

Boy Scouts of America

Your patrol is trying its skill on the orienteering course along the yellow trail at Camp Horseshoe. Your patrol leader hands over the gps you are using to Louie Lost in Space to take you to the next waypoint. Before you know it Louie is running down a hill in a direct line to the next waypoint. He trips and goes sprawling into the creek at the bottom of the hill with a squelch and a cry of pain which is immediately extinguished as the right side of his forehead glances off a rock. When you get to him he is lying face down in a small creek. Your assistant patrol leader immediately gently and carefully rolls his unconscious form over. He looks up and says frantically, "he 's not breathing!" Louie's head has a small gash along the forehead and his left forearm is cocked at a crooked angle with a ragged end of white bone protruding. Blood is spurting from the wound. You are approximately 100 ft down a slight hill from the camp road with no cell phone service. Your gps also is an older model with no satellite texting capability.

TREAT!!!!!!

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TREAT!!!!!!

SCORING

	YES	NO
<u>Life threatening emergencies</u>		
STOPPED BREATHING		
FAMB pg 81-83 (20 points)		
1. All members help to lift patient from the stream and lay him on the grass on his back.	5	0
2. Clear airway, look, listen, and feel for breathing (There is none.)	5	0
<i>JUDGE: Announce "The victim is not breathing."</i>		
3. Give two rescue breaths.	5	0
<i>JUDGE: Announce "The victim is now breathing on his own."</i>		
4. Cease CPR. Do not perform heart compressions. (blood was spurting from the forearm wound, indicating a pulse was present)	5	0

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<i>OPEN (COMPOUND) FRACTURE</i> FAMB pg 42 (30 points)		
1. Use proper pressure points to control bleeding as necessary in LEFT ARM	5	0
2. Control bleeding of the left forearm by placing sterile gauze around the wound as you would for an embedded object. Do not use direct pressure, as that could move the bone.	10	0
3. Do not try to clean the wound.	5	0
4. DO NOT SPLINT! NO TRANSPORT SINCE PATIENT IS CLOSE TO A ROAD	10	0

Right Forehead gash- 14 pts SH pg 136 FAMB pg 34-35

1. Wear gloves and eye protection	4	0
2. properly wash gash with soap and water	4	0
3. Sterile gauze dressing placed	4	0
4. Properly tie head dressing in place with square knot	6	0

Treat for Shock (FAMB pgs 17-18, SHB pg 303) (15 points) <i>(Victim 1 - and Victim 2)</i>		
Monitor the victims closely to ensure the airway stays open for breathing	3	0
In a calm voice, assure the person that everything possible is being done and that help is on the way even if unconscious	3	0
Do not raise the feet of Patient due to head wound	3	0
Keep the victims warm with blankets, coats, etc.	3	0
Do not leave the victims alone	3	0

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Call for Help (FAMB pg 12-13, SHB pg 292) (12 points)		
Call 911 or Ranger Station	2	0
Location of the victims	2	0
Description of the injuries illness, including time occurred	2	0
What treatment has been given	2	0
Number of people with the victim and their skill level	2	0
Requests for special assistance or equipment IE: backboard for possible spinal injuries	1	0
Send at least two individuals for help	1	0
Patrol Action (9 points)		
Patrol functions well as a team	3	0
Patrol follows directions of the patrol leader	3	0
Patrol gets to work immediately	3	0

