

# 4.1

## First Aid

*"Praise the LORD, O my soul,  
and forget not all his  
benefits—who forgives all  
your sins and heals all your  
diseases."*

*Psalm 103:2-3*

### Objectives:

#### Recruit

1. Define First Aid.
2. Demonstrate the correct method for treating each of the following:
  - a. Bruise
  - b. Small cut
  - c. Nosebleed
  - d. Minor burns

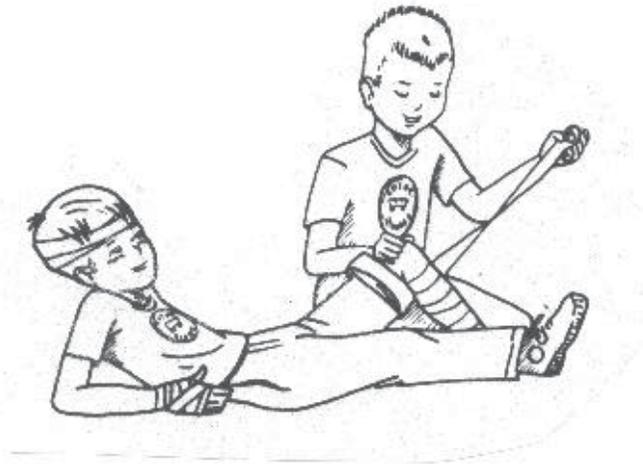
#### Camper

1. State the three main things to check when administering First Aid and demonstrate the treatment for each.
2. Demonstrate the correct method for treating each of the following:
  - a. Insect bites
  - b. Blisters
  - c. Splinters
  - d. Burns
  - e. Bleeding from large wounds
  - f. Fainting
  - g. Internal poisoning
  - h. External poisoning
  - i. Sprain
  - j. Sunstroke
  - k. Ticks

# UNIT 4

# FIRST AID

## CHAPTER 1 - First Aid



*Lutheran Pioneers, Inc.  
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#### Frontiersman

1. Demonstrate the correct method for treating each of the following:
  - a. Earache
  - b. Eye injury
  - c. Fracture
  - d. Frostbite
  - e. Hypothermia
  - f. Heat Exhaustion
  - g. Puncture wound
  - h. Severe bleeding
  - i. Snakebite

# Applying God's Word to the Lesson

## DEVOTION #1

Jeremiah 17:9,14 *The heart is deceitful above all things and beyond cure. Who can understand it? Heal me, O Lord, and I will be healed; save me and I will be saved, for you are the one I praise.*

According to *A Boy's Handbook*, first aid is "the immediate care given to an injured or sick person until the services of a physician can be obtained."

In order to care for someone who is sick or injured, it helps if you can figure out what is wrong with the person. Sometimes it's easy to spot a person's injury. We can usually tell if someone has been burned or wounded. Once we know something about the kind of injury a person has, we can immediately go to work, using our first aid skills to try to help. We can bandage wounds and burns. We can treat people for shock. But our first aid training won't make us doctors. There are many kinds of injuries and illnesses that we won't be able to treat even after we take our first aid course. For example, we won't be performing any surgeries. Our first aid course won't train us to do heart transplants either. The course will help us help others in many ways, but there are certain injuries and illnesses we'll never be able to cure.

In our Scripture reading, the prophet Jeremiah talks about an illness that you and I are helpless to cure. That's unfortunate because it's an illness every person is born with. It's a serious spiritual problem. It's a heart problem.

Every person is born with a bad heart, one filled with sin. You and I were born with a sin-sick heart. Our hearts were bad, and there wasn't a thing we could do to help ourselves. We were in need of immediate first aid, but there was no one on earth who could help us. We needed a heart transplant before we died of sin and went to hell, but no doctor here could give us one. The only one who could give the kind of first aid we need was God.

Because God is love, he came to our rescue. He gave us the healing we needed. He sent Jesus to be our Savior. He sent Jesus to live for us and to die in our place. Then, at the time of our baptism, he put the heart of Jesus inside each of us, a heart that is healthy and that beats strong with love and praise for God, who saved us.

