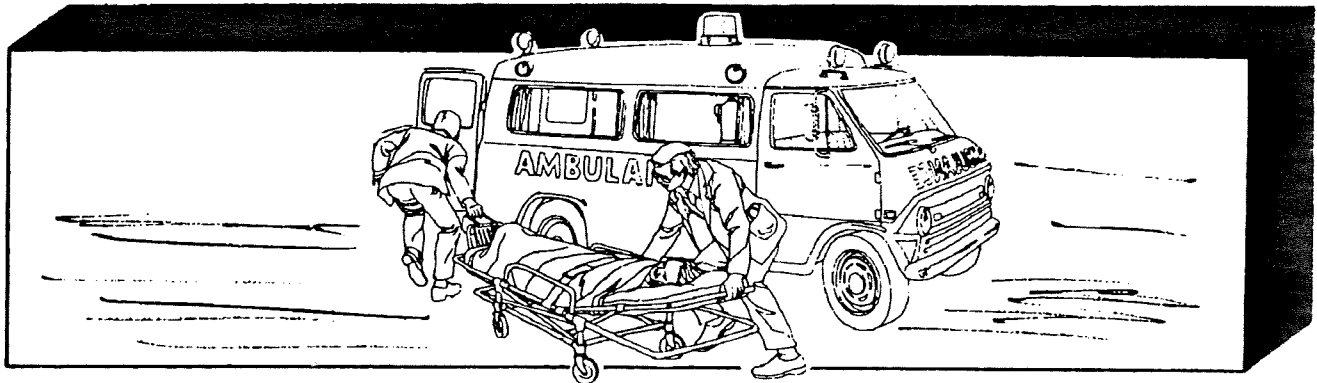


# LEADERSHIP TRAINING COURSE

## SECTION VI FIRST AID

*Alternative for those who are unable to attend the standard first aid course  
offered by the American Red Cross*



Written By  
NORMAN COOPER

<> <> <> <> <> <> <>

Royal Rangers  
Men's Ministries Department  
Assemblies of God

*Revised November 12, 1993*

**FIRST AID SECTION OF THE  
ROYAL RANGERS  
LEADERSHIP TRAINING COURSE**

It is desired that all men taking the Royal Rangers *Leadership Training Course* complete the *American Red Cross First Aid Course*.

However, realizing that oftentimes, limits such as distance, job considerations, cost, and other factors prohibit men from being able to complete that requirement, this workbook is designed to give you basic knowledge of first aid and satisfy the first aid training requirement.

As in previous booklets, a passing grade is required for completion.

Trail Rangers, Sea Rangers, Air Rangers, and Trailblazers who desire to earn the First Aid Merit of the Advanced Merits section may substitute this workbook for that merit.

**TEXTBOOKS**

1. ROYAL RANGERS HANDBOOKS (*ordered from the Gospel Publishing House*)

<i>PIONEERS HANDBOOK</i>	(for boys 9-11 years)	Order No. 02-0682.
<i>TRAILBLAZERS HANDBOOK</i>	(for boys 12-14 years)	Order No. 02-0683.
<i>AIR-SEA-TRAIL RANGERS HANDBOOK</i>	(for boys 15-17 years)	Order No. 02-0693

Each of these handbooks can be ordered from the Gospel Publishing House, 1445 Boonville Avenue, Springfield, MO 65802-1894. Commander and lieutenant commander trainees should select the handbook which corresponds to the outpost group they will be handling. If they will be working with a combination group (excluding Buckaroos), we would suggest ordering the *TRAILBLAZERS HANDBOOK*, as this handbook combines methods used in both the *PIONEER* and *AIR-SEA-TRAIL RANGER HANDBOOKS*. Outpost Councilmen and outpost chaplains should secure a copy of the *TRAILBLAZER HANDBOOK* for general training rather than specializing in one group.

2. *AMERICAN RED CROSS FIRST-AID HANDBOOK*--This book contains all the information necessary to qualify as an "expert" in first aid. One *CAMPING AWARD* requirement is that the recipient be proficient in the techniques and methods of first aid. This book can be ordered from any American Red Cross office in the United States.

