

2013 First Aid Meet

Basic Level – Scenario 1

Troop 123 is at Camp Siniquipe. The evening's entertainment is a campfire with skits and snacks. While the Cobra patrol was performing their skit, the Eagle patrol was cooking their snack (roasted marshmallows). Harry, Bobby, and Jimmy were roasting their marshmallows when Jimmy's marshmallow started to burn. He became very excited and started to wave the stick around, with the flaming marshmallow still on the end. Before he could be stopped, the marshmallow flew off and hit Bobby's right arm and then fell onto Harry's left leg. There is a bright red mark on Bobby's arm, and Harry's leg starts to blister where the hot marshmallow hit. Both boys are in pain.

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVED</u>
5	_____	Calm the scouts and ensure NO more burning material is on them. Recognition of the injuries: 2 types of Burns – First and Second Degree.
10	_____	Treat the 2nd degree burn to Harry's left leg. Treatment is to cool the burned area being very careful NOT to break the blisters. Submerge in cool water, or place cool wet compresses on the area till the pain stops. Let the burned area dry then cover with a loose sterile gauze pad and bandage.
10	_____	Treat the First Degree burn on Bobby's right arm. Treat by holding the affected area under cool running water, or by applying cool wet compresses. Cover the area loosely with a sterile gauze pad and bandage.
5	_____	General patrol demeanor and attitude are serious in victim care.

<u>QUESTIONS</u>		
5	_____	Why is it important NOT to break the blisters on the 2nd degree burn? ANS: They become OPEN WOUNDS, susceptible to INFECTION.
5	_____	Describe a 3rd Degree/Full Thickness Burn and how to treat it. ANS: This is the most severe burn, deep with flesh charred away, nerves damaged, and possibly no pain at the site. Treatment would be to wrap the burned area with a clean dry cloth, treat for shock, and get medical attention immediately.
5	_____	Why should you NOT apply creams, ointments or butter when treating a burn? ANS: They are difficult to remove and may slow the healing process.
5	_____	What does SPF stand for? ANS: Sun Protection Factor
5	_____	What is the minimum SPF a patrol should use outdoors to prevent sunburn? ANS: Minimum is SPF 15
5	_____	Name 2 other types of Burns that we are taught to treat. ANS: 1. CHEMICAL burns from substances contacting the skin. 2. ELECTRICAL burns resulting from contact with energized objects.

Scenario 1 60 Point Value

Floor Position	Judge's Initials	Checker 1	Checker 2	Checker 3

PLEASE PRINT CLEARLY!!!

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Basic Level – Scenario 2

The Scout Spirit patrol is working on an Eagle project that involves cleaning out an old shelter on park property. One scout, wearing light running shoes, is pulling rotted planks off the floor. Suddenly he cries out in pain, grabbing his left foot. He pulls his shoe off to find a wound on his heel which is painful and bleeding. You look at the plank and see a long, dirty, rusty nail that he had stepped on. Your patrol must utilize the 4 Handed Seat Assist to get him to a car 50 yards away. **Treat this Scout.**

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVED</u>
5	_____	Recognize Injury: A puncture wound to his heel. Calm victim and check for any other injuries.
5	_____	Treat the wound by flushing with clean water for about 5 minutes to remove any foreign matter inside.
5	_____	Apply a dry sterile dressing and bandage.
10	_____	safely demonstrate the “4 Handed Seat” to assist getting the victim to professional care.
5	_____	General patrol attitude, demeanor, and care in treatment.

QUESTIONS

5	_____	<p>What is the high risk involved with puncture wounds? ANS: With wounds of this nature there is a high risk of infection.</p>
10	_____	<p>Explain what a “Hurry Case” means and name the 4 listed in the Handbook. ANS: “Hurry Case” is a condition or injury that could result in death if not treated rapidly.</p> <ol style="list-style-type: none"> 1. Severe Bleeding 2. Stopped Breathing 3. No Heartbeat 4. Ingested poison
10	_____	<p>Describe the difference between a Dressing and a Bandage. ANS:</p> <ol style="list-style-type: none"> 1. A Dressing is a protective covering placed directly on the wound to help control bleeding and absorb secretions. 2. A Bandage is a strip of material used to secure the dressing in place.
5	_____	<p>List 4 indications that a bandage is applied too tightly. ANS:</p> <ol style="list-style-type: none"> 1. Swelling above or below the bandage. 2. Skin color change below the bandage site. 3. Coldness in the fingers or toes. 4. Tingling or numbness below the bandage site.

Scenario 2 60 Point Value

Floor Position	Judge’s Initials	Checker 1	Checker 2	Checker 3

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2013 First Aid Meet

Basic Level – Scenario 3

The Dragon patrol is on a Saturday Bike Hike heading north on the C&O Canal towpath. You look up to see Joey peddling ahead with both his hands in the air. Suddenly he hits a small rock, the bike's front wheel snaps to the left, and Joey falls over the handlebars as his bike goes down. The fall gives him some "road rash" on his right knee and elbow. His top lip is bloody and he is crying. Upon checking him, you see that he knocked out one of his front teeth from the way he landed. **What do you do?**

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVED</u>
10	_____	Recognize Injuries: Bleeding lip, lost tooth, abrasions to arm and leg. Calm Joey and check for additional injuries.
15	_____	Locate tooth and ONLY handle by the crown, NOT the roots. Carefully rinse with cold water or milk. DO NOT scrape, scrub or dry the tooth. Place the tooth in a container of milk or cool water.
10	_____	Flush the mouth wound with clean water or saline solution. Apply pressure with a clean cloth or gauze to control any bleeding.
10	_____	Treat the abrasions by flushing with clean water to remove any foreign matter. Apply antibiotic cream if not allergic. Cover with dry sterile dressing and bandage.
5	_____	Take the victim and tooth directly to a dentist or ER, ideally within 30 minutes.

