



First Responder Adventure Requirements

Complete Requirement 1 and at least five others.

1. Explain what first aid is. Tell what you should do after an accident.
2. Show what to do for hurry cases of first aid: Serious bleeding, heart attack or sudden cardiac arrest, stopped breathing, stroke, poisoning
3. Show how to help a choking victim.
4. Show how to treat for shock.
5. Demonstrate how to treat at least five of the following:
 - A. Cuts and scratches,
 - B. Burns and scalds,
 - C. Sunburn,
 - D. Blisters on the hand or foot,
 - E. Tick bites,
 - F. Bites and stings of other insects,
 - G. Venomous snakebites,
 - H. Nosebleed,
 - I. Frostbite
6. Put together a simple home first-aid kit. Explain what you included and how to use each item correctly.
7. Create and practice an emergency readiness plan for your home or den meeting place.
8. Visit with a first responder or health care professional.



Parent Corner

In this adventure, your Scout will put the Scout motto, "Be Prepared," into action by learning about first aid. They'll have the chance to build their own first-aid kit or make emergency plans for your home or their den meeting location. They can even learn how professional first responders help keep people safe. By the time they finish this adventure, they should be ready to act if they are first on the scene when an emergency happens. Your Scout may need your guidance to complete some requirements for this First Responder adventure.



First Responder

Requirement 1&2: Basic First Aid

Materials Needed

- Pencil
- Emergency contact activity

Instructions

1. Watch the videos associated with this adventure: [video 1](#), [video 2](#), [video 3](#), [video 4](#), [video 5](#).
2. Read your Webelos Cub Scout Handbook to learn more information on what you should do after an accident.
3. With your family, complete the emergency contact activity in your book on the next page.

A scout is brave. But that doesn't mean bravery is something you're born with. You can train yourself to face emergencies with courage. In an emergency, remember to: Be strong.

The 4 Cs

Check – Make sure the scene is safe before approaching. You cannot help if you become a victim.

Calm down and think – Assess the situation and decide what needs to be done. You will be able to make better decisions if you aren't panicked.

Call – If the victim seems badly hurt, send someone to call for medical help. If no one is available, call for help and then offer to assist the victim.

Care – Explain that you know first aid and get permission to treat the victim before doing anything else.



Pee Wee Says



"When sending someone to get help, point at a specific person and say, 'Go call 911 and ask for an ambulance.' Don't assume everyone knows what to do."



Emergency Contact Sheet

FOR EMERGENCY SERVICES: DIAL 911

The best time to prepare for an emergency is before it happens. Fill out this sheet and keep it near each phone. Update the sheet when necessary, and be sure to let family, babysitters, and others know that it is available.

EMERGENCY NUMBERS

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

Hospital Name: _____ Phone: _____

Doctor's Name: _____ Phone: _____

Dentist's Name: _____ Phone: _____

Pharmacy Name: _____ Phone: _____

Health Insurance Plan: _____

Policy #: _____ Phone: _____

FAMILY CONTACT NUMBERS

Parents' Names: _____

Kids' Names: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____

Mom Cell #: _____ Mom Work #: _____

Dad Cell #: _____ Dad Work #: _____

Emergency Contact 1

Name: _____

Relationship: _____

Phone: _____

Emergency Contact 2

Name: _____

Relationship: _____

Phone: _____

In an emergency, call 911 or your child's doctor. Before your child gets sick, speak with your doctor about the best way to handle an injury, illness, or emergency.





First Responder

Requirement 2: First Aid Treatment (Hurry Cases)

