

# First Aid

## Syllabus (School Year)



### Course Description:

**First aid** — caring for injured or ill persons until they can receive professional medical care — is an important skill for every Scout. With some knowledge of first aid, a Scout can provide immediate care and help to someone who is hurt or who becomes ill. First aid can help prevent infection and serious loss of blood. It could even save a limb or a life.

### Day 1:

- 1) What is First Aid?
- 2) Review First Aid requirements from the scout handbook (Req 1)
- 3) Go over First Aid Kits (Req 5.A)
  - Hand out First Aid Kit checklist and Troop Kit Inspection form (Req 5.B)
- 4) Understand the steps to handle an emergency
  - Practice the steps
- 5) When should First Aid be used?
  - How to obtain Emergency Medical Assistance (Req 2)
- 6) Talk about the Good Samaritan Law and Triage (Req 3)
- 7) Understand standard precautions as applied to bloodborne pathogens (Req 4)
- 8) Begin work on First Aid Conditions worksheet (Req 6 & 12)
- 9) The dos and don'ts of cuts and lacerations (Req 8)
- 10) Bites and Stings (Req 9)
- 11) **HOMEWORK: Due next class**
  - **First Aid Kit and checklist (Req 5.A)**
    - **Must bring the list back signed along with the kit or a picture showing everything in the kit**
      - ❖ **Have every item from the kit in one picture if you don't bring it in**
    - **Troop Kit Inspection form (5.B)**
    - **Find and write down where the AED is located at your school, place of worship, and troop meeting place (Req 7.B)**

### Day 2:

- 1) Finish First Aid Conditions worksheet
- 2) Check First Aid kits and checklists (Req 5.A)
- 3) When and how to move an Injured person (Req 13)
  - Go over the types of carries that can be used and situations for when to use them
- 4) Broken and Compound Fractures (Req 10 & 11)
  - Signs & treatment of broken, fractured, or dislocated forearm, wrist, upper leg, lower leg, and ankle. Demonstrate. (Req 10)
  - Head and neck injuries (Req 11)
- 5) CPR and AED (Req 7)
  - Heimlich maneuver
  - What is CPR
    - When to use CPR
    - How to perform
  - What is an AED
    - How an AED works
    - When to use an AED
- 6) What are the five hurry cases?
  - Students will take turns teaching one of the cases (Req 14)
- 7) Final Test
- 8) Sign off Blue Cards