

First Aid

Trailblazer Advancement

Session #1

1. Tenderfoot #12a
Demonstrate how to care for someone who is choking (pp. 134-135)
2. TenderFoot #12b
Show First Aid for the following:
Simple Cuts and Scratches (p. 136)
Blisters on the Hand and Foot (p. 137)
Minor Burns and Scalds (p. 148)
Bites and Stings of Insects and Ticks (pp. 142-143)
Venomous Snakebite (pp. 141-142)
Nosebleed (p. 138)
Frostbite and Sunburn (pp. 150, 152)

Session #2

1. Second Class # 7a
Show what to do for hurry cases of stopped breathing, serious bleeding, and ingested poisoning. (pp. 162-170).
2. Second Class #7c
Demonstrate First Aid for the following:
Object in the eye (p. 145).
Bite of suspected rabid animal (p.140).
Puncture wounds from a splinter, nail, and fishhook (pp. 145-146).
Serious Burns – 2nd degree (pp. 148-149).
Heat exhaustion (p. 150).
Shock (pp. 170-171).
Heatstroke, dehydration, hypothermia, and hyperventilation (pp. 147-148, 151-152).
3. Second Class #7b
AT HOME: Prepare a personal First Aid Kit for use on a Hike (p.127).

Session #3

1. First Class #8b
Demonstrate Bandages for a sprained ankle and for injuries on the head, upper arm, and collarbone (pp. 155, 157-161).
2. First Class #8c
Show how to transport by yourself, and with one other person, a person:

From a smoke filled room
With a sprained ankle, for at least 25 yards (pp. 154, 172-175).
3. First Class #8d
Tell the five most common signs of a Heart Attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR) (p. 164-166).