TOTAL: _____

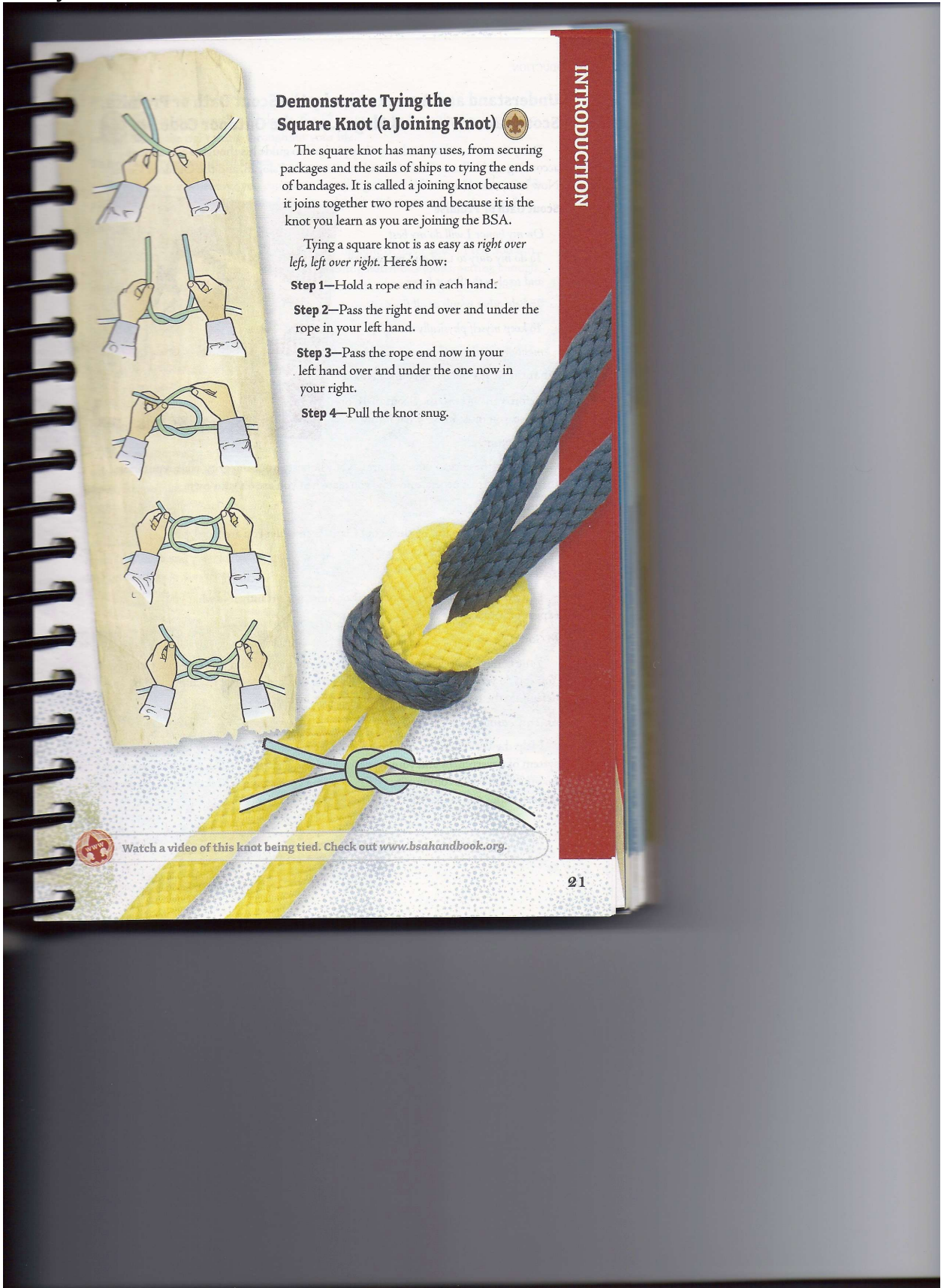
Patrol: _____

Judge's Signature: _____

Patrol Leader's Signature: _____

Floor Location# _____

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Demonstrate Tying the Square Knot (a Joining Knot)

The square knot has many uses, from securing packages and the sails of ships to tying the ends of bandages. It is called a joining knot because it joins together two ropes and because it is the knot you learn as you are joining the BSA.

Tying a square knot is as easy as *right over left, left over right*. Here's how:

Step 1—Hold a rope end in each hand.

Step 2—Pass the right end over and under the rope in your left hand.

Step 3—Pass the rope end now in your left hand over and under the one now in your right.

Step 4—Pull the knot snug.

INTRODUCTION



Watch a video of this knot being tied. Check out www.bsahandbook.org.

