an emergency call.

REQUIREMENT #2 - Basic First Aid

Why is first aid important?

Cuts and Scratches

Most cuts and scratches are not serious. The most important treatment is to clean the wound (cut or scratch) with soap and water and cover it with a sterile cloth or bandage. You could also use an anti-bacterial or antiseptic spray or cream to help prevent infection. Be sure to read and follow the directions on the label.

Burns

First aid treatment for burns greatly depends on how bad the burn is. There are three types of burns:

- **First-Degree Burns** - This is when the skin gets red and sore. A bad sunburn is a first-degree burn. The burned area should be put in cold water to ease the pain. If water is not available, cover the burn with a clean cloth.
- **Second-Degree Burns** - This is when blisters appear on the skin. Do not break the blisters (that may cause infection). Cover them with a sterile compress or gauze pad.
- **Third-Degree Burns** - Here the skin may be burned away completely and the victim may not feel any pain. Do not try to remove any clothing from around the burn. Cover the victim in a clean sheet and transport him or her to the hospital as soon as possible.

Bee Stings

When someone is stung by a bee or wasp, the best treatment is ice water or a very cold towel to help relieve the pain and possible swelling. If the stinger is still in the skin, you should be able to remove it carefully with tweezers.



Ankle Sprains

When the ligaments and/or tendons in your ankle are stretched too far by the unusual twisting or rolling of the ankle, your ankle is sprained. An ankle sprain can be very painful.

If the victim is wearing a shoe, do not remove the shoe as it will help support the ankle. Have the victim lie down and raise the leg slightly. To help reduce the swelling, wrap cold wet towels around the injured ankle. If ice is used, make sure the ice is wrapped in a towel - do not apply ice directly to the skin.



Group Activities

- Practice the treatment for burns, cuts, stings and sprains with your fellow section members.
- Survey the other members of your Adventure Corps section to find out how many and what types of accidents and emergencies they, or people close to them, have had in the last two years. Discuss where the accidents happened and what can be done to help prevent them from happening in the future.

REQUIREMENT #3 - Visit a Local Hospital or Medical Clinic

Visit a hospital, medical clinic or paramedic facility and speak to them about first aid and what they do in their particular line of work. Complete the following report:

Facility Visited: _____

Date of Visit: _____

Person Interviewed: _____

What They Do: _____

REQUIREMENT #4 - First Aid Kits

Why is it important to have first aid kits at home and in the car?

Every home and car should have a first aid kit. These types of supplies must be available when they are needed. **Check your home, car and corps first aid kits - they should have the following items:**



Sterile Pads
Adhesive Bandages
Adhesive Tape
Scissors
Tweezers
Cotton Balls

Thermometer
Calamine Lotion
Safety Pins
Triangular Bandages
Ace Bandages (1" and 2")
Antiseptic Cream or Spray

If you do not have a first aid kit at home or in the car, use the above list to create one. Make sure all of the corps kits have all of the supplies. Kits may be purchased from various stores and the American Red Cross.

Group Activity

As an Adventure Corps section, find someone who needs a first aid kit and make them one. This would make a great service project!

REQUIREMENT #5 - Healing Miracles of Jesus

Read the following Scripture references and match the reference with the appropriate description. Discuss these miracles with your leader.

_____ Matthew 8:1-4

_____ Mark 7:31-35

_____ Mark 8:22-25

_____ Luke 5:18-25

1. Jesus heals a deaf man.

2. Jesus heals a paralyzed man.

3. Jesus heals a sick man.

4. Jesus heals a blind man.