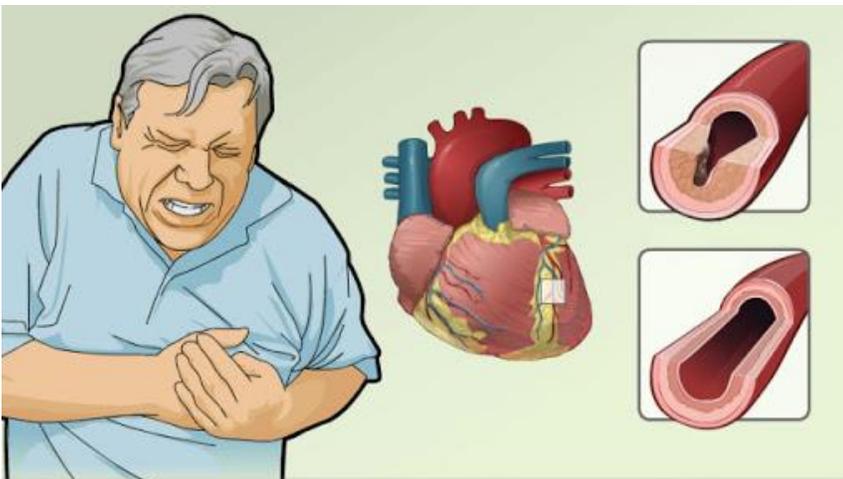
Materials Needed

- Flashcards

Instructions

1. Watch the videos associated with this adventure: [video 1](#), [video 2](#), [video 3](#), [video 4](#), [video 5](#).
2. The first aid actions will be taught by watching videos for each action.
3. After you have watched each video, read your Webelos Cub Scout Handbook to review the information. Demonstrate to your den leader or another adult that you have learned each action.

5 Hurry Cases



1. Serious bleeding
2. Heart attack or sudden cardiac arrest
3. Stop breathing
4. Stroke
5. Poisoning

When dealing with a hurry case, remember to use the **Three C's**

1. Check
2. Call 911
3. Care



Pee Wee Says

"There are injuries that may require first aid but are not life threatening, like a sprained ankle. Other medical problems called "hurry cases" require immediate help. Unless someone acts fast, gets help, and gives the right first aid, the victim can die within a few minutes. Talk with a parent or an adult about what injuries are considered "hurry cases" and what injuries are not"



First Responder

Requirement 3: Choking

Materials Needed

- Flashcards

Instructions

1. Watch the videos associated with this adventure: [video 1](#), [video 2](#), [video 3](#), [video 4](#), [video 5](#).
2. The first aid actions will be taught by watching videos for each action.
3. After you have watched each video, read your Webelos Cub Scout Handbook to review the information. Demonstrate to your den leader or another adult that you have learned each action.

Choking



Choking on food or a foreign object can lead to unconsciousness and death. If you see someone choking, take action immediately.

When you see a person holding his hands to his throat and turning blue, ask if he is choking. If he can speak, cough, or breathe, encourage him to try to cough up what he has swallowed. If not, call 911, or ask a bystander to call 911. Tell the person you know first aid, and ask if you can help.



Pee Wee Says

"Because of the possibility of injury, do not practice actual back blows or abdominal thrusts unless you are using a special simulator."



First Responder

Requirement 4: Shock

Materials Needed

- Flashcards

Instructions

1. Watch the videos associated with this adventure: [video 1](#), [video 2](#), [video 3](#), [video 4](#), [video 5](#).
2. The first aid actions will be taught by watching videos for each action.
3. After you have watched each video, read your Webelos Cub Scout Handbook to review the information. Demonstrate to your den leader or another adult that you have learned each action.



Shock

When a person is injured or under great stress, the circulatory system might not provide enough blood to all parts of the body. That's called shock.

The person will feel weak. The face may get pale. The skin will feel cold and clammy. He or she may shiver or vomit.



Pee Wee Says

"Shock is a medical term and does not mean the same thing as being surprised or scared."



Emergencies

Use the following words to complete each sentence. Each word is used only once.

alarm	arson	ax	burn	call	crawl
drill	emergency	escape	exit	explode	extinguisher
flammable	fuse	hazard	homes	hose	hot
outlet	panic	plan	roll	scald	smoke detector
	Sparky			water	