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A violent gale erupts as you are meeting with your patrol at your spanking new scout cabin. Suddenly a crashing sound is heard throughout the cabin. As your patrol attempts to ascertain the source of the noise your patrol leader notes that the mom who was meeting with your patrol is missing. Looking through the windows of the cabin you see her lying on the ground near a large tree, which has lost a giant branch that is lying near her. An electric wire is sparking on the ground about 10 feet away. As your patrol leader carefully starts to approach the mom all the lights suddenly go out in the area and the wire stops sparking. When your patrol leader nears the unconscious mom he notices that she is not breathing and when he checks, there is no pulse. She also has a large charred area in the skin on her right upper leg. Her lower left leg has a 4" long gash, which is flowing blood. Your cabin still has a landline phone, and there is good cell phone coverage.

TREAT!!!!!!

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TREAT!!!!!!

Scoring

Points

Yes No

The Scene (FAMB pg 11,14) (5 Pts)

Patrol Checks the scene for safety

(Judges say, "The scene is safe' after the patrol asks)

5 0

Triage (5 pts)

Judge: ask the patrol what two things they would do for the victim immediately after the scene is declared safe.

Access for vital signs

3 0

Treat the severe bleeding

2 0

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Treat for unconsciousness / CPR (FAMB pg84) (30 pts)Check for breathing (*Judge, tell patrol patient is not breathing and has no pulse*)

Open the airway: tilt head with forehead pressure and chin lift 3 0

Look, listen and feel for breathing 2 0

Check for a pulse 5 0

Begin CPR <https://cpr.heart.org/en/resuscitation-science/high-quality-cpr>

Call for an AED 5 0

Deliver 30 chest compressions 5 0

Deliver two rescue breaths 5 0

Continue to monitor the patient's pulse and breathing 5 0

Judge: after several rotations of CPR, please state "the victim has regained a pulse and is breathing" PLEASE DO NOT allow actual CPR!!!!***Judge, ask the patrol to give the 5 reasons you would stop CPR once it has begun (FAMB pg 83).*****(10 pts)**

The patient regains spontaneous pulse and breathing 2 0

The scene becomes unsafe 2 0

An AED is ready for use 2 0

Another trained responder takes over 2 0

You are too exhausted to continue 2 0

Treat for severe bleeding (SH pg 167 FAMB pg 89) (20 pts)

Use gloves/eye protection 5 0

Use a sterile gauze and apply pressure directly to the wound 5 0

Treat the left leg 5 0

Apply proper dressing to wound 5 0

(Judge, after appropriate time tell patrol "bleeding has stopped")

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Treat for shock (FAMB pg 17-19; SHB pg 132,143-144, 170-171) (10Pts)

Keep patient warm	5	0
Comfort Patient	2	0
Place unconscious victim in recovery position	3	0

Treat the electrical burns (SH pg 148-149, FAM pg 60) (10 Pts)

Cover the areas with sterile gauze	5	0
Do not apply any cream or ointment	3	0
Recognize the type of burn, FULL Thickness, 3 rd degree burns	2	0

Call for help FAMB pg12-13, SHB pg 292 (5 pts)

Give location of accident	1	0
Give time and description of accident	1	0
Describe injuries	1	0
Tell what treatment has been given	1	0
Speak clearly and understandably	1	0

Do not transport FAMB pg 23-29 (2 pts) 2 0**Patrol Action (3 Pts)**

Patrol functions well as a team	1	0
Patrol follows the directions of the Patrol Leader	1	0
Patrol gets to work immediately	1	0

Total Points _____**FLOOR #** _____**Patrol/Troop** _____**Judges signature** _____**Patrol leaders Signature** _____