Now we have what we need to give help to other sinners. We all know people who don't know Jesus. They need help immediately. They're dying of the same sin-sick heart that we once had. We can point them to Jesus and tell them about what he has done to give them a new heart, so that together with us they can live forever.

PRAYER: Dear Jesus, as we learn the first aid that will help others who are physically sick or hurt, help us always to remember to point others to you for the first aid that they need for the heart. Teach us to care about sinners everywhere and use us to help them. In your name we ask it. Amen.

HYMN: 324 v.1,2,6 (TLH) 304 v.1,2,6 (CW)

# Applying God's Word to the Lesson

## DEVOTION #2

TEXT: Matthew 4:23

THEME: Jesus - Our First Aid Instructor

During his ministry Jesus chose to heal many people of every kind of sickness and disease. Why did he do this? Jesus healed because he is love. He did miracles not just to take away the aches and pains of their bodies but also to take away the aches and pains of their souls. Jesus went around instructing people about the best kind of first aid. Jesus told people all about himself and how he came to pay for their sin by giving up his life on the cross. He told them how he would rise from the dead on the third day to prove that he was the Savior.

Jesus knew that the people would find his words hard to believe. He wanted to show them that he really was God's Son, as he claimed. As God's Son, Jesus would have all the power he needed to do wonderful things, including healing people. Jesus' first aid miracles served as proof that all his teachings were true.

As Jesus' followers, when you and I use first aid to help others we prove something too! We show the people we help and others around us that the love of Jesus lives in us. We show our faith in Jesus' words and instruction about himself. We show others that Jesus is still the powerful Son of God who heals the hurts and pains of people through the loving actions of his followers.

PRAYER: Jesus, through the instruction of your Word you have given us faith to believe that you came to our aid and took away our sins. May the faith you have worked in us show itself through our desire and our efforts to help others with the first aid skills we will learn today. Amen.

HYMN: 134 v.1,3 (TLH) 82 v.1,3 (CW)

## DEVOTION #3

TEXT: Psalm 103:1-3

THEME: Jesus Heals My Body and Soul!

## OUTLINE

1. Each sickness and injury we suffer reminds us that we are sinners living in an imperfect, sinful world. Specific sins lead to some injuries (e.g., bike injury for careless riding).
2. We can thank God that our injuries and illnesses are never punishments for any of the sins we commit. Jesus was punished for all our sins. No more punishment is necessary or required by God.
3. With David, we praise God first and foremost for the free forgiveness he gives us for Jesus' sake. And like David we give credit and praise to God for healing all our diseases.

## Additional References:

- Exodus 15:26
- Deut. 32:39
- 2 Kings 5:3
- 2 Kings 20:5
- 2 Chronicles 7:14
- 2 Chronicles 36:16
- Job 5:18
- Psalm 6:2
- Psalm 41:4
- Psalm 147:3
- Proverbs 16:24
- Jeremiah 30:17
- Jeremiah 33:6
- Hosea 6:1
- Malachi 4:2
- Matthew 8:7
- Matthew 10:8
- Luke 4:23
- Luke 6:19
- Luke 8:43
- Luke 9:1
- Luke 10:33
- Acts 28:27
- James 2:16
- James 5:15
- Revelation 3:18
- Revelation 22:2

## 1 Introducing the Lesson

While First Aid should never be fun to use, since it means that someone has been injured or harmed in some way, it can be fun to learn. If you should use games or other methods for teaching this lesson that are “fun,” remind the Pioneers that, when you really use first aid, it is important to stay calm and avoid panicking, but it is not a game. Your proper response is important for the person you are assisting. On that note, one of the most important things to teach in this lesson is to stay calm. As a leader, you need to demonstrate this and talk through the steps you are taking.

The next most important thing to teach is the process of first aid. First, identify the injury (or injuries) and its severity; then, provide the proper treatment.

Also, stress that you are only there to help treat minor injuries and to control major injuries until other help can arrive. Pioneers trained in first aid are not expected to be doctors!