1. If trapped in smoke; _____ under the smoke to safety.
2. Gasoline can _____ near a flame or heat.
3. Electrical _____ covers protect little children from shock.
4. A _____ is used to put water on a fire.
5. Treat a minor burn with cool _____.
6. Use the enclosed stairs marked " _____," not the elevator, to escape from a burning building.
7. Have a home fire _____ now. It could save your life later.
8. Learn not to _____.
9. _____ is NFPA'S Fire safety dog.
10. If there is a fire, get out fast. Then _____ the fire department.
11. _____ is a crime. It is a fire set on purpose that does harm.
12. Unless trained to use a fire _____, a person should get out and call the fire department.
13. Most fires in which people die happen in their own _____.
14. A _____ is an unsafe condition that exists in your home.
15. A _____ can warn you of a fire before you might smell, hear, or see it.
16. If you smell smoke, don't open the door. Feel it to see if it's warm or _____.
17. Fire fighters and paramedics respond to _____ calls.
18. _____ only causes more panic; set a calm example.
19. Make a home escape _____. Practice it twice a year.
20. In case of fire, you must have two _____ routes from your home.
21. A false _____ may prevent fire fighters from getting to a real fire.
22. _____ liquids catch fire easily.
23. Fire fighters may use an _____ to break through locked doors.
24. A _____ disconnects overloaded electrical circuits.
25. If your clothes catch on fire, stop, drop, and _____.
26. A hot liquid burn is a _____.



Word Search

Find these words:

Aid Harm Scratch Airway Help Shock Bandage Hurt
Splint Bite Injury Sprain Blister Burn Pulse Cut
Symptom Poison Pressure Tape Wound Scab Xray Fainting Safety Fracture

P E B L I S T E R D S M X
O S F E V C U T M N P L R
I L A E P R E S S U R E A
S U I G I A I D M D A R Y
O P N A N T T R N Y I U M
N T T D M C A U S A N T O
P N I N S H O C K W T C T
L I N A S W A L H R R A P
E L G B C B C D P I U R M
H P N R U B I T E A H F Y
N S A F E T Y R U J N I S



Emergencies Activity Answers

1. crawl
2. explode
3. outlet
4. hose
5. water
6. exit
7. drill
8. burn
9. Sparky
10. call
11. arson
12. extinguisher
13. homes
14. hazard
15. smoke detector
16. hot
17. emergency
18. panic
19. plan
20. escape
21. alarm
22. flammable
23. ax
24. fuse
25. roll
26. scald



First Responder

Requirement 6: Simple First Aid Kit

Materials Needed

- Band-aids, antibiotic ointment, sting Eeze pads, antiseptic wipes, zip bag

Instructions

1. If you have a first aid kit at home, compare the contents to what is listed in your Webelos Cub Scout Handbook. Determine what is missing or has expired. Add anything missing and replace anything that is expired.
2. If you don't have a first aid kit at home, make up a kit.
3. You will also want a personal first aid kit. Look for the supplies in your box to make a personal first aid kit, to be part of your 6 essentials.

First Aid



Every Home and car should have a first aid kit so that supplies will be there when you need them. You will also want a simple first aid kit for your backpack when hiking or camping.

Explained what you included and how to use each item correctly.



Pee Wee Says

Fireman Yell

"Water, Water, Water! More, More, More!"



First Responder

Requirement 7: Emergency Readiness Plan

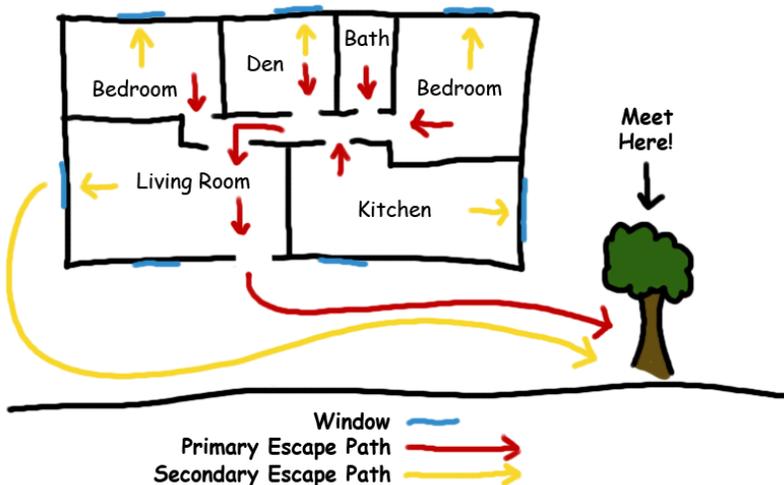
Materials Needed

- Pencil
- Paper

Instructions

1. Emergencies can happen at any time. It is important to have a plan, so you are prepared to react appropriately.
2. Sketch a floor plan of your home. Figure out two possible escape routes from each room and draw them on your floor plan.
3. Decide on a place away from the building where everyone can meet once they are outside.
4. Discuss your plan with your family and practice what you will do in an emergency.
5. See your Webelos Cub Scout Handbook for a sample emergency plan and for questions to discuss with your parent or guardian.