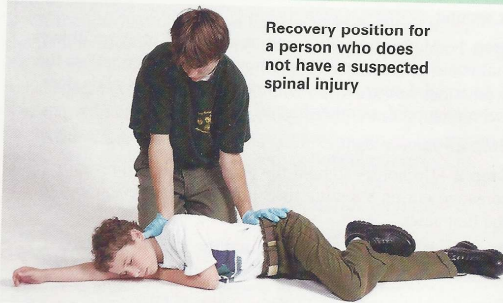
OTHER FIRST-AID CASES

Recovery Position

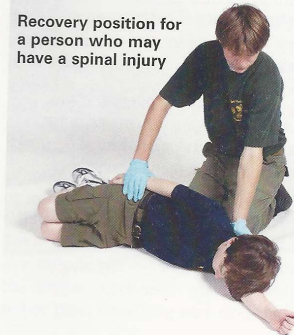
Place a victim who is unconscious but who is breathing normally in a recovery position. To do this, extend the person's lower arm, in line with his or her body; support the head and neck as you grasp the victim's hip and shoulder, and roll the person toward you so that he or she is lying on the side. This will prevent the person from choking on saliva, blood (from a bitten tongue), or vomit, and will help keep the airway open. Continue to monitor the person's breathing until medical help arrives.

You may need to turn a person who has been in a recovery position for 30 minutes or longer to the opposite side to stimulate circulation. However, do not move a person with suspected spinal injury unless it is absolutely necessary.

Recovery position for a person who does not have a suspected spinal injury



Recovery position for a person who may have a spinal injury



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Your troop is camping in Cinnamon Bay in the US Virgin Islands. Patrols have been sent on various adventures through out the week. As you reach the summit of the 1000' ft peak you are climbing the beautiful Caribbean vista of Trunk Bay opens up below you in all its blue and green water glory. Your patrol leader is astounded to see a kite surfer suddenly snatched up by a huge gust of wind and come crashing into the canopy of tropical foliage 500'ft below you on the trail you arduously climbed minutes ago. Before you can stop him, your patrol leader, Randy Racer takes off down the trail at top speed to help. As you approach the victim you see Randy sprawled on the trail near the victim holding his right ankle. " I twisted it badly," he shouts. Meanwhile, the kite surfer is screaming in pain. He has landed in a large cactus like tree and has a large piece of the tree sticking out of his left calf, all the way through the muscle. Blood is seeping from both the entrance and exit wounds. The nearest road you crossed while climbing on the trail is about 1/2 mile away. It was a rutted dirt road. There is no cell phone coverage and the nearest landline is back at the Cinnamon Bay campground, down a 2-mile difficult steep trail that you climbed up, which was way below the dirt road.

Treat!!!!!

Boy Scouts of America

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Treat!!!!

SCORING:**YES NO****Impalement wounds with bleeding - 35 pts (SH pg 145 ; FAMB pp. 32)**

1. First-aider uses latex gloves to protect himself.	5	0
2. First-aider wears protective goggles.	5	0
3. Other first-aiders should wear protection from blood or wait until bleeding is stopped before proceeding.	3	0
4. Control bleeding by packing sterile gauze around the wounds	5	0
5. DO NOT remove or move branch from wounds	5	0
6. Flush wounds with water or sterile saline, without moving branch	5	0
7. Get to work as quickly as possible.	2	0
<i>Judge says to first-aider: "The bleeding has stopped."</i>		
8. Treat patient where you found him	5	0

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RIGHT ANKLE SPRAIN –(scout)- FAMB pg. 39-40, SHB pg 154 (10 pts)

Treat RIGHT ankle	5	0
Correctly tie ankle sprain bandage (with square knot, <i>JUDGE-see attached diagram</i>)	5	0

Transport (FAMB pg 23-29) 20 pts

Demonstrate an appropriate method of transport of an Conscious victim	10	0
Recognition that patrol leader needs some sort of transport or assistance	10	0

Treat for Shock - both victims – 11 points (SHB pg. 303; FAMB pgs. 17 – 18)

1.Cover patients to keep warm.	3	0
2.Help injured person lie down, if no back, neck or head injury, or fracture to hip or leg, raise feet slightly.	3	0
3.Monitor patients breathing.	2	0
4.Calm and comfort patients, even if unconscious	3	0

Patrol Action – 9 points

1.Patrol functions well as a team.	3	0
2.Patrol does NOT follow directions of Patrol Leader	3	0
3.Patrol gets to work <u>immediately</u>	3	0

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Call for Help – 15 points (SHB p. 292; FAMB p. 13)

- | | | |
|--|---|---|
| 1. Scout gives the location of patient. | 3 | 0 |
| 2. Scout describes patient’s injuries. | 3 | 0 |
| 3. Scout tells when the injuries occurred. | 3 | 0 |
| 4. Scout tells what treatment had been given. | 3 | 0 |
| 5. What special assistance and equipment may be needed | 3 | 0 |

Total Points_____

Patrol_____

Judges signature_____

Patrol leaders Signature_____

FLOOR LOCATION _____

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Multiple-Rescuer Assists
Recommended assists for two or more rescuers include the following.

