

IOLS First Aid Topics

This is not a First Aid course! Instead, this is an outline of the topics you must understand and be able to teach. Please take a proper First Aid course (and CPR course) including hands-on practice. The American Red Cross is a good resource.

Tenderfoot First Aid Requirements

Requirement 4a

Show first aid for the following: simple cuts and scrapes, blisters on the hand and foot, minor heat burns or scalds (first-degree), bites or stings of insects and ticks, venomous snakebite, nosebleed, frostbite, sunburn, and choking.

Issue	Handbook Page	Signs and Symptoms	Response
Simple cut or scrape	125		Wash with mild soap and clean water, rinse, pat dry with clean cloth, loosely cover with bandage. Do not use topical antibiotic unless infected.
Blisters on the hand or foot	125		Do not pop. Remove source of irritation, cover loosely. (Use moleskin on the foot.) If it pops, treat like a cut or scrape. If likely to burst on its own, use sterilized needle on margin, then treat like a cut or scrape.
First-degree burns	136	Redness, no blistering or broken skin	Remove from source of burn, rinse with cool, clean water, cover loosely, administer analgesics with proper permission.
Bites or stings of insects or ticks	131		Remove stinger or tick with proper tools, note time and size of lesion, use papain or tobacco poultice to relieve discomfort, administer analgesics with proper permission. Look for shock symptoms!
Venomous snakebite	129	Pain, redness, swelling and wounds around site	Do not attempt to catch snake! Keep patient calm, lower wound as much as is possible. Seek medical attention. Do not cut wound or attempt to suck out venom.

Nosebleed	126	Common in youth and typically not serious; in adults may be a sign of a more serious issue	Tilt head forward, keep quiet, use pressure points at bridge or nose or under upper lip.
Frostbite	140	Red, white or grey skin; insensitivity to touch	Remove source of cold, warm area slowly and gently. Do not rub or expose to high temperatures.
Sunburn	136	First degree (no blistering)	Remove from sun, treat like first-degree burn, use aloe to relieve discomfort
		Second degree (blistering)	Remove from sun. If larger than patient's hand, seek immediate medical attention; otherwise, treat as above, but do not apply any aloe to broken skin. Do not pop blisters.
		Third (cooked meat) and fourth degree (charring)	Very rare. Remove from sun and seek immediate medical attention, look for shock.
Choking	120	Crossed hands at throat, panicked expression	Use stomach thrusts. (Never practice on a non-choking individual.)

Requirement 4d

Assemble a personal first-aid kit to carry with you on future campouts and hikes. Tell how each item in the kit would be used.

Notes:

- Handbook pages 108
- Choose a small, lightweight and waterproof container. A resealable plastic bag is ideal.
- Include only items that the Scout knows how to employ.
- Check contents several times a year and refresh as contents employed or expired.
- Upgrade as Scout becomes more proficient and progresses in ranks.
- Keep in an easily accessible place in backpack or daypack.

Second Class Requirements

Requirement 6a

Demonstrate first aid for the following: object in the eye; bite of a warm-blooded animal; puncture wounds from a splinter, nail, or fishhook; serious (second-degree) burns, heat exhaustion, heatstroke, dehydration, hypothermia, hyperventilation; and shock.

Issue	Handbook Page	Signs and Symptoms	Response
Object in the eye	133		Do not rub. Encourage blinking. Use corner of clean tissue or pull upper lid over lower and blink. Flush with sterile, neutral saline. Examine eye for damage and seek medical attention if found.
Bite of a warm-blooded animal	128		Do not attempt to catch animal, but track it if possible to determine ownership. Wash wound with clean water or saline. Treat like cut or scrape but seek medical attention at earliest opportunity.
Puncture wounds	134		Remove object if possible (cut barb off of fishhook and back out). Clean wound to the extent possible. Treat like a cut or scrape, but seek medical attention when possible.
Second-degree burns	137	Blistering	Remove source of heat, treat like first-degree burn, do not pop blisters. If burn is larger than patient's hand, seek medical attention and watch for shock.
Dehydration	137	Thirst, profuse sweating, dark urine, long intervals between urination	Remove patient from heat, cool slowly, apply cool compresses, to "hot spots," administer sips of cool water. "Drink until you pee, then drink some more."
Heat exhaustion	139	Same as dehydration, but with red skin, weakness, dizziness, cramping, lowered LOC	Same as for dehydration, except give nothing by mouth if patient is not fully conscious or cannot swallow without difficulty. Oral rehydration solution or diluted sports drinks (2:1 or 1:1 for low-calorie drinks with water) can also be given.