Be Prepared!



- When did you last check that your smoke alarms are working?
- Do you check them at least once a year?
- Are windows in your house easy to open?
- How do you get out if a window doesn't open?
- Are there rooms on a second floor or higher?
- How do you get out safely?



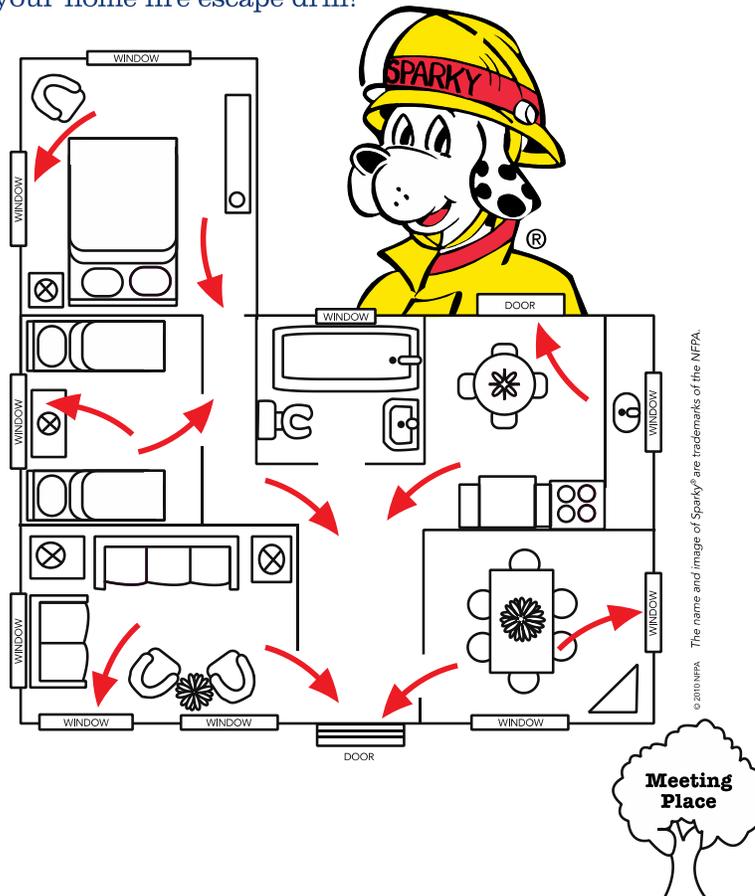
Pee Wee Says

"If you fail to plan, you are planning to fail. Be prepared and make a plan, so that you are ready in case of an emergency."



How to Make a Home Fire Escape Plan

- Draw a map of your home. Show all doors and windows.
- Visit each room. Find two ways out.
- All windows and doors should open easily. You should be able to use them to get outside.
- Make sure your home has smoke alarms. Push the test button to make sure each alarm is working.
- Pick a meeting place outside. It should be in front of your home. Everyone will meet at the meeting place.
- Make sure your house or building number can be seen from the street.
- Talk about your plan with everyone in your home.
- Learn the emergency phone number for your fire department.
- Practice your home fire escape drill!



- Make your own home fire escape plan on the back of this paper.



RANK ADVENTURES



First Responder

Requirement 8: Paramedic Visit

Materials Needed

Instructions

1. Watch the videos associated with this adventure: [video 1](#), [video 2](#), [video 3](#), [video 4](#), [video 5](#).
2. Visit with the first responder or health care professional.

First Responders

First responders are people who keep us safe. They include police officers, firefighters, EMS workers, and search and rescue professionals. Whenever an emergency happens or someone calls for help, they are the first people to respond.



Pee Wee Says

"A Scout is courteous. When you visit a first responder, show good manners, follow instructions, and say "thank you" as you leave."