

First Aid Merit Badge written requirements.

#2a. Explain how you would obtain emergency medical assistance from your home, on a wilderness camping trip and during and activity on open water.

Home: Use the phone call 911, state your emergency, address, and any other important details.

Wilderness camping trip: if victim can be moved safely then attempt to get them to help. Otherwise send two or more people for help with note containing location, injuries, and time found. Also include any treatments that have been performed to the victim and victim needs.

Open Water: If boat has radio use it to send a maday message to local harbor or a Coast Guard, or local policing vessel. If no radio or way to call using phone send up flares or send someone to shore with information like that listed above for wilderness camping trip.

#2b. Explain the term triage.

Triage is the act of determining how many victims, who has what injuries, and who of the victims needs the most immediate attention and how best to use the first aid resources you have available.

#2c. Explain the standard precautions as applied to bloodborne pathogens.

1. Treat all blood and fluid as contaminated.
2. Wash hands with warm soap water or antibacterial hand sanitizer.
3. Never use bare hands to stop bleeding use non latex gloves or unused food storage bags or something to prevent fluid to skin contact.
4. Safely discard used products
5. Always wash hads and other exposed skin with warm soap water after contact.

#3c. Explain the use of an automated external defibrillator or (AED).

An AED is used to restart a persons heart during a heart attack . An AED is computerized and has step by step instructions and is user friendly so that heart attack victims get quicker response time and increase their chances of survival. Pads are placed in specific spots on the chest and then the computer analysis the patient and tells the rescuer whether or not they need to be defibrillated (a shock given to the heart). If one is needed the recuer presses a button indicated on the machine and the computer gives the appropriate amount of shock. Then reanalysis the victim and gives further instruction.

#3d. Tell the dangers in the use of a tourniquet and the conditions under which its use is justified.

A tourniquet should be used as a last resort only to stop bleeding. There are two types a soft tourniquet which slows bleeding and a hard tourniquet which eliminates bleeding. A soft tourniquet if one need s to be used should be what is administered this can be done by placing multiple gauze pads on the bleeding wound and then wrapping a ace bandage or tying a shirt/ hankercheif etc above the

wound until the bleeding slows. Once the bleeding stops the tourniquet should be removed as to prevent damage. A hard tourniquet would be used only if a major artery is bleeding and help can not be obtained before the victim would lose too much blood and go into shock. The danger in using a tourniquet is that it is stopping blood flow and can allow infection to start growing in a wound which can lead to the area needing to be amputated.

#3e. Explain when a bee sting could be life threatening and what action should be taken for prevention and for first aid.

When: If allergy is known, or person has received multiple stings in a short amount of time, or signs and symptoms of an allergy are presenting.

Action: Stay away from known nest spots. Avoid clothing that resembles flowers. Avoid fruity or fragrant soaps. If you have an allergy notify someone immediately.

First aid: 1. Remove stinger by scraping method. 2. Apply ice pack to area. 3. If allergic administer epi-pen get medical help.

#3f. Explain the symptoms of heatstroke and what action should be taken for first aid and for prevention.

Symptoms: Exercise related-any signs of heat exhaustion as well as hot, sweaty, red skin, confusion, disorientation, rapid pulse. In the elderly skin will be hot and dry.

First aid: 1. Call 911. 2. Attempt to get to cool area. 3. Loosen tight clothing and apply cool towels or fan the victim. 4. If ice or ice packs available cover them and place them on neck, arm pits, and groin. 5. If person can swallow small amounts of cool water should be given.

Prevention: 1. Stay in cool area during increased heat and humidity. 2. Do strenuous work in evening when sun is down. 3. Drink lots of fluid. 4. Avoid caffeine. 5. Wear light weight cool colored clothes. 6. Stay in well ventilated areas.

#5a-j. Describe the symptoms and proper first aid procedures and possible prevention measures for the following conditions:

a. Hypothermia: ***DO NOT REWARM THE VICTIM TOO QUICKLY IT CAN CAUSE HEART ATTACK.**

If fully conscious and able to swallow give warm liquids, get person out of the elements, if wet get them dry and wrap in blankets, fill water bottles with warm liquid wrap them with towels and place in arm pits and groin. Prevention: wear appropriate gear for severe weather and avoid long exposure. Stay hydrated with warm liquids.

b. Convulsions/seizures: Make sure victim is in safe area where they can not injure themselves. Stay with them until seizure stops place in recovery position get emergency help.

Prevention: If prone to seizures avoid activities that can cause one to occur.

- c. Frostbite: Stay hydrated. If it extends below surface level remove cause wrap area in dry blanket and seek help ASAP. If not below surface attempt to rewarm area only if it will not get reexposed. To rewarm place in 100 degree water until color returns pat dry and wrap in loosely covering bandages. Prevention: Wear appropriate gear during extreme cold avoid dampness on skin during extreme cold if dampness unavoidable have a change of dry clothes to switch to.
- d. Dehydration: Get person to drink 1-2 qts water or sports drink over 2-4 hrs. Have person rest. If severe dehydration is suspected get emergency help. Prevention: Avoid over exertion during extreme heat. If this is unavoidable make sure 8 oz of water or sports drink, or non caffeinated beverage is consumed every ½ hr. to hour.
- e. Strains, Sprains: Remove Weight to the area. Assume possibility area may be broken. Do not remove boot/shoe etc wrap and stabilize area with shoe on. If ice is available apply ice in 20 min intervals. 20mins on 20 mins off. Get medical attention.
- f. Burns: Superficial or 1st degree burns. Cool area with water or cool cloth until pain eases. Partial thickness or 2nd degree burns remove person from burn source, cool burn area until pain relieves, apply gauze to area loosely. Full thickness or 3rd degree burns do not remove and clothing that is stuck to the burn, cool the burn apply gauze just to cover treat for shock and call 911 asap.
- g. Abdominal pain: Seek medical attention ASAP if appendicitis is suspected. Get victim in comfortable position, withhold food or fluid till physician is consulted.
- h. Broken, chipped, or loose tooth: if tooth is broken or chipped store it in small amount of milk or clean water. Rinse mouth with warm water gently, place cold cloth on area to decrease swelling, see dentist asap and take broken /chipped tooth along.
- i. Knocked out tooth: Pick up tooth by crown not the root. Rinse with cold water or milk do not scrub or scrape it store it in a little milk or water. Cleanse the area in the mouth as listed above apply pressure to area. Seek medical attention ASAP.
- j. Muscle cramps: Allow to rest. Massage muscle that is cramping. Have victim rehydrate. If cramping continues or is followed by weakness tiredness seek medical attention. If muscle area looks reddened or is very hot or warm to touch do not touch area seek medical attention this could be a blood clot in the area.