To introduce the lesson, you might fake an injury yourself or have another boy or leader fake an injury and demonstrate how to deal with it properly.

You could also display a variety of items that could be used to administer first aid and ask what they have in common.

## CHAPTER 1 - FIRST AID

*How good it is to sing praise to our God, how pleasant and fitting to praise Him. He heals the broken hearted and binds up their wounds. Psalm 147:1-2*

David was a shepherd who took care of his father's flocks. As any good shepherd he would bind up the wounds of his sheep when they were injured. While he tended his sheep, he could not help but remember that his Good Shepherd, God, did the same thing for him. Through faith in Jesus Christ, we also know that "by His wounds we are healed" from the disease of sin. May we praise the Lord, as we learn to help those who are sick or injured, that we have been healed of the greatest sickness of all, sin.

"First Aid is the immediate care given to an injured or sick person until the services of a physician can be obtained." This is the opening sentence in the American Red Cross First Aid Textbook for Juniors, and is the definition of First Aid. Notice that first aid is the immediate care that is performed before the doctor arrives. First aiders are not expected to be doctors nor to have a great knowledge about medicine. If you are called on to administer first aid to an injured person, you must be able to recognize and treat some very important problems. Knowing what to do and what not to do before the doctor arrives is expected.

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### Possible Materials for Teaching and Demonstrating this Lesson

**Grease paint for artificial bruises and blood**

**Petroleum jelly for artificial blisters**

**Ice**

**First Aid Kit**

**Videos from the Lutheran Pioneer National Office**

After you have read and studied this chapter, you will be able to recognize and treat some injuries.

### **BRUISE**

What is a bruise? A bruise is an injury, such as a black eye, where the skin turns a darker shade of color because the blood vessels are broken. The treatment for a bruise is to place something cold on the injured area to prevent additional tissue swelling and to slow down the internal bleeding. A handkerchief dipped in cool water or an ice cube wrapped in a cloth works very well.

### **BURNS**

Burns are classified according to the degree of skin damage. A first degree burn can be recognized by a light redness of the skin with some swelling and pain. You can get a first degree burn from the sun (sunburn) or touching something that is hot, like a frying pan. A second degree burn will cause the skin to turn a darker red color and blisters will begin forming around the area that is burned. You can get a second degree burn from the sun, from a fire, or being scalded by hot liquids. The treatment for both degrees of burns are the same. It is important to cool the burned area as soon as possible. This can be done by soaking the burned area in cold water or by applying cold water soaked pads. In third degree burns, there is deep tissue damage. Medical attention is urgently needed by the victim. Treat these by covering the burned area with a thick, clean, dry

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These items could include a handkerchief, a stick, a pocket knife, an ice cube, a towel, and other objects.

Remember, as you are teaching this lesson, that you are not training doctors (nor should you assume that all doctors know how to administer first aid). Neither you nor your Pioneers will be able to treat every injury or illness. But you should know how best to respond to nearly every situation to lend some assistance or reassurance until professional aid arrives.

For this reason, it is important to teach basic concepts that can be applied to numerous situation, grouping injuries together in categories. While the older boys should be able to remember treatments for all of the cases listed in *A Boy's Handbook*, the younger boys will more easily remember some basic ways to recognize injuries and some common basic treatments.

In summary, the things to remember as you prepare for and teach this lesson are:

- Keep it simple and straightforward (avoid many “but if”s or “unless”es).
- Categorize injuries by their symptoms and/or treatments.
- Review regularly.

## **Other Possible Materials for Teaching and Demonstrating this Lesson**

Red Cross or American Heart Association Teaching Materials

Standard supplies available to a camper in the woods (pocket knife, handkerchief, etc.)

Charts or other teaching illustrations

Volunteer “victim” (a real person or a dummy)

Index Cards and Yarn, String, or Binder Rings

## 2

### Teaching the Lesson

You will need to spend some time in advance to review for yourself the basics of first aid (something which, as a leader, you should do anyway). You will not be convincing to the Pioneers that this chapter is important for them to learn if you are constantly referring to the Handbook as you teach the lesson.

