

Trail to First Class – First Aid

Syllabus

Continue your Trail to Eagle by working on rank advancement! This class will focus on the First Aid portions of the Tenderfoot, Second Class and First Class requirements.

This course will be held online through face to face Zoom sessions. Once all sessions are attended and completed in full, you will receive a checklist of the requirements the Scouts' have completed and been exposed to.

Within 2 days before the class starts, you will receive a Welcome Letter from your instructors and will have the specific link for this class via the ZOOM communication app.

Requirements Covered -

Tenderfoot:

- 4a (Choking will be covered in Session 2)
- 4b (Treating exposure to poisonous/hazardous plants)
- 4c
- 4d

Second Class:

- 6a
- 6b

First Class:

- 7a
- 7b
- 7c

This class is intended to teach the skills needed to get these TFC requirements marked off. Counselors will not be signing off Scout Books. Counselors will provide list of requirements covered in the sessions.

Student Supplies

Students will need access to the following:

- First Aid Kit that includes (*Must have for Sessions):
 - Nitrile Gloves*
 - Adhesive Band-aids*
 - Sterile Gauze Pads*
 - Elastic Bandages*
 - Tweezers*
 - Plastic Card*
 - Triangular Bandage*
 - Adhesive tape
 - Antiseptic/Antibiotic Ointment
 - Moleskin Blister Covers
 - Safety Pins
 - Scissors
 - CPR Masks/Barriers
- Water bottles (for requirements needing to demonstrate rinsing and flushing)
- Note Taking materials (paper and pens/pencils)
- Partner
 - For the 2nd and 3rd classes, it is highly recommended that students have a partner to practice their skills with and on
 - This partner can be a parent/guardian or sibling.

Class Schedule

Class # 1 Topic-

- Requirement 4a:
 - Simple cuts and scrapes
 - Blisters on the hand and foot
 - Minor (thermal/heat) burns or scalds (superficial, or first-degree)
 - Bites or stings of insects and ticks
 - Venomous snakebite
 - Nosebleed
 - Frostbite and sunburn
- Requirement 4b:
 - Tell how to treat for exposure to poisonous/hazardous plants
- Requirement 4c:
 - Tell what you can do while on a campout or other outdoor activity to prevent or reduce the occurrence of injuries or exposure listed on Tenderfoot Requirements 4a and 4b
- 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

Class # 2 Topic-

- Requirement 6a
 - Choking
 - Object in the eye
 - Bite of a warm-blooded animal
 - Puncture wounds from a splinter, nail, and fishhook
 - Serious burns (partial thickness, or second-degree)
 - Heat exhaustion
 - Shock
 - Heatstroke
 - Dehydration
 - Hypothermia
 - Hyperventilation
- Requirement 6b:
 - Show what to do for hurry cases of stopped breathing, stroke, severe bleeding, and ingested poisoning.
- Any First Class Requirements if there is time...

Class # 3 Topics and Review

- Requirement 7a:
 - Demonstrate bandages for a sprained ankle and for injuries on the head, the upper arm, and the collarbone
- Requirement 7b:
 - By yourself and with a partner, show how to:
 - Transport a person from a smoke-filled room
 - Transport for at least 25 yards a person with a sprained ankle
- Requirement 7c:
 - Tell the five most common signals of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR)

If you have questions, please email both Stephanie (stephanied@iroec.org) or Tori (torih@ocbsa.org).