Helping the person walk. If the victim is conscious and shows no signals of the conditions or injuries listed earlier, two rescuers can safely help the person walk. Put one of the victim's arms around each rescuer's neck. Hold the hands. Rescuers place their free arms around the victim's waist.



Four-handed seat. When no equipment is available, the four-handed seat is the easiest two-rescuer carry. It is safe only if the victim is conscious and can hold on. Position the hands as shown.



Two-handed seat. Use this method if the victim is conscious but not seriously injured. Rescuers place arms on each other's shoulder and lock arms for stability as the victim gets into position, then move arms from shoulders to across the victim's back.



Chair carry. This is a good method for carrying an injured person up stairs or through narrow, winding spaces.



Hammock carry. Three to six rescuers stand on either side of the victim and link hands beneath the person.



Rescue From a Smoke-Filled Room
A smoke-filled room is an extremely hazardous environment. Rushing into a smoke-filled room or other dangerous scene to help someone will do no good if you also become a victim. If your safety will be threatened, wait until trained rescuers arrive.
Moving an injured or unconscious person should be done quickly. Avoid using any method that might make the victim's injuries worse. A victim can be moved to safety with any of the rescuer assists described in this chapter.

FIRST AID

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Sprains and Strains While Hiking

If someone suffers a mild ankle sprain during a hike and can walk without much discomfort, he or she can continue the hike. If walking causes pain, however, the person shouldn't walk any farther. Other Scouts can help with a walking assist or a two-person carry. Don't try to move or straighten an injured limb if doing so causes pain. Seek medical treatment whenever pain is constant or severe.

You can give support to a sprained ankle by wrapping it, boot and all, with a bandage, neckerchief, or some other strip of cloth. When you arrive at your destination, take off the boot and treat the injury with RICE.