#### “Expert” Presenters

If you wish to have someone to present the lesson to the boys other than yourself, be careful that they can talk on the level of the boys they will be dealing with. For experts in this field, first aid is second nature, and they may be tempted to explain things with more detail than is necessary for our purposes. They also may not understand the difficulties the boys have in learning the information in the chapter. With that said, here are a few ideas.

- An emergency medical technician (EMT) or paramedic is trained to deal with emergencies and often has access to a considerable supply of equipment, some of which your Train may not be able to afford (e.g., resuscitation dummies).
- An emergency room nurse or doctor can also deal with nearly any medical emergency and can talk about this.

bandage or with clean plastic wrap or plastic bags. The burned area is especially sensitive to infection and should be kept as clean as possible. Also treat for shock.

#### **BLISTERS**

Most blisters appear on the feet and hands because of something continually rubbing against the skin. At first, the skin will turn red and become tender. If the rubbing continues, a blister will be formed. The blister is a cushion of water; the body's way of protecting the skin from further injury. Never break a blister. The best treatment is to keep it clean and covered with a bandage or moleskin.

#### **INSECT BITES**

There are many insects that annoy us with their bites. Chiggers, ants, flies, ticks, gnats and mosquitoes are just a few. The treatment for these bites is to dab a small amount of calamine lotion on the area to relieve any itching or minor pain.

#### **SMALL CUT**

When you have a small cut, you should guard it against germs and infection. Wash the wound with soap and water and apply an antiseptic such as Merthiolate. You should then cover the wound with a bandage.

#### **NOSEBLEEDS**

If your nose starts bleeding, the easiest way to stop it is to apply a cold, wet cloth directly to the nose or to pinch the nostrils between your fingers for a

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### **IMPORTANT CHANGES OR ADDITIONS TO THIS CHAPTER**

- For insect bites, an allergic reaction can cause swelling or hives. This is a serious situation, in which you should seek emergency help.
- If a splinter is imbedded and can't be seen, don't try to remove it. Get the help of another adult or physician.
- If direct pressure doesn't stop the bleeding (which it will in 90% of cases), try elevating the wound, pressure points, and tourniquets (as a last resort).

few minutes while tilting your head back. The bleeding should then stop.

### SPLINTERS

Splinters are small fragments of wood, metal or glass that enter and break off just below the surface of the skin. The easiest way to remove them is with tweezers or a sterile needle. Once the splinter is removed, the area should be treated as you would a small cut, by washing and then covering with a bandage.

### EARACHE

When someone complains of an earache or an insect gets in the ear, a few drops of warm water, warm milk or mineral oil placed in the ear will help relieve the pain. A small wad of cotton in the ear will help keep the liquid in. A hot water bottle may also help ease the pain.

### EYE INJURIES

If someone has been poked in the eye, it is best for a doctor to examine it. If the injury is serious, both eyes should be bandaged to prevent further damage by eye movement. If a small piece of dirt is in the eye, tell the victim not to rub it, but have someone gently pull on the eyelids to locate the foreign particle. Once it is found, it can be easily lifted off with the corner of a handkerchief or other clean cloth.

### FAINTING

Fainting is caused by a lack of blood to the brain. If the person feels like fainting, but is still conscious, have him sit down with his head between his legs.

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- Some members of the police or fire department will be trained in first aid and can provide some training.
- A representative of a poison control center can speak about dealing with poisoning, a topic that can be quite difficult.

#### Field Trips

There are few opportunities for visits directly related to first aid. However, you might find some concerning emergency situations.

- Some small hospitals, police departments, university extensions, or other organizations may offer occasional first aid or CPR training free or for a nominal fee. It is not hard to find more of these, if you are willing to pay more money for taking classes.
- You might tour a rescue squad at a fire department or hospital to see how they are ready to react to situations.
- You could also tour an emergency room for the same purpose.
- You might travel to a park or somewhere else to complete a compass/first aid course (see chapter 3.2) that you have set up.

