



# First Aid Emergencies

## Personal First Aid Kits

Buy the materials needed to make a personal first aid kit in bulk and divide these out for each Scout to begin to make their own kit.

The Troop supplies sterile dressings, plasters, triangular bandage (a number can be cut from an old, clean cotton sheet), cotton wool, antiseptic solution (Dettol etc), safety pins, darning needle, salt and book matches. Each Scout provides small plastic bags for each item, a small plastic bottle for the antiseptic solution, the identity card, coins and box to put it all in.

These could be completed during the week and inspected the following Troop night.

## Rescue Relay

Each Patrol Leader shows their Patrol the various types of "carries" used to transport the injured person: the four hand seat; -the three hand seat (with the free arm as a back support); the fireman's carry; the "smoke filled room drag". Have a relay race using each of these, calling out the name of one type of "carry". Then call out a particular injury, or situation, and let the Patrols decide which "carry" is best in each case before they demonstrate it.

## Priorities

Call your Patrol Leaders together to tell them the following storyline:

"A serious disaster has just struck in a small town about ten minutes drive away. As they (the Patrol Leaders) are the only ones with any knowledge of first aid they have been asked to help. Each of them would travel in a different car so they could explain the passengers the basics of first aid. What would their order of priorities be in this situation?" (Rather than leave it vague, you could give brief details of the disaster in your story.)

Having got each of the Patrol Leaders to list their priorities, run through them to check none are

missing. Then the Patrol Leaders return to their Patrols and make sure they are all proficient in everything on their list.

## Emergencies wide game

Having spent two or three Troop night meetings teaching how to deal with various emergencies, send each Patrol out on a short tour of the local area during which they will encounter a number of incidents you have staged. Each Patrol should go a different way round, or send them out at ten-minute intervals.

You will need the help of anyone else you can rope in.

Examples of incidents might include:

An accident involving a car and a bicycle - or, even more up to date, a skateboard or a person trapped in a tree or fallen mid way down a rock face (use a rock climbing harness, etc.) Use make up, red paint etc., to simulate wounds, and ensure each Patrol sets off with a first aid kit, or other suitable materials. Using a skateboard might also help to bring home the dangers of Scouts skateboarding on the road.

Don't always use large, dramatic incidents. Relatively minor ones can be just as good, and are more likely to be encountered in real life. For instance:

- an elderly man suffering an attack of angina;
- a young girl distressed because her little cat has run up a tree and can't get down,
- an old lady wanting to cross the road with at least 20 parcels of assorted sizes.

## First Aid Kim (T)'s Game

Lay out twenty items from your first aid kit and give each Patrol one minute to study them.

Cover them over and see how many they can remember.

As a variation, show the objects a second time with one item missing. See which Patrol can spot the missing item.