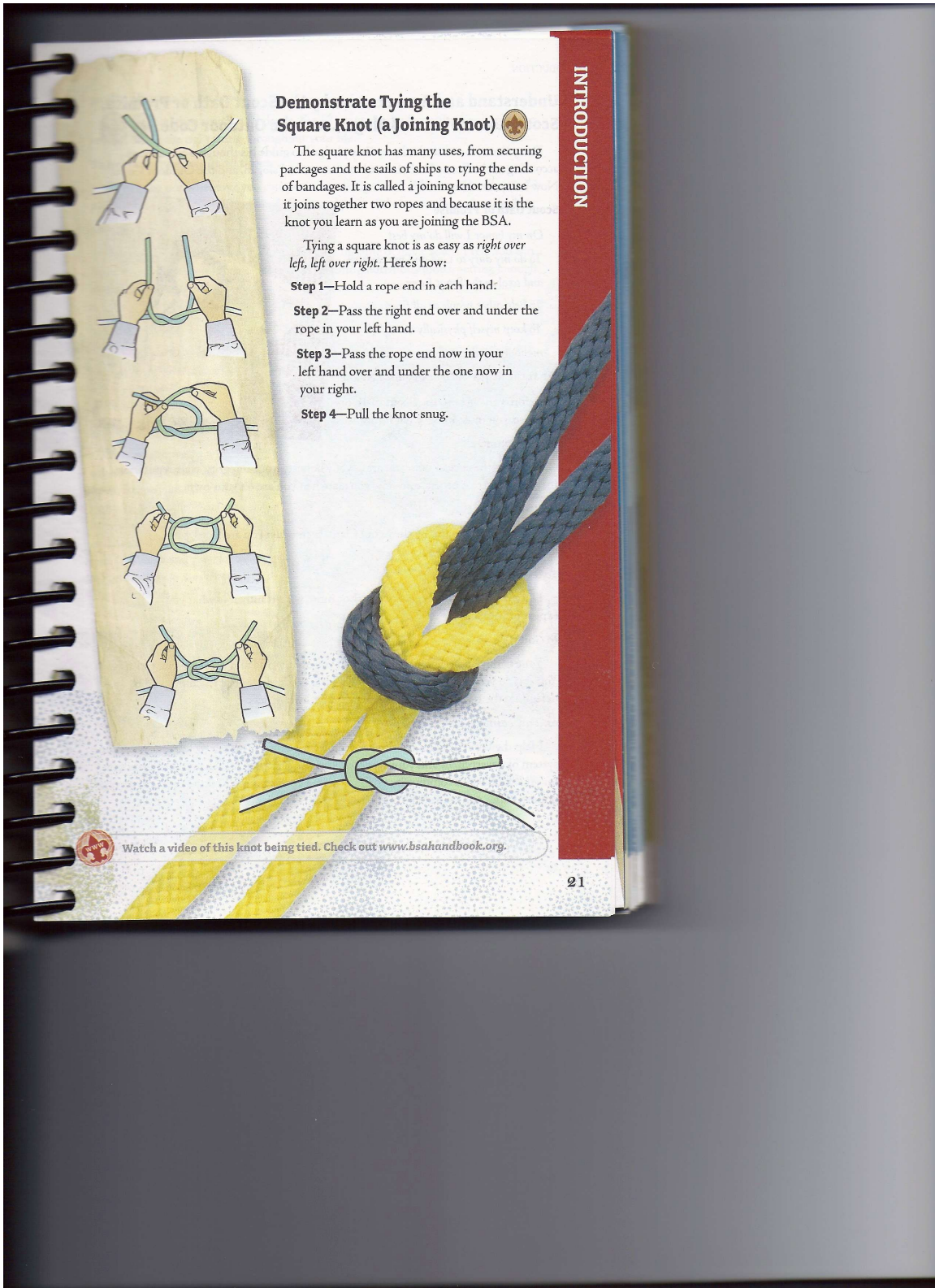


FIRST AID

Head Injuries

A head injury can be very serious and should be handled with extreme urgency and care. A cut to the head can cause severe bleeding; call for help immediately. If the victim is bleeding but conscious, have the victim hold a clean cloth over the wound and apply pressure. Keep the victim as comfortable as possible and wait for help to arrive. Use the triangular bandage when the entire scalp must be covered.





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INTRODUCTION



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Your patrol is on a weekend canoe trip in a remote part of north central Pennsylvania on a chilly and rainy fall day in November. As you pass under a bridge connecting two dirt roads, which spans the river that you are canoeing, you come upon two other paddlers sprawled on a beach on the riverbank. You can see a slight animal trail which extends about 50 yards uphill from the beach to the dirt road. One of the canoers reports their canoe swamped when they hit the bridge abutment in the rapids, and they were thrown into the river over thirty minutes ago. Upon observation, there is a large laceration still bleeding on the left forehead on one of them. The second one is complaining of pain in his right ankle, which is obviously broken due to its funky angle. They are shivering and their teeth are literally chattering due to their soaking wet clothes. The rain has been falling hard all day and the river is rising slowly, threatening to swamp the beach you are standing on in a short while. You have no cell phone or texting capability.

Treat

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Treat!!!!

Scoring	Yes	No
Check the scene. (FAM 11, SHB 111) (5 pts)	5	0
Approach safely (5pts)	5	0
Forehead gash- (12 pts) SH pg 136 FAMB pg 34-35		
1. Wear gloves and eye protection	3	0
2. Properly wash gash with soap and water	3	0
3. Sterile gauze dressing placed	3	0
4. Properly tie head dressing in place with square knot	4	0

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Treat the broken leg (FAM 45, SHB 145) (9 pts)

Splint the leg, splint the outside of the leg to at least the mid-thigh	2	0
Splint the leg, splint the inside of the leg to at least the knee	2	0
Pad the splint	2	0
Tie in place with at least two bandages, one above and one below the fracture and immobilize the joint involved	3	0

Treat for hypothermia (FAM 52, SHB 150) (21pts)