Since this workbook satisfies the first aid requirements in Book IV of the *Leadership Training Course*, there is no pin for this workbook.

## THE PURPOSES OF FIRST AID

### Studying the purposes of First Aid

Air-Sea-Trail Rangers Handbook .....  
Trailblazers Handbook .....  
Pioneers Handbook.....

Read pages 107-120  
Read pages 22-33  
Read pages 26-35

## APPLYING THE PURPOSES OF FIRST AID

Write a brief paragraph on why you believe Royal Rangers should know first aid.

### TESTING FIRST AID

1. \_\_\_\_\_ is the immediate care given to anyone who is badly hurt.
2. First aid is the \_\_\_\_\_ aid you give someone before the \_\_\_\_\_ arrives.
3. Things to do when giving first aid to someone seriously hurt or seriously ill include:
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
4. A \_\_\_\_\_ - \_\_\_\_\_ is a necessity for each outpost group.
5. Each \_\_\_\_\_ should know where the kit is located.
6. Place a \_\_\_\_\_ on wound and spiral wind the \_\_\_\_\_ around it.
7. \_\_\_\_\_ are useful as an emergency cover, arm sling, dressing, and for other purposes.
8. \_\_\_\_\_ will revive a person who has fainted.
9. \_\_\_\_\_ is good for insect bites or stings.
10. \_\_\_\_\_ is good for sponging skin exposed to poison ivy.
11. If drinking water is not guaranteed to be pure, \_\_\_\_\_. Treat it with a \_\_\_\_\_ or \_\_\_\_\_ or use \_\_\_\_\_.
12. One- or 2-inch \_\_\_\_\_ has many uses in first aid work.
13. A \_\_\_\_\_ should be used to wash wounds.
14. \_\_\_\_\_ are good to use on small cuts or wounds.

## TESTING FIRST AID PROCEDURES

1. Describe first aid for a simple wound. \_\_\_\_\_  
\_\_\_\_\_
2. Describe first aid for a large wound. \_\_\_\_\_  
\_\_\_\_\_
3. Use a pair of \_\_\_\_\_ to pull a \_\_\_\_\_ from under the skin. Then work \_\_\_\_\_ well into the wound.
4. Describe first aid for burns. \_\_\_\_\_  
\_\_\_\_\_
5. Where there is an accident, there may be \_\_\_\_\_.  
\_\_\_\_\_ the person \_\_\_\_\_. Keep him \_\_\_\_\_. Place something under his \_\_\_\_\_.  
If the person is having \_\_\_\_\_ difficulty, \_\_\_\_\_ the \_\_\_\_\_ and \_\_\_\_\_ the \_\_\_\_\_ and \_\_\_\_\_.
6. Describe first aid for fainting. \_\_\_\_\_  
\_\_\_\_\_
7. Describe first aid for a nosebleed. \_\_\_\_\_  
\_\_\_\_\_
8. A black eye is a \_\_\_\_\_. Describe first aid for a black eye. \_\_\_\_\_  
\_\_\_\_\_
9. When a person is bleeding, apply \_\_\_\_\_ to wound and \_\_\_\_\_ the injured part.
10. \_\_\_\_\_ are injuries to the soft tissues surrounding joints.  
The \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ are most often affected.
11. Describe first aid for a blister. \_\_\_\_\_  
\_\_\_\_\_
12. If you have been in contact with \_\_\_\_\_, \_\_\_\_\_ or \_\_\_\_\_, wash the area with strong soap and water, then sponge it with \_\_\_\_\_.

