

Questions Webelos may want to ask when visiting (in person or virtual) a First Responder:

1. What types of first aid do the first responders provide?
2. What is the most important thing a first responder should do when he or she arrives on the scene?
3. What are their greatest challenges?
4. What can the community do to help them?
5. In what ways is a first responder brave?
6. How can a person train to become a first responder?
7. Will being a scout help to prepare me to become a first responder?
8. What are some ways we can keep ourselves and others safe?
9. How can we apply what we are learning here to emergencies at home?

Here's dozens and dozens of videos from the National Safety Council to learn this (because Knowledge is Good) so you can be safe and teach your Scouts: [First Aid Video Library](#)

Links to find Red Cross First Aid Training: [How to Perform First Aid | Red Cross](#)

And on [this page, including some online training.](#)

Here's a resource: <https://www.teacherplanet.com/content/first-aid>

Here's a First Aid Kit Video from a Cub Scout family:

<https://www.youtube.com/watch?v=58omWt7snxQ&feature=youtu.be>

And another from the Red Cross:

<https://www.youtube.com/watch?v=aK9xrsK7vPg&feature=youtu.be>

And one about family emergencies:

<https://www.youtube.com/watch?v=kE3XAwR412I&feature=youtu.be>



THREE FIRES COUNCIL
BOY SCOUTS OF AMERICA

First Responder Relay (Requirement 5)

STATION

1

Requirement 5a

Cuts and scratches

Simulate a small cut with a red marking pen by drawing a line on the arm or hand of a helper, less than a half-inch in length. Be ready with small adhesive bandages and soap and water to simulate treatment.

CHECK – Review seriousness of injury.

CALL – Not necessary to activate EMS for this injury; it would be wise to inform an adult.

CARE – Clean wound. Apply bandage.

STATION

2

Requirement 5b

Burns and scalds

An empty coffee cup (to imply a spill) could be used as a prop. The helper can hold out his or her arm and appear to be in pain. Carrying out this session near a sink would be helpful so the first responder can run cool water over the injury.

CHECK – Review seriousness of injury. A second-degree burn (partial thickness) requires contacting a doctor.

CALL – Not necessary to activate EMS for this injury; it would be wise to inform an adult.

CARE – A first-degree burn or scald that affects only a small patch of skin can be treated by running cold water over it.

STATION

3

Requirement 5c

Sunburn

Appropriate props for this station include a towel, aloe vera or other moisturizing lotion, and ibuprofen or other analgesic.

CHECK – Check status of injury. Describe the redness and potential swelling of sunburned skin.

CALL – If the skin has blisters and the blisters break open, call a doctor.

CARE – Suggest a cool shower or place a cool, damp towel over the burn. Apply moisturizer or aloe vera lotion to the affected area. A mild painkiller such as ibuprofen can be given, with a parent's supervision.



THREE FIRES COUNCIL
BOY SCOUTS OF AMERICA

STATION

4

Requirement 5d

Blisters on the hand and foot

Use a washable marker to draw a pink ring on the heel of a helper's foot. This is a common place for blisters to form. Use an adhesive bandage to hold a gauze pad in place over the blister to keep it from breaking.

CHECK – Check state of blister.

CALL – There is no need to contact EMS. A blister that pops or tears may require medical attention.

CARE – The best approach is to prevent blisters from forming. Explain the value of wearing liner socks when hiking or show how to place a bandage over a “hot spot” if it feels tender or warm from rubbing.

STATION

5

Requirement 5e

Tick bites

Show a picture of a tick. Use a small seed to represent a tick. (A popcorn kernel or pumpkin seed colored dark brown with a marker would work well.) Show how to firmly grip the “tick” with a pair of tweezers—without crushing the tick—when removing the tick from the victim.

CHECK – See if a tick is attached.

CALL – There is no need to seek professional medical help unless the tick is a deer tick—a very tiny tick, about the size of a sesame seed. Deer ticks can harbor diseases such as Lyme disease.

CARE – With tweezers, gently grip the tick and slowly pull it away from the skin. Do not twist or turn the tick, as its mouth parts may break off and cause an infection. Wash with soap and water and watch site for signs of infection (swelling or redness). Lyme disease leaves a characteristic “ring” around the bite site and requires medical review.

STATION

6

Requirement 5f

Bites and stings of other insects

Have on hand an ice pack, a plastic card, soap and water, and an adhesive bandage. A bottle of antihistamine pills can serve as a prop for additional treatments.

CHECK – Be sure victim is safe from further stings.

CALL – If the victim has an allergy to venom, it is important to immediately alert EMS assistance.

CARE – Move the victim away from the source of the stings. Show how to use a plastic card to scrape away the stinger to prevent the release of additional venom. You may wash the area and apply a bandage as well. A cold compress with ice may help reduce swelling and discomfort. If the victim's parent or guardian is around, check with them about giving an antihistamine such as Benadryl to reduce itching and swelling.



THREE FIRES COUNCIL
BOY SCOUTS OF AMERICA

STATION

7

Requirement 5g

Venomous snakebite

A rubber snake would be a helpful prop for this station.

CHECK – Check markings on the snake if this can be done without endangering yourself; this will help in identifying the snake.

CALL – Call EMS.

CARE – Remove rings from fingers before swelling can take place. Help the victim remain calm. Treat for shock and keep the part of the body that received the bite below the level of the heart. Keep the victim from moving excessively, and don't give him or her any caffeinated beverages.

STATION

8

Requirement 5h

Nosebleed

Prepare a tissue with red food coloring. The helper at this station should give the impression that he or she has just experienced a nosebleed.

CHECK – Review the status of the victim. If the nosebleed lasts for more than 20 minutes or happens because of an accident, a more serious injury might have taken place.

CALL – Seek medical assistance if the nosebleed lasts for more than 20 minutes or if it happened as a result of an accident or a blow to the head.

CARE – Have the victim lean forward, pinch the nose, and breathe through the mouth.

STATION

9

Requirement 5i

Frostbite

A pan with lukewarm water is an appropriate prop for this station.

CHECK – Watch for signs of frostbite when outdoors in the wintertime. The skin may look yellowish or gray and feel hard or wax-like. This is evidence that tissue is frozen and that the victim has frostbite.

CALL – Consulting with EMS is important, especially if numbness or pain remains after thawing or if blisters form.

CARE – It is best to avoid frostbite by getting out of the cold. Gradually warm the affected area by putting frostbitten hands or feet in warm water (104°F to 107°F). If the frozen body part may refreeze after thawing, do not thaw, as the repeated freezing and thawing will damage tissue even more.



THREE FIRES COUNCIL
BOY SCOUTS OF AMERICA

STATION

10

Requirement 7

Emergency Readiness I

Wear a firefighter helmet to set the mood. When Webelos Scouts arrive at this station, ask (1) how they exit their home in case of emergency, (2) where their families gather after leaving their home, and (3) how long it takes them to leave their homes. If the Webelos Scouts have not practiced this with their families, encourage them to do so.

STATION

11

Requirement 7

Emergency Readiness II

Wear a firefighter helmet to set the mood. When Webelos Scouts arrive at this station, ask (1) how they think they should exit the den meeting location in case of emergency, (2) where their den should gather after leaving the meeting place, and (3) how long they think it will take them to exit and assemble at the designated meeting site. Practice this with the Scouts and ask how they think they could do it faster and better next time.

STATION

12

Emergency Services

Bring a phone book or an electronic device to search the Internet. Practice how to locate a point of contact for the following:

- Power problems
- Gas leak
- Nonemergency police contact



THREE FIRES COUNCIL
BOY SCOUTS OF AMERICA