



# First Aid

It is important that someone does something to help an injured person, so that the injury does not get any worse. If you find someone who is injured and needs help, the most important thing you as a Cub Scout can do is to tell a grown-up as soon as possible. You may be able to shout or go for help, but occasionally you will need to use the telephone. Never dial 999 unless it is a real emergency though.

In any first aid situation, once you have called for help you can make the patient feel better by saying that help is on the way and that they are going to be alright.

## Nose Bleeds

To treat a nose bleed, pinch the soft part of the nose, just below the bone and keep the head tipped forward. You must keep pinching the nose until it stops bleeding. Tell the person to breathe through their mouth until the bleeding stops and not to blow their nose for several hours so the blood clot is not disturbed.

## Cuts & Grazes

If the skin is cut, germs can get in, so cleaning the wound is very important. You must use clean water and cotton wool or antiseptic wipes and wipe away from the centre of the wound. When you have done that you should cover the cut with a plaster.

## Burns & Scalds

A burn is caused by dry heat such as a flame or hot iron. A scald is caused by wet heat such as boiling water or steam. The treatment for a burn or scald is to place the injured part under a cold running tap for about ten minutes or until the pain has stopped. Do **not** use ointment or creams. Do **not** burst blisters. Do **not** remove burnt clothing. **Remember**, if the burn, scald, cut or nose bleed is a bad one, you must get adult help as the patient may need to go to hospital.

## Bleeding

If someone cuts themselves it is very important to try to stop the bleeding because if they lose too much blood, they will become very ill. Always remember to try and get an adult to help you whenever you can, but as a Cub Scout you should be prepared to try and stop the bleeding yourself. To control bleeding you must do the following:

- Immediately apply direct pressure with your fingers or palm of hand.
- If the wound is large, squeeze the edges together with your fingers
- Lay the patient down
- If the wound is on a leg or arm raise the limb so that the blood slows down
- Apply a sterile dressing tied firmly but not too tight
- If bleeding still continues, do not remove the first dressing, but put another one on top
- Get the patient to hospital



## Triangular Bandages

A triangular bandage is a special type of bandage which is used to give an injury support, such as a broken arm or crushed hand. Look at the picture to see how to apply a triangular bandage to make a sling and a knee bandage.

**Other Topics:** 999 Calls, Cleaning Wounds, Bites & Stings, Fainting, Recovery Position, Artificial Ventilation, Fractures