



BOY SCOUTS OF AMERICA
Troop 146
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Second Class Requirement 6a
"Demonstrate first aid for the following..."

Name

Object in the eye

1. When someone gets something in his eye, should you encourage him to blink or try to prevent blinking? (Choose 1)
 Encourage it because blinking causes tears, and tears might wash the object away.
 Prevent blinking because each blink causes the object to move and scratch the surface of the eye.

2. When someone gets something in his eye, how about trying to "flush" it out by pouring water over the eye from a water bottle or even sticking his head under a water faucet? (Choose 1)
 It's a good idea and worth a try.
 Don't bother. There's no way that could ever work.

3. When someone gets something in his eye and it won't come out, the Scout Handbook has two more suggestions before sending him to the doctor. (*Index: First Aid, Object in eye*)
 1. Hint: Eyelid: _____
 2. Hint: Handkerchief: _____

Bite of a warm-blooded animal

4. Why do doctors get so worried when they hear that someone has been bitten by an animal whose bite broke the skin? (Choose 1)
 The wounds are punctures, and so the danger is tetanus.
 The animal might be suffering from rabies, and the animal's diseased saliva might have entered the wound.
 The animal will have to be killed if it is caught, and doctors hate to see anything die.

5. When an animal bite breaks the skin, the Scout Handbook says that you must do three things: do the first aid, get medical help, and get someone to capture the animal. Why capture the animal? (Choose 1)
- ___ The only way to learn if an animal is infected is to catch it and have it tested by medical experts.
- ___ They capture it to prevent it from biting anyone else.
- ___ They capture it to prevent it from infecting the water supply.

Puncture wound - an easy splinter

6. What's a good item to have in your first aid kit to remove a splinter? We're talking about wood or glass, and it's something you can see.

My first aid kit has _____

7. After the splinter has been removed, two first aid steps to take:
- a. Hint: Running water: _____
- b. Hint: Antibiotic: _____

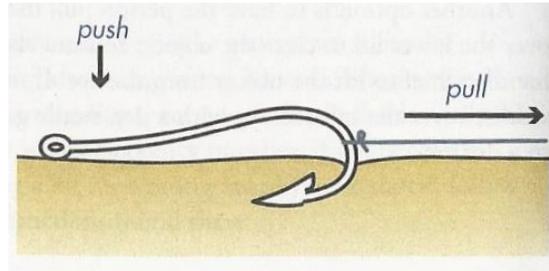
Puncture wound - serious and deep, maybe a nail

NOTE: These types of wounds typically do not bleed very much but can trap bacteria that might cause infection.

8. Here's a surprise! What's the first aid for a serious puncture?
- Right Wrong
- ___ ___ Flush or irrigate into the wound with running water.
- ___ ___ Scrub the surface thoroughly with soap and water.
- ___ ___ Apply a sterile bandage.
- ___ ___ Get medical attention ASAP!
9. Here's a surprise! What's the first aid for a puncture from a large object still embedded in the flesh, such as a nail?
- Right Wrong
- ___ ___ Pull the darn thing out!
- ___ ___ Flush or irrigate into the wound with running water.
- ___ ___ Leave the object in and gently wash the area with soap and water.
- ___ ___ Get medical attention ASAP!

Puncture wound - fishhook

10. Getting stuck by a fishhook is a puncture wound with a special problem. Because of the barb, it's very hard to remove a fishhook from the skin. The Scout handbook describes a 4-step procedure. What are the four steps? (*Index: First aid, Fishhook wound*)



1. Cut 3 feet of fishing line and

2. Hold the wound steady and free the barb by

3. Take the other end of the 3-foot line and

4. The usual first aid for an open cut is

Serious burns (second-degree)

11. A second degree burn is characterized by blisters on the skin. Why must you take care not to break them? (Choose 1)
- Air must never get to the raw skin under a blister.
- The body needs to retain the fluid in the blisters.
- It compounds the injury by causing an open wound.
12. The Scout handbook is very specific about treating a second degree burn: "DON'T APPLY BUTTER, CREAMS, OINTMENTS, OR SPRAYS." What are the two reasons for not doing so? (*Index: First aid, Burns*)
- a. _____
 - b. _____

Heat exhaustion and heat stroke

13. When a victim collapses from the heat, you have to know whether you're dealing with easily treatable "heat exhaustion" or the deadly "heat stroke". Look at his face and feel his skin:

Mark ONE RIGHT answers and ONE WRONG answer.