### True-False (Circle T or F)

1. It is really not important to know basic first aid. T F
2. Any type of box will do for a first aid kit, if it is sturdy and well marked. T F
3. The word *first* in first aid suggests more aid will follow. T F
4. Always tell your patient how bad his injury looks. T F

- |  |     |
|--|-----|
| 5. Arterial bleeding is considered a simple wound.   | T F |
| 6. Boys do not need to learn the pressure points as long as a trained commander knows first aid techniques.        | T F |
| 7. A broken blister should be treated like any other wound.  | T F |
| 8. Poison Sumac is just a Indian nickname for a harmless plant.  | T F |
| 9. A solution of baking soda is good for areas infected by poison oak.   | T F |
| 10. Most wounds can be cared for by applying direct pressure, cleaning, applying medicine, and applying a bandage. | T F |

### ARTIFICIAL RESPIRATION

Number these steps in the order you would do them:

- \_\_\_ Tilt the head back so the chin is pointing upward.
- \_\_\_ Open your mouth wide and place tightly over victim's mouth; pinch nostrils shut.
- \_\_\_ If there is foreign matter visible in the mouth, wipe it out quickly.
- \_\_\_ Pull or push the jaw into a jutting-out motion.
- \_\_\_ Blow into victim's mouth.

(The following section is in the Trailblazers and Air-Sea-Trail Rangers handbooks only)

### POISONING

1. \_\_\_\_\_ the poison with large amounts of \_\_\_\_\_ and \_\_\_\_\_, or \_\_\_\_\_, which gives more protection to the \_\_\_\_\_.
2. Dilute until \_\_\_\_\_ occurs.
3. Keep the person \_\_\_\_\_ until \_\_\_\_\_ is removed from the \_\_\_\_\_.
4. If an \_\_\_\_\_ is indicated on the label, give as directed.
5. For \_\_\_\_\_ give water and \_\_\_\_\_ of \_\_\_\_\_ to neutralize the acid.
6. \_\_\_\_\_ may be used if there is no milk of magnesia.
7. In the case of strong acids, DO NOT \_\_\_\_\_.
8. For alkalies, such as lye, give a \_\_\_\_\_ of \_\_\_\_\_ with \_\_\_\_\_ or \_\_\_\_\_ to \_\_\_\_\_ the alkali. Follow with \_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_ to protect stomach linings.

9. In kerosene poisoning, vomiting (should, should not) be induced. (Choose one).

### FRACTURES

Match the term with the definition.

- |                       |   |
|-----------------------|---|
| ___ Fracture          | a. Both bone and skin are broken                                  |
| ___ Simple Fracture   | b. an object made of wood or metal to keep a broken bone in place |
| ___ Compound Fracture | c. the bone is broken, but skin is not.                           |
| ___ Splint            | d. a broken bone  |

1. It is important to keep persons with fractures \_\_\_\_\_ until the limb is splinted.  
" \_\_\_\_\_ them where \_\_\_\_\_."
2. The most common form of splint is a \_\_\_\_\_, which should be \_\_\_\_\_  
\_\_\_\_\_ before it is applied to the \_\_\_\_\_.

### ADDITIONAL FIRST AID TRAINING

#### The Three B's

The three B's is a simple way to determine the needs of a victim, and a good way to determine which victim needs the prompt attention if several are hurt. The three B's are: BREATHING, BLEEDING, AND BROKEN BONES.

#### BREATHING

If someone is lying down, or collapses, your first concern is to see if they are conscious. The best way to do this is to firmly take the victim's shoulder, gently shake, and shout, "Are you okay?" (Remember to immediately send for help).

If the person is unconscious, check for breathing. You have only a few minutes to save a life of someone whose breathing has stopped. Permanent brain damage can occur within 4 minutes or less.

The best method is the "A Quick Check" method.

A = Airway: Tip the head and check for breathing. Quick = Give 4 quick, full breaths if victim is not breathing.  
Check = Check pulse and breathing.

Pulse can be found in the groove in the side of the neck. Keep head tipped back, place the fingertips of your hand on the Adam's apple, then slide your fingers into the groove at the side of the neck.

If victim does not respond and is not breathing, but has a pulse, proceed immediately with artificial respiration, and continue until the person starts breathing on his own or until help arrives.

If a victim does not respond and is not breathing, and has no pulse, proceed with CPR. If you have not been trained in CPR, give mouth-to-mouth breathing.

