BOY SCOUTS OF AMERICA
Troop 146
St. Francis Church
308 Jefferson Street
Hoboken, NJ 07030
www.Troop146.org

Tenderfoot Requirement 4a
"Show first aid for the following..."

Kyle Gonzale
Name

(Choose 1 correct answer)

Simple cuts and scrapes (page 125)

✓ 1. How do you treat a small cut before putting on a Band-Aid?
√ Wash it with soap and water.
___ Wash it with water, but don't use soap.
___ Make it bleed; blood flow will wash out any dirt.

✓ 2. Is it OK to apply antiseptic to a cut before putting on a bandage?
√ Yes, it can help prevent infections.
___ No, only a doctor can judge whether or not to apply anything.

✓ 3. What if the person with the cut is all sweaty and the bandage comes off. What's Plan-B?
___ Just start all over again and hope the next bandage will stay on.
√ Try applying some adhesive tape over the bandage for extra sticking power.

Blisters on the hand and foot (page 125)

✓ 4. The Scout Handbook has **two** recommendations for preventing blisters. Which two are they?
___ Always wear sneakers. Only boots cause blisters
√ Shoes and boots are okay, but only if they fit correctly and are broken in
√ Dry socks are best, so change socks if yours become sweaty or wet
___ Wool socks always cause blisters, so first put on a pair of smooth liners and pull the wool socks over the liners
___ Try toughening your feet by soaking them in brine (salt water)

✓ 5. If you get a blister, the Scout Handbook tells you not to pop it (they're worried about bacterial infection) and recommends covering it with a piece of "moleskin". What the heck is moleskin?

___ Just what it says: It's the super-soft skin from a common garden mole
✓ It's super-soft cloth that's woven so tightly that it's smooth as silk.
You can buy moleskin pads in the foot care section of any drugstore.

✓ 6. Sometimes it's pretty clear that a blister is about to pop on its own, and so you decide you might as well do it yourself. The handbook gives 4 steps. Which step below is WRONG?

___ 1. Start by washing the area with soap and water.
___ 2. Get a pin and sterilize it with alcohol or a match flame.
___ 3. Prick the blister from the side and press out the fluid.
✓ 4. Sterilize the tip of your pocketknife blade and cut away the loose skin. This will expose the under layer to air and cause it to heal faster.
___ 5. Treat the deflated blister like a normal cut with antibiotic and a bandage.

Minor (first degree) burns and scalds (page 136)

✓ 7. 1st degree burns are the least serious and are considered "minor". The handbook suggests two treatments. Which one is WRONG?

___ Use cold water or a cool wet cloth.
✓ Use an ice pack.
___ Apply a lotion that contains aloe vera.

✓ 8. Why is sunburn classed together with other 1st degree burns?

___ Like other 1st degrees, it is treated with an ice pack.
✓ Like other 1st degrees, the skin simply turns red.
___ Like other 1st degrees, blisters should not be broken.

Bites or stings of insects and ticks (page 131)

X 9. The bites and stings of certain insects, spiders, chiggers, and ticks can be painful. Some may cause infection. Bee and wasp stings are especially painful. What can you do to relieve the pain? [choose one]

___ Cover the sting with an ice pack.
✓ Take an aspirin or Tylenol tablet.
___ There's nothing you can do for the pain. It will go away by itself.

X 10. When a bee or wasp stings you, sometimes the stinger is left behind in your skin like a splinter. What's a good way to remove it?

✓ The stinger should be removed only by a doctor.
___ You should be able to scrape it away with the edge of a credit card.
___ Don't bother. It will work its way out by itself.

11. Some people are super-allergic to bee stings and could have a terrible reaction called "anaphylactic shock." The first sign is difficulty with breathing. The handbook suggests two treatments. Which one is WRONG?

___ Call 9-1-1 right away.
___ With luck the victim will have his own EpiPen. Take it from him and follow the instructions.
___ Give the victim a Benadryl tablet. That's what people take to relieve other kinds of allergic reactions, such as hay fever.

12. Ticks are small, bloodsucking insects that bury their tiny heads in the skin. If you find one on you, how do you remove it so you don't leave the head behind?

___ Grasp the body with a tweezers and gently pull it away from the skin.
___ Cover it with Vaseline. This will block its air holes and it will back out by itself so as not to suffocate.
___ Light a match then blow it out. Apply the still hot match head to the tick's body and it will back out by itself.

Venomous snakebites (page 129)

Troop 146 says, "We really don't like snakes!" = "W-R-D-L-S"
See below for what each of the 5 letters of the mnemonic stands for

13. Below are eight things you might do for the victim a venomous snake bite. **Five are correct and three are wrong.** The five correct ones came from the current Scout Handbook, and the three wrong one came from older Scouts handbooks, because they used to be correct. Tell which is which in the list below.