Heat stroke	139	Same as heat exhaustion, but skin is dry	Remove victim from heat and seek immediate medical attention. While waiting, treat as for heat exhaustion.
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Requirement 6b

Show what to do for “hurry” cases of stopped breathing, stroke, severe bleeding, and ingested poisons.

Issue	Handbook Page	Signs and Symptoms	Response
Stopped breathing	116	Loss of consciousness, no chest movement or breath sounds	Provide rescue breaths as taught in CPR class
Stroke	124	Facial droop, Arm weakness, Speech difficulty, (Time to call EMS)	Seek immediate medical attention, prevent further injury
Severe bleeding	119	Pulsing or gushing, bright red blood	Raise wound above heart and keep patient calm; apply direct pressure (patient applies or use PPE); if bandage saturates, apply more on top of existing; use pressure points; apply tourniquet as last resort and if trained
Ingested poisons	121	Burning in mouth, throat, stomach. Foaming at mouth, lowered LOC	Attempt to determine source and seek immediate medical attention. Keep victim calm. Do not induce vomiting or administer anything by mouth unless directed by medical personnel.

First Class Requirements

Requirement 7a

Demonstrate bandages for a sprained ankle and for injuries on the head, the upper arm, and the collarbone.

Notes:

- Handbook pages 142-147
- You should practice these on your own and have the boys practice.
- Sprained ankle:
 - Supplies needed: elastic bandages
 - Wrap in figure eight pattern from mid foot to sock top height
 - Ensure that ankle is partially immobilized and supported
 - Ensure that circulation to foot is maintained
- Head injuries:
 - Supplies needed: gauze and sterile 2x2s or 4x4s, tape
 - Use sufficient thickness of squares to pad wound and absorb leakage
 - Use sufficient gauze to secure squares
 - Tape only to gauze
- Upper-arm injuries:
 - Similar to head
 - Ensure circulation to arm and hand
- Collarbone:
 - Supplies needed: two triangle bandages, or one triangle bandage and six-feet of gauze or an ace bandage, safety pins
 - Use one triangle bandage to support forearm
 - Use other triangle bandage, gauze or ace bandage to immobilize forearm against chest

Requirement 7b

By yourself and with a partner, show how to: transport a person from a smoke-filled room; and transport for at least 25 yards a person with a sprained ankle.

Notes:

- Handbook pages 148-149
- You should practice these on your own and have the boys practice.
- Smoke-filled room:
 - Stay low
 - Drag victim

- If with a partner, have partner stay back and drag both to prevent rescuer from being overcome by smoke
- Transport:
 - Alone: Supported walk: Grasp victim at waist, have victim's arm over rescuer's shoulder, rescuer walks slowly while victim hops on good leg
 - With a second rescuer:
 - Supported walk with a rescuer on each side
 - Basket carry: Form square with rescuers' hands grasping wrists, victim sits in basket and holds on to rescuers' shoulders while rescuers walk

Requirement 7c

Tell the five most common signals of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).

Heart Attack

Page 119 of the Scout Handbook.

The five most common symptoms:

1. Chest pain or discomfort
2. Lightheadedness, nausea, or vomiting
3. Jaw, neck or back pain
4. Arm pain or discomfort
5. Shortness of breath

Steps in CPR

Page 116 of the Scout handbook.

1. Assess safety of environment
2. Apply PPE
3. Check for breathing and pulse
4. Open airway; clear if necessary
5. Administer alternating chest compressions and breaths
6. Do not stop until
 - a. You see signs of life;
 - b. You are relieved by a person with a higher level of training; or
 - c. You are physically unable to continue

These notes are not a substitute for training in First Aid or CPR.

Please take a proper First-Aid class (and CPR class) with a hands-on component!