## MORE IMPORTANT CHANGES OR ADDITIONS TO THIS CHAPTER

- If a victim has fainted or is otherwise unconscious, tilt the head back to assure that the air passage is open for breathing.
- For a nosebleed, DO NOT tip the head back, as it only causes swallowed blood and other problems. Tip head forward and hold for a minimum of 7 minutes.
- With earaches, try to determine the cause. If wax buildup is obvious, warm liquids and cotton swabs. If it is infected, DO NOT put anything in the ear.

**Other Resources**

There are other resources available to help you learn more about first aid before you present the lesson. These might give you new ideas or tools to use for presentation. Try to use the most current information available. This will have the most recent medical suggestions and often the simplest treatments.

- *The Boy Scout Handbook* and *Fieldbook* both provide extensive information about first aid with several illustrations. There is considerable information in these books that is not in *A Boy's Handbook*. Use your discretion to choose what is necessary and practical.
- The Lutheran Pioneer Library has a number of videos available for first aid.
- You may also borrow similar videos from the American Red Cross, American Heart Association, local library or other training organization.
- Certain internet sites may offer good summaries of first aid treatments.

**Projects & Activities**

Getting the boys involved in various projects and activities will keep them interested in the subject matter and make it memorable for them. With a little creativity, you can fake most injuries, so

If he has fainted, lay him down and keep his head lower than the rest of his body.

**FRACTURE**

If a person has a broken bone, the area will be painful, very tender, swollen and discolored. Treat him for shock and move him as little as possible. If you have to move the victim, immobilize the fracture with a splint. To immobilize a limb properly, you should splint the joints above and below the fracture. Don't bind the splint too tight so that the circulation will be cut off. If a broken bone protrudes through the skin, the limb should be sterilized in position and the wound covered with a wet, thick, sterile gauze pad and bandaged firmly in place. Don't try to cleanse the wound and do not try to straighten the limb to a natural position.

**FROSTBITE**

Frostbite occurs when your skin has been exposed to cold temperatures and it is beginning to die. Frostbite normally occurs in your feet, hands, nose or ears. It can be quite painful. Get the victim to a warm shelter as soon as possible and have him drink warm liquids. Thaw slowly with lukewarm (NOT HOT) water or by gently wrapping in a warm blanket or clothes. **DO NOT RUB THE AFFECTED AREA WITH SNOW OR YOUR HANDS, NOR PLACE IT NEXT TO A HEAT SOURCE SUCH AS A STOVE OR FIREPLACE.**

**HEAT EXHAUSTION**

Heat Exhaustion is caused by too much heat and insufficient body salts.

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**MORE IMPORTANT CHANGES OR ADDITIONS TO THIS CHAPTER**

- For eye injuries, try to remove the object. Flush with water from the nose out if necessary. If the object can't be removed or one eye is damaged more seriously, cover BOTH eyes, since both eyes move together.
- If possible identify the snake that bit the victim, and apply cold to the bite.
- In sunstroke, if the person has stopped sweating already, DO NOT give him something to drink. Cool him off with ice and wet towels and get help.

The victim's face will be pale and sweaty and breathing will be shallow. The victim may also vomit. Treat him for shock by keeping him warm and his head lower than his body. If the victim is conscious, he can be given small amounts of salted water (one teaspoon of table salt to 1 pint of water).

### HYPOTHERMIA

When the body is exposed to chilling temperatures for an extended period of time, the internal body temperature begins to drop. When this happens, the victim will begin to lose coordination and as the internal temperature continues to drop, he will become drowsy and possibly incoherent. If he is not treated immediately, he will lose consciousness and die.

Hypothermia can occur even when the outside air temperature is 50 degrees and it is windy and raining. It is important to get the victim out of his wet clothes, under a shelter, into a warm sleeping bag and drinking warm fluids. If hypothermia is in advanced stages, the victim will be unable to produce his own body heat and someone will have to be in the sleeping bag with him to provide the necessary heat.