If a conscious victim is choking or having trouble breathing, ask, "Can you speak?" If the airway is blocked, there may be a high-pitched noise when inhaling, and very weak or no coughing. Signs of breathing difficulty are gasping, choking, coughing, wheezing, and grasping the throat.

Two methods of first aid are available. Remember, if the victim is coughing forcefully, let him alone, and encourage him to cough. If this does not work, there is the back blows and the abdominal thrust.

**BACK BLOWS**--Stand behind the person, a little to the side. Support the person with one hand on his chest. Bend him over so his head is lower than his chest. Give 4 quick blows over the spine, between the shoulder blades. Hit with the heel of your hand.

**ABDOMINAL THRUST**--If 4 back blows do not dislodge the object, give 4 thrusts. Place the hand in a fist, put the thumb of your fist midway between the waist and the bottom edge of the rib cage, grasp your fist with your other hand, and press it into the victim's abdomen with a quick inward and upward thrust. **DO NOT PUSH ON THE EDGE OF THE RIB CAGE OR XIPHOID.**

## BLEEDING

Review in the handbooks the methods of how to stop bleeding. NOTE: If you use a pressure point, **KEEP** using direct pressure and elevation. **ADD** the pressure point.

## TOURNIQUET

When you use a tourniquet, you risk sacrifice of a limb to save a life. Never apply a tourniquet unless loss of life is a threat. The tourniquet is **THE LAST RESORT** to stop bleeding.

When you apply the tourniquet, apply it just above the wound or amputated part of the limb. Make it tight enough to stop all bleeding!

Never apply a loose tourniquet; it will only reduce the flow of blood, not prevent the loss of blood. Once a tourniquet is applied, **LEAVE IT ALONE**, and never loosen it. Place a "T" on the person's forehead, so the doctor will know to look for it. If nothing else, use the victim's blood to write "T" on the forehead.

## BURNS

The severity of a burn is determined by the depth of the burn, called "degree," size of the burn, and location of the burn.

Age and physical condition are contributing factors to the seriousness of burns.

Burns can become infected, especially if blisters are present or if there is a loss of skin.

The four critical areas of the body are the hands, feet, face, and genitals.

If a person is burned in the face, be alert for injury in the breathing passage.

First-degree burns involve only the surface layers, and the skin may be pink or reddish. A mild sunburn, or burn from a hot pan, are two causes. Few or no blisters result.

A small second-degree burn goes deeper into the underlayers of the skin, and there are small blisters. Swelling is associated with second-degree burns, and the swelling and blistering are sometimes delayed.

A deep second-degree burn will have large blisters, and skin may be burned away. If a burn is open, it will ooze clear body fluid.

A third-degree burn goes all the way through the skin, may involve bone, muscle, or other tissue. It may be red and raw with ashy white or black charred areas. These burns destroy nerve endings, and may hurt less than a second degree burn. Absence of pain does not mean that a burn is mild.

Second- and third-degree burns need immediate medical attention.

First-degree burns can be submerged in water until pain subsides. DO NOT put water on an open burn, since it increases the danger of infection. Cover instead with a thick, dry, sterile dressing. Never remove clothing that is sticking to a burn.

### HELPFUL TIPS TO PROPER FIRST AID

1. Act promptly--Send for help, examine victim quickly using the THREE B's method.
2. Start mouth-to-mouth resuscitation if breathing has stopped. PLAN NOW TO TAKE THE AMERICAN RED CROSS CPR COURSE.
3. Look for shock after checking and taking care of the Three "B's" Treat for shock if in doubt. Signs of shock include pale face; cold skin; rapid, weak pulse; and fainting.
4. Give aid at once for poisoning.
5. Handle with care--Don't move a victim unless you have to. If you have to move someone, use a stretcher or make one.
6. Splint bones, take care of burns, bandage wounds, and keep rechecking until medical help arrives.