Do -or- Do not

___ ___ Have him lie down with the bite lower than the rest of the body. and keep him calm **(L = lie with limb lower)**
___ ___ Find a doctor and get medical help as quickly as possible **(D = doctor)**
___ ___ Treat for shock. **(S = shock)**
___ ___ Wash the wound. **(W = wash)**
___ ___ Remove rings or other jewelry that might cause problems if they get in the way of swelling. **(R = remove rings)**
___ ___ Cut an X over each fang mark and suck out the venom.. **(X = cut an X)**
___ ___ Apply ice to reduce the swelling. **(I = ice)**
___ ___ If within 3 minutes of the bite, apply a venom extractor device for 10 minutes **(E = extractor)**

Nosebleed (page 126)

14. How do you position a victim who has a nosebleed so that the blood doesn't drain down his throat?
___ Have him lie on his stomach.
___ Have him sit up and lean forward slightly.
___ Have him lie on his back with his head to one side.

15. The handbook has three things that can be done together to help stop a nosebleed. Which one below is WRONG?
___ 1. The victim should use one hand to pinch his own nostrils together on the soft area just below the bone.
___ 2. Have the victim blow his nose to get some of the excess blood out of the way.
___ 3. The victim should use a finger to apply pressure on his own upper lip -- just below the nose. There's an artery there that can be pinched off.
___ 4. While the victim is applying pressure to his own nose, you can hold a cold wet cloth to the victim's nose and surrounding area.

Frostbite (page 140)

16. Assume you are with a buddy in cold weather, and he complains that his ears, nose, fingers, or toes are numb. What emergency condition do you have to watch for?
___ He may have a case of the flu.
___ He may have frostbite.
___ His clothing is so tight that it is cutting off his circulation.

17. Assume you are with a buddy in cold weather, and you notice grayish-white patches on his ears, nose, or cheeks. What emergency condition do you have to watch for?
___ He may have caught leprosy.
___ He may have tuberculosis.
___ He may have frostbite.

18. If your buddy gets frostbite, the Scout Handbook gives you several things you can do to help. Which one of these is the WRONG thing to do?
___ Get him into a warm tent or building.
___ Thaw the frostbitten area by covering it with your warm hand.
___ Thaw the frostbitten area by tucking it into your warm armpit.
___ Thaw the frostbitten area by holding it against your warm bare belly.
___ Thaw the frostbitten area by rubbing or massaging it.
___ Thaw the frostbitten area by holding it in warm (not hot) water.

Choking (page 120)

✓19. The typical choking victim's face turns red as he clutches his throat to show that he can't breathe. Recommended first aid is:
✓ The Heimlich maneuver.
___ CPR (cardiopulmonary resuscitation).
___ Mouth-to-mouth rescue breathing.

✓20. When a victim is choking on food, it's like a cork stuck in a plastic bottle. If you squeeze the bottle just right, the cork will fly out. What's the right kind of squeeze to use in the Heimlich maneuver?
___ Pound the victim on his back.
✓ A sharp inward thrust, driving your hands up under the victim's rib cage.
___ A slow and steady squeeze around the victim's midsection.

✗ 21. The Heimlich maneuver calls for you to get behind the victim, put your arms around him, clasp your hands together and give 5 sharp squeezing thrusts. Where do your hands go before you squeeze?
___ Your hands should be flat against his ribs at about the same level as his heart.
___ ✓ One of your fists should be just below his sternum in the V-shaped area where his ribs spread out.
___ The knuckle of one thumb should be just above his navel (belly-button).

Venomous snakebites again!

Troop 146 says, "We really don't like snakes!" = "W-R-D-L-S"
Go back to question #13 to see what each of the 5 letters stands for

✓22. Snake bites again: Fill in the W-R-D-L-S blanks with five things to do for a venomous snake bite:

W ash
R emove rings
D octor
L ie with limb lower
S hoct

23. Over the years, researchers have gotten smarter about treating snake bites. Many years ago, Scout Handbooks used to give these steps, but they no longer do so:

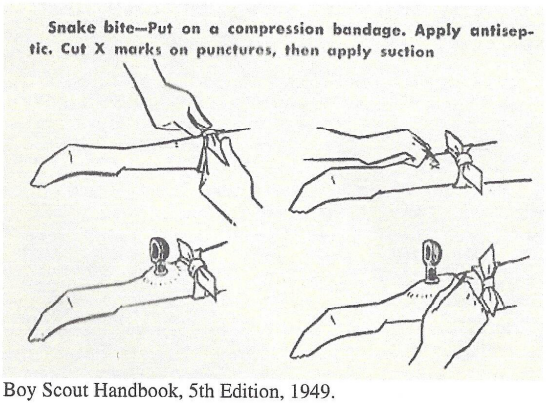
NOW WE DON'T use a razor or knife to cut X's on the fang marks
NOW WE DON'T try to suck out the venom with our mouths
NOW WE DON'T apply a tourniquet above the bite to keep the poison from spreading

What do we know now that we didn't know then?

___ **True or false:** cutting X's will do more harm than good

___ **True or false:** sucking out venom will probably cause you problems

___ **True or false:** applying a tourniquet will do more harm than good



Boy Scout Handbook, 5th Edition, 1949.

DON'T DO THIS: "If you have no suction cup, use your mouth and suck on the two cuts, spit out the blood and poison, and suck again, and continue to suck and spit for a half hour." *(1949 handbook, page 363.)*