Right Wrong

- Heat exhaustion = pale face and clammy, heat stroke = red face and hot skin
 Heat stroke = pale face and clammy, heat exhaustion = red face and hot skin

14. If someone is working in the sun and starts to suffer from common "heat exhaustion", here are some typical symptoms. Which symptom is WRONG? Mark FOUR RIGHT answers and ONE WRONG answer.

Right Wrong

- Pale skin that is clammy from sweating
 Red skin that is very hot (skin may be either dry or damp)
 Nausea and tiredness
 Dizziness and fainting
 Headache, muscle cramps, and weakness

15. If someone is working in the sun and starts to suffer from common "heat exhaustion", here are some things to do for him. Which treatment is WRONG? Mark FOUR RIGHT answers and ONE WRONG answer.

Right Wrong

- Get him into the shade or someplace cool
 Lie him down and raise his feet (just like for shock)
 Put a blanket over him (just like for shock)
 Cool him down with wet cloths and fanning
 Make him drink water with a bit a salt in it (or Gatorade)

Shock

16. The Scout Handbook says that a shock victim will be weak, pale, dizzy, and nauseated. It also says that his skin will be clammy, cool, and pale. What does "clammy" mean?

- Moist
 Dry
 Quivering

17. There are two things you must do to treat a person in shock (or who may go into shock). Which one of these treatment pairs is correct?

- Elevate his feet + give him water.
 Elevate his feet + keep him warm.
 Keep him walking around + keep talking to him.

18. Sometimes shock suddenly occurs due to psychological factors such as pain, fear, the sight of blood, etc. As a result, part of the treatment is also psychological, consisting of:
- Never leave the victim alone even to go for help.
 - Talk to him even if he is out cold.
 - Tell him he'll be all right even if you have to lie.
 - Stay calm yourself.
 - All of the above.

Dehydration

19. The human body needs lots of water inside to keep functioning well. Check off some ways that the body can lose the water it needs:
- Sweating
 - Breathing
 - Digesting food
 - Urination
 - Drinking alcoholic or caffeinated beverages
 - Vomiting
 - Diarrhea
20. What's bad about getting dehydrated? Check off some problems:
- The body can't regulate its 98.6 core temperature
 - Tiredness or weakness
 - Nausea, fainting, loss of appetite
 - Confusion, dizziness
21. What's an easy test for dehydration? (Hint: It has to do with urinating)
-

Hypothermia

22. Prior to someone freezing to death, he gets into a state when his body is losing heat faster than he can generate it. The term for this state is: Choose 1:
- Hypodermic
 - Hyperactivity
 - Hypothermia
 - Hypochondriac
 - Hyperventilation

23. When you're dealing with hypothermia, there's a bunch of things you can do to get the victim warmed up again. One of the treatments below doesn't really help and so is not listed in the handbook. Assume that this treatment is **WRONG**. Mark **SIX RIGHT** answers and **ONE WRONG** answer.

Right Wrong

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Make him stamp his feet or jog in place, make him flap his arms. |
| <input type="checkbox"/> | <input type="checkbox"/> | Get him inside out of the cold and wind. |
| <input type="checkbox"/> | <input type="checkbox"/> | Take off any wet clothes and replace by dry clothes. |
| <input type="checkbox"/> | <input type="checkbox"/> | Get him into a sleeping bag or wrap him with a blanket or jackets. |
| <input type="checkbox"/> | <input type="checkbox"/> | Make him drink warm liquids. |
| <input type="checkbox"/> | <input type="checkbox"/> | Improvise hot water bottles to place in his armpits and groin |
| <input type="checkbox"/> | <input type="checkbox"/> | Get help. |

Hyperventilation

24. There are some people who react to extreme stress by "hyperventilating". They start breathing too quickly and too deeply and can't stop. Then they get dizzy from lack of carbon dioxide in the bloodstream. What can you do to help?
- | | |
|--------------------------|--|
| <input type="checkbox"/> | Tell him to calm down. |
| <input type="checkbox"/> | Tell him to control his breathing and do it more slowly. |
| <input type="checkbox"/> | Keep talking quietly to the victim to calm him. |
| <input type="checkbox"/> | All of the above. |