### TESTING FIRST AID ADDITIONAL TRAINING

TRUE - FALSE ( Circle T or F)

- |   |     |
|---|-----|
| 1. Four B's are great for first aid   | T F |
| 2. The A in "A Quick Check" means ALERT   | T F |
| 3. Your first concern for a victim is to check for consciousness.               | T F |
| 4. Broken bones is the second "B" you need to check.                            | T F |
| 5. The groove in the side of the neck is a good place to check pulse.           | T F |
| 6. Ask, "Are you choking?" to a person who has trouble breathing.               | T F |
| 7. Back blows and abdominal thrust are proven methods to help a choking victim. | T F |



8. Once you start with the pressure point procedure, discontinue with direct pressure since pressure point is more effective. T F
9. A tourniquet is an easy and safe way to take care of bleeding. T F
10. After applying a tourniquet, you should never take it off. T F
11. You should always place a "T" on the victim's head when a tourniquet is applied. T F
12. First-degree burns never have blisters or infection. T F
13. The worst burn is a deep second-degree burn. T F
14. You can gauge the severity of a burn by the amount of pain the victim is having. T F
15. Water is effective on open burns because it cools the heat. T F
16. You should immediately remove clothing from a burn even if it is sticking to prevent infection and further hurting. T F
17. A second degree burn does not need medical attention if proper first aid practices were used. T F
18. Cold skin, weak but rapid pulse, and fainting are signs of shock. T F
19. Encourage victims to lie still and quiet to prevent further injury. T F
20. Once you have administered first aid, your job is done. T F
21. CPR is not important if you know artificial respiration. T F
22. Knowing first aid could save a life, and applying first aid should always be accompanied with prayer. T F

### FIRST AID GUIDE

This section is provided as a quick reference for basic first aid procedures. You should become familiar with these, and teach them.

Animal Bite	Redness, swelling, and bleeding if skin is broken. Victim may fear the animal.	Wash with soap and water. Cover with a clean bandage. Catch animal and report bite to doctor or hospital.
Asthma Attack	Breathing labored, difficult, and accompanied by wheezing or squeaking sounds.	Place victim in comfortable position, reassure victim, determine if he has medication, and administer HIS medication only after checking the exact dosage.

Blisters	Not caused by burns. Are result of skin being subjected to repeated pressures and excessive rubbing.	Wash area clean, sterilize a needle, open blister from edge, gently squeeze out fluid, and cover with dressing. DO NOT pull off dead skin. Keep clean.
Chills	Shivering, usually associated with a fever.	Put to bed, keep person warm.
Choking	Gasping, weak cough, high-pitched noise when inhaling.	Back blows or abdominal thrust.
Cold	Runny nose, sore throat, headache, run-down feeling, fever, or any combination of these.	Adults--2 aspirins every 4 hours; Children--1 aspirin every 4 hours. Drink fluids, get rest, use nose drops.
Convulsions	Strong, jerking motion, stiff body, and difficult breathing. Bluish face, eyes rolled back, gritting of teeth. Frothy mouth.	Call for doctor, keep patient from hurting himself. Keep him lying down, on side or stomach, do not restrain. Slip something in mouth, between his teeth, if you can (folded handkerchief).
Croup	Noisy, difficult breathing, hoarse, barking cough.	Call doctor immediately; expose to moist air.
Earache	Pain.	Cool or warm compresses. Two or three eardrops if ear IS NOT discharging fluid.
Drowning	Unconscious, pale, or blue skin.	If trained, administer CPR; if not, give mouth-to-mouth resuscitation. Get immediate medical help.
Emotional Problems	Apathy, blank expression, crying, nervous laughter, moodiness, irritability, untidiness.	STAY CALM, be confident in your ability to handle the situation, use gentle authority (creates security), give food or something to drink.
Eye Irritations	Pain, redness, tears.	Flush with water, eyedrops from kit.
Fainting	Pale clammy skin, temporary unconsciousness, shallow breathing.	Lie person down, raise legs higher than body, loosen clothing, apply cold cloth to face.
Frostbite	Skin flushed, then changing to white or grayish yellow. May blister. Cold and numb. Pain.	DO NOT rub area. Quickly warm in lukewarm water (102° to 108°) or let thaw.
Headache	Pain.	Two aspirin, rest a few hours, cold compress on forehead.
Heart Attack	Chest pain, shooting to left shoulder and arm. Difficulty breathing. Lips, skin, and fingernails turn blue.	Call for ambulance. Make victim comfortable. Keep warm, loosen collar. If trained, CPR. If not, mouth-to-mouth resuscitation. Give nothing by mouth.
Heat Exhaustion	Tired feeling, headache, skin pale and clammy. Temperature normal, vomiting may occur.	Lay him down, give sips of salt water, apply cold cloths.
Heat Stroke	Skin hot and dry, no evidence of perspiration, has very HIGH fever. Different from heat exhaustion.	Undress as much as possible. Put to bed in coolest possible place. Sponge body with water or alcohol, administer salt solution.