### POISONING, INTERNAL

The symptoms of internal poisoning are stomach pains, headaches, vomiting and possible burning around the mouth. The first thing is to determine what type of poison has been injected. As a general rule, if the poison is an acid, do not induce vomiting but rather neutralize it by having the victim drink a mixture of

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that the boys can practice treating them. Simply reading or theoretical teaching of this lesson will not be successful. Here are some ideas for teaching *First Aid*.

- Use red and black grease paint to create fake bruises and blood to demonstrate their treatment.
- Use petroleum jelly to create fake blisters in order to demonstrate their treatment.
- Check for breathing with two volunteers, one holding his breath and the other breathing normally or slowly.
- Have a compass/first aid course. See page 3.2.8.
- Make a pocket first aid guide by writing each injury and its symptoms and treatment(s) on an index card. You might then laminate the cards. Punch a hole or holes in one edge of the card and bind them together with string, yarn or metal binder ring(s).
- Have several experts come in to teach different skills at different stations. One station could be an ambulance tour in the parking lot.

#### AV Materials For This Chapter Available from Lutheran Pioneers

AV 301 *BURNS, SHOCK, BLEEDING AND POISON* - 15 Min. each - Ages 8-13

AV 302 *RESCUE, FRACTURES, ART. RESPIRATION, REVIEW* - 15 Min. each - Ages 8-13

AV 303 *CPR for BYSTANDERS* - 30 Minutes - Ages 10-13

AV 304 *EMERGENCY LIBRARY* - 2 Hours - Ages 10-13

AV 305 *HOW TO SAVE YOUR CHILD OR BABY* - 40 Minutes

AV 406 *THERMAL WILDERNESS* - 29 Minutes - Ages 10-Adult

AV 407 *BY NATURE'S RULES* - 27 Minutes - Ages 10-Adult

### 3 Practicing and Testing the Material

The best way to practice and test first aid is by treating fake injuries. Since this can be done in any location, you should have no problem testing in this manner at any time of year. Some of the other activities in this lesson can be used for first aid testing and practicing.

For this chapter, a written test can be used, but this should be reserved for use as a reinforcement of practicing the skills or as a quick review.

When a first aid situation arises at a campout or outing, you can encourage your Pioneers to treat the injury under the supervision of a leader, if possible. This can be a great teaching opportunity.

You can also test some of the older boys by having them teach the younger boys some simple first aid techniques and skills.

baking soda and water or milk. If the poison is a caustic or alkaline solution, it is best to try to get the victim to vomit by drinking salt water or sticking your fingers down his throat. If you are unable to determine what type of poison the victim has taken, do not do anything except to keep the victim calm and quiet. Obtain medical help immediately.

#### POISONING, EXTERNAL

There are several plants that can cause your skin to react adversely when you come in contact with them, including poison ivy, poison sumac and poison oak. If you know that you have touched one of these plants, wash the affected area with soap and water and rinse with alcohol. If the skin does break out, the itching can be reduced by applying calamine or some other lotion, specifically designed for skin poisoning.

#### PUNCTURE WOUNDS

Whether you step on a nail or get a fish hook caught in your finger, there is always the danger of lockjaw with a puncture wound. The nail is easy to remove but a fish hook should be pushed all the way through your finger until the barb is sticking out the other side. The barb is then cut off and the fish hook pulled back out. If the fish hook is not very deep, try backing it out. With a finger or thumb, press down firmly on the shank of the hook near the bend. This disengages the barb from the tissue. Looping a length of string around the bend of the hook, pull firmly, jerking the barb out. Treat any puncture wound by washing

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### Expanding the Lesson—Artificial Respiration and Cardiopulmonary Resuscitation (CPR)

If you are looking for ways to expand this lesson either for Troopers who have already completed their Frontiersman objectives or simply to mix it up and give your boys a little more information, consider doing more extensive training in artificial respiration and CPR. If possible, this is a good skill for the older boys to at least learn the basics. Methods have been simplified over time. For instance, CPR for bystanders no longer requires checking for pulse (something that can be quite difficult). Get the latest instructional materials from the American Red Cross, American Heart Association, or local Emergency Medical Systems. Some organizations like this may have resuscitation dummies that you might be able to use for practicing these skills.