Treat both persons	2	0
Remove the wet clothing	4	0
Re-dress in dry clothing	3	0
Cover in blankets or sleeping bags	4	0
Give sips of warm liquids	4	0
Use warm water bottles or warm towels and apply them to the armpits and groin	4	0

Treat For Shock FAMB pg17-19; SHB pg 132,143-144, 170-171
(20 Points)

Cover to keep warm	5	0
Raise feet	5	0
Monitor respiration and heartbeat	5	0
Comfort and treat both Patients	5	0

TRANSPORT (FAM 23 - 29, SHB 149 - 150) (10 pts)

Improvise a stretcher or demonstrate another carry for the person with the broken ankle	5	0
Recognition of need to Transport to the road (due to rising water)	5	0

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Call for help FAMB pg12-13, SHB pg 292 (15 pts)

Give location of accident	3	0
Give time and description of accident	3	0
Describe injuries	3	0
Tell what treatment has been given	3	0
Speak clearly and understandably	3	0

Patrol Action (3 Pts)

Patrol functions well as a team	1	0
Patrol follows the directions of the Patrol Leader	1	0
Patrol gets to work immediately	1	0

Total Points_____

Patrol/Troop_____

Judges signature_____

Patrol leaders Signature_____

Floor # _____

CCCBSA First Aid Meet - Warm-up Problem

Troop Number _____

Patrol name- _____

Floor Position- _____

Answers

Points

Awarded

Each Question is worth 5 points. No Partial Credit.

1) True or False: _____ 5 0

You should attempt to clean the wound from an open (compound) fracture

Source: First Aid Merit Badge Pamphlet, page 42

2) The least serious type of burn is _____ 5 0

Source: First Aid Merit Badge Pamphlet, page 56-58:

- a) a superficial burn
- b.) an all thickness burn
- c) a partial thickness burn
- d) a full thickness burn

3) In the ABCD Lifesaving Sequence, C stands for: _____ 5 0

Source: First Aid Merit Badge Pamphlet, page 84

- a) call for help
- b) carry them away
- c) circulation
- d) calm your breathing

4) What is hyperglycemia? _____ 5 0

Source: First Aid Merit Badge Pamphlet, page 67

- a) a new fad diet
- b) high blood sugar
- c) an allergy to food
- d) low blood sugar

5) Which of the following is not usually a sign of a stroke? - _____ 5 0

Source: First Aid Merit Badge Pamphlet, page 87

- a) sudden trouble seeing
- b) vomiting
- c) difficulty speaking
- d) sudden weaknesses usually on one side of the body)

6) Which of the following are single Rescuer Assists? _____ 5 0

Source: First Aid Merit Badge Pamphlet, page 24-25

- a) pack strap carry
- b) ankle drag
- c) blanket drag
- d) shoulder drag
- e) all of the above

7) If you think someone is having a seizure, you should NOT: _____ 5 0

Source: First Aid Merit Badge Pamphlet, page 65

- a) put a stick in their mouth
- b) move furniture and other hazards away from the victim
- c) place them in the recovery position
- d) restrain them
- e) both a and d

8) True or False:

Applying direct pressure will stop most bleeding _____ 5 0

Source: First Aid Merit Badge, page 87

9. The following course of action should be taken for poison ivy _____ 5 0

Source: First Aid Merit Badge Pamphlet, page 71

- a) wash the affected area with soap and water
- b) apply calamine or other soothing lotion
- c) change your clothes
- d) all of the above

10) Your patrol first aid kit should include all of the following EXCEPT: _____ 5 0

Source: First Aid Merit Badge Pamphlet, page 22

- a) an AED
- b) roller bandages
- c) triangular bandages
- d) moleskin
- e) all of the above

TOTAL POINTS _____

Bonus Patrol Leader Question: (1 point each)

List the 5 recommendations the BSA lists to protect yourself from Bloodborne Pathogens

Source: First Aid Merit Badge Pamphlet, page 37

1. _____ 1 0

2. _____ 1 0

3. _____ 1 0

4. _____ 1 0

5. _____ 1 0

Total extra credit _____