

# Emergencies Adventure Skill



## Stage 1

### **I know what should be in my personal first aid kit.**

- Scouts need to be able to demonstrate what should be in their personal first aid kit.
- Be able to list items required: gloves, antiseptic wipes, triangular bandages, sticking plasters, scissors, etc.
- Be able to pack the personal first aid kit properly.
- Know where to get supplies when an item runs out.

### **I know the basic rules of First Aid.**

- The Scout should discuss the basic rules for dealing with emergencies. This can be teased out with the Scouts to see how they would react in various situations. The Scout should be comfortable with these rules and be able to recall or cite them with ease.

### **I can treat minor cuts, bruises and remove splinters.**

- Scouts should be able to deal with simple cuts, bruises and sprains and demonstrate this ability in a simulated environment

### **I know how to use the buddy system.**

- Scouts should be aware of the “buddy” system and put this into practice.
  - Why the buddy system is important.
  - How to put the buddy system into practice.

### **I know the different emergency services that are available and how and when to call them.**

- Scouts need to be aware of the emergency services available in different situations and how to get in contact with them. This can be simulated in the Scout Den as practice.
- Know the emergency services available and when to call them e.g. ambulance, fire service, lifeboat.
- The emergency telephone numbers.
- Radioing from a vessel on the water.
- What to do when talking to an Emergency Operator.

### **I can get help and make a report properly if someone is hurt.**

- Scouts should be able to say how they might keep calm, don't panic and seek help immediately. They should also be able to explain to someone in a clear way what has happened.

### **I can be responsible for my own health and safety.**

- With the skills and knowledge above the Scout should now be able to take care of themselves while scouting and know how to get help in times of difficulty.
  - Possess the skills required to be safe at all times.
  - Possess the knowledge required to always be healthy.
  - How to get assistance if required

## Personal First Aid Kit contents

Pack the following in a old metal pencil case or plastic sandwich bag or tuber-ware box

- Plasters
- Cling Film
- Surgical Gloves
- Savlon Cream
- Small scissors
- Fabric Dressing strip
- Roll of bandage
- Surgical tape
- Tweezers
- antiseptic Steri-wipes
- cotton wool balls
- Safety pins
- triangular bandages (optional, since they could use their necker)

## Basic Rules of First Aid

- Keep Calm
- Keep Safe – Beware of any Dangers – you need to keep safe as well
- Get Help as soon as you can
- Do not attempt to do too much if your unsure what to do
- Treat the person with care
- Reassure the person
- Keep the person warm - provide shelter and insulation if necessary
- Watch for shock
- Do not give the injured person anything to drink or eat as they may need an anaesthetic later
- Get other people to help by calling an ambulance / doctor

## Emergency services

Call the Emergency services on 112 or 999

- Garda / Police
- Ambulance
- Fire Service
- Coastguard
- Mountain Rescue

You will need to know –

- The exact place of the accident
- How many casualties
- The injured person's age
- The nature of the injury
  - Are they conscious?
  - Are they breathing normally?
  - Does their chest hurt?
  - How severe is the bleeding?

## The "Buddy" system.

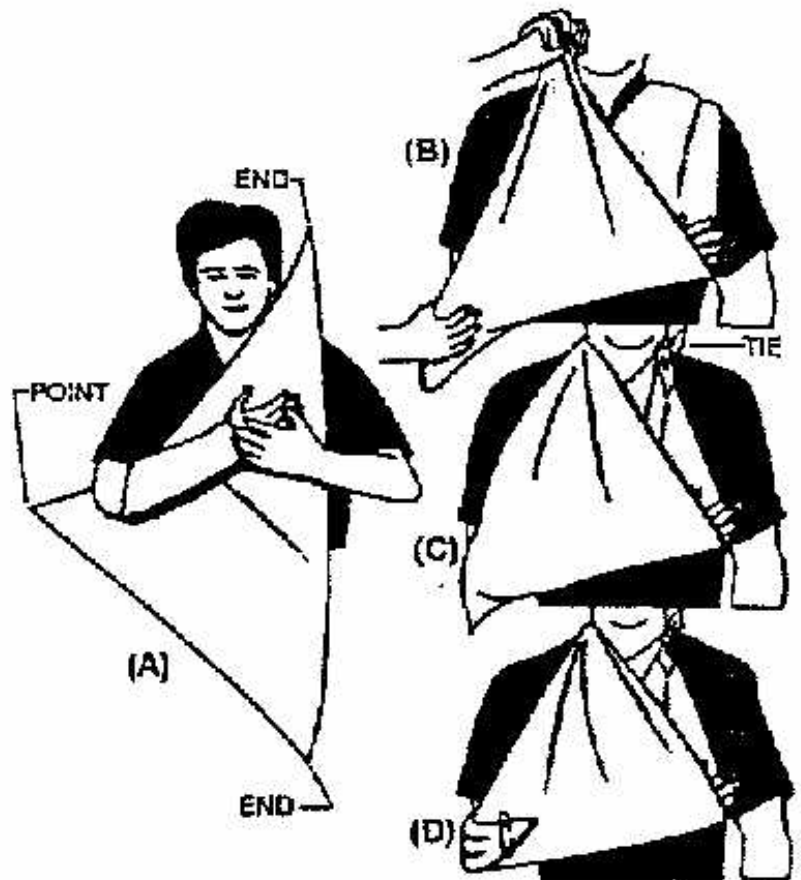
It is always best to have at least one other person with you and aware at all times of your circumstances and of each other, and what you are doing in any outdoor or strenuous activity.

## Treating Minor Cuts and Grazes

Check the wound – (wear gloves)

Clean it if necessary , cleaning from the centre to past the edge with sterile material

Reassure the Patient that they're ok



# My Simple First-Aid Kit