QUESTIONS

- 5 _____ List the steps to treat a nosebleed.
- ANS:**
1. Have the victim sit, leaning forward.
 2. Ask them to gently pinch their nose closed.
 3. Apply pressure to the upper lip just below the nose.
 4. Apply a cold compress against the nose and surrounding area.
 5. Do this for 10 minutes – then check for stopped bleeding.
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- 5 _____ List the goals of First Aid.
- ANS:**
1. Protect a person who is injured or ill from further harm.
 2. Recognize and treat life threatening medical emergencies.
 3. Get the person under professional medical care.

Scenario 3 60 Point Value

Floor Position	Judge's Initials	Checker 1	Checker 2	Checker 3

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2013 First Aid Meet

ADVANCED Level, Scenario 4

As your patrol approaches the debris area, you find a female lying on the floor away from the area where the roof fell. She apparently fell while fleeing the collapse. She is sweating profusely, and her breathing is regular but shallow. She appears disoriented and says that she is dizzy and has a headache. She complains of pain in her left knee which is swollen and red. **Treat this victim.**

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVED</u>
20	_____	Follow the BSA First Aid method - Address Scene Safety, Number of Victims, and Call 911. Judge: The scene is safe. No further collapse is expected. There are other victims, Have patrol call 911.
5	_____	Assess the victim for injuries. Initially suspect potential injury as head or C-Spine. Judge: There is no head or C-spine injury.
10	_____	Patrol identifies the sweating, dizziness, headache, and breathing as signs of shock, and treats victim for shock. Monitor airway and victim consciousness throughout the scenario. Keep her warm. Do NOT move or elevate the left leg.
5	_____	Check for Medic Alert bracelet or necklace.
10	_____	Patrol identifies the left knee injury as the only other injury. Treat as possible fracture. Carefully splint the left leg with 2 splints. Judge: Ensure the splinting effectively immobilizes the leg.
5	_____	Check the left foot for warmth, feeling, and color.
<u>QUESTIONS</u>		
10	_____	Describe the 2 types of Diabetic Emergencies. ANS: 1. Hypoglycemia – blood sugar level is too low. 2. Hyperglycemia – blood sugar level is too high.
10	_____	What are the signs and symptoms of Hypoglycemia? ANS: Judge: Award 2 points for each correct answer up to 10 points. Headache, sweating, pale, moist skin, weakness, dizziness, shallow breathing and a rapid pulse.
10	_____	What are the sign and symptoms of Hyperglycemia? ANS: Judge: Award 2 points for each correct answer up to 10 points. Extreme thirst, frequent urination, drowsiness, lack of appetite and labored breathing.
5	_____	Which of the 2 types of Diabetic Emergencies is considered the most life threatening? ANS: Low Blood Sugar/Hypoglycemia is the most dangerous.
10	_____	Does this victim need to be moved, and if so, describe the safest method of doing it. ANS: No, this victim is not in immediate danger and can await the arrival of the EMS. Due to her shock state and leg injury a full stretcher/backboard should be utilized.

Judge: Please mark here how many Scouts are in this Patrol _____

Scenario 4 100 Point Value

Floor Position	Judge's Initials	Checker 1	Checker 2	Checker 3

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Advanced Level – Scenario 5

While checking for victims from the roof collapse, your patrol finds Mr. Brown sitting on the floor by a shattered store window. He is very pale and in pain, holding his right upper arm. There is blood running between his fingers from a large wound to the underside of his upper arm. He said that he just pulled a large sliver of glass out of it. He also has blood dripping down his face and his eyes are shut tight. He says his left eye hurts.

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVED</u>
10	_____	Check for victim injuries – Judge: Mr. Brown says his left eye hurt when he went through the debris dust cloud. His arm was cut when the glass window broke and he has a minor laceration in the hairline above his right eye.
15	_____	Immediately - With a clean cloth or sterile dressing as a pad, use the palm of your hand to apply firm pressure directly over the arm wound. Judge: the bleeding does not stop; the pad is soaked with blood. Apply a second pad over the 1st and maintain direct pressure. Judge: Bleeding stops.
10	_____	After the bleeding stops, hold the pads in place with a bandage/cravat (an elastic wrap, strips torn from clean clothing). Apply this pressure bandage to bind the pads firmly. Check for circulation (WFC – Warmth, Feeling, and Color)
10	_____	Properly treat for SHOCK – elevate legs, cover, etc.
10	_____	Treat his eye – Have the victim blink his eyes, as tears might flush out the object. If that doesn't work, wash your hands with soap and water, then try to flush out the foreign particles with clean running water or clean water poured from a glass or bottle. Foreign matter embedded in the eye which will not wash out must be treated by a physician.

QUESTIONS

15	_____	What type of wound caused the arm injury? Name 3 other types of wounds. What is a concern with any break of the skin? ANS: This injury was a Puncture Wound. Other wounds include an Abrasion, Incision, and