Insect Bites	Stinging feeling, pain, redness.	For bees, wasps, hornets, remove stinger, apply medicine or paste of baking soda, or calamine lotion. Ticks--Remove carefully, wash with soap and water, prevent infection.
Nosebleed	Blood coming out of nose, may be some pain.	Seat patient, tip back head, squeeze nostrils.
Shock	Victim pale, weak, clammy skin, perspiration on upper lip and forehead. Pulse rate, breathing rate are increased.	Lie the person down. Keep him warm. Place something under feet. If difficulty breathing, lower feet and elevate shoulders and head.
Sunburn	Redness, mild swelling, pain, may be some blisters	Apply burn cream or cold towel. Protect from further sun.
Toothache	Pain	Give aspirin. Use tooth medicine from kit.

### FIRST AID KIT

Every outpost group needs a well-stocked, well-marked first aid kit made of sturdy construction, well marked, and boys need to know where it is, the contents, and how to use them.

- |                                  |                          |                            |
|----------------------------------|--------------------------|----------------------------|
| 1. A 1-inch roll of gauze        | 10. Bandages             | 19. Emergency blanket      |
| 2. Four-inch gauze pads          | 11. Tweezers             | 20. Eye and eardrops       |
| 3. Triangular bandages           | 12. Insect bite medicine | 21. Aspirin or pain killer |
| 4. Ammonia ampules               | 13. Burn creme           | 22. Petroleum jelly        |
| 5. Calamine lotion               | 14. Bandage for sprains  | 23. Stomach medicine       |
| 6. Rubbing alcohol               | 15. Snake bite kit       | 24. Tourniquet             |
| 7. water tablets                 | 16. Baking soda          | 25. First aid book         |
| 8. One- and 2-inch adhesive tape | 17. Scissors             | 26. Cotton balls and swabs |
| 9. Bar of soap--cloth            | 18. Toothache medicine   | 27. Matches                |

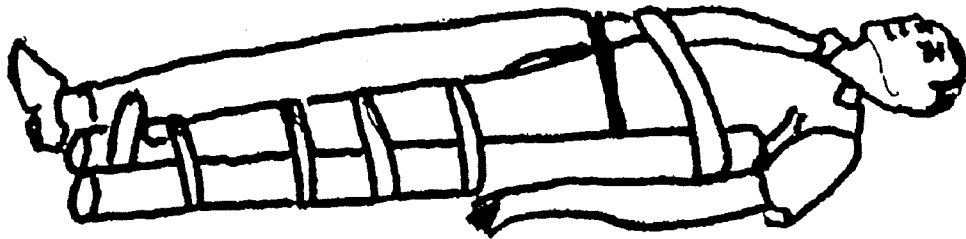
### SPLINTS

Rule Number 1--Do not move the patient until the broken limb is splinted. Splint it where it lies.

Apply splints so they extend beyond the joints above and below the fracture. Splints can be made out of wood, newspapers rolled tightly, poles, umbrellas, or any number of sturdy objects.

Fasten a splint in place with bandages or strips of cloth, handkerchiefs, belts, etc. After splinting the limb, elevate it above the level of the heart with pillows.

Pad the splint to prevent the patient from being uncomfortable.



TRIANGULAR BANDAGE

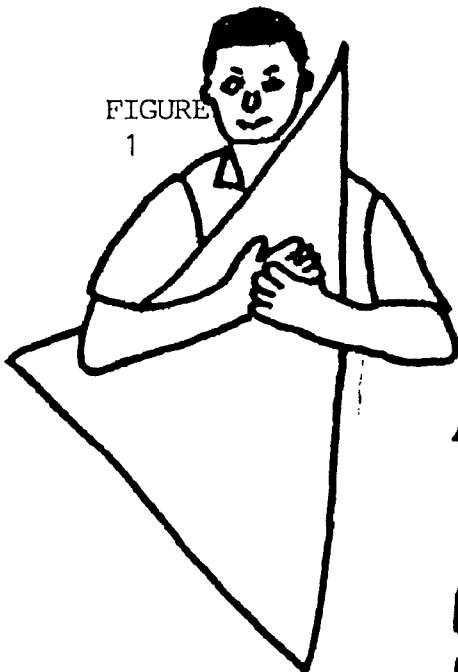


FIGURE  
1

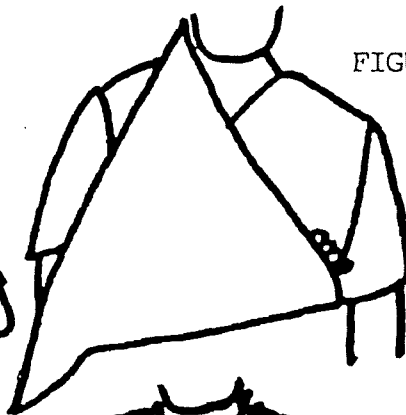


FIGURE  
2

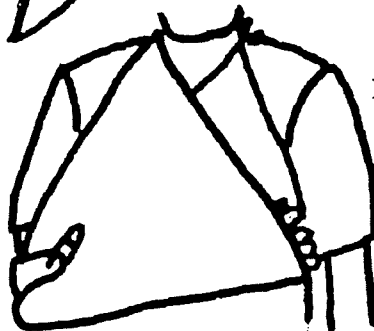


FIGURE  
3

FIGURE 1 - Lay patient down, Spread triangular bandage as shown.

FIGURE 2 - Pull bandage up and tie around neck with a square knot.

FIGURE 3 - Secure bandage around elbow with a safety pin.

## FIRST AID SKILLS

Find in the *American Red Cross First Aid Handbook* the sections that demonstrate the following items, and demonstrate them to your instructor, and describe below.

1. How to apply a splint:
2. How to make a blanket stretcher:
3. How to bandage a head wound:
4. How to apply a finger-tip bandage:
5. Two-person carry:
6. Blanket drag:
7. Explain a fire escape procedure:
8. How to bandage a sprain ankle:
9. Explain the two kinds of action that are needed to enter a victim into the EMS system.

Action 1:

Action 2:

Rescue And Transportation

TRAINING COURSE SUMMARY SHEET

Name \_\_\_\_\_

Address \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_

Church \_\_\_\_\_ City & State \_\_\_\_\_

Royal Ranger Position: \_\_\_\_\_ Date Completed \_\_\_\_\_

PLEASE READ CAREFULLY BEFORE SIGNING:

I do hereby certify that I have completed the following requirements to satisfy the first aid requirements of the Royal Rangers *Leadership Training Course*.

1. There is a genuine difficulty that I cannot complete the *American Red Cross First Aid Course*.
2. I have read all the assigned material in the Royal Rangers boys' handbooks, and have acquired a copy of the *American Red Cross First Aid Handbook*.
3. I have completed all assigned material in the Royal Rangers first aid section of the *Leadership Training Course*.

COMMENTS OR SUGGESTIONS PERTAINING TO THE FIRST AID SECTION OF THE RR LTC:

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NOTICE: This course does not entitle you to a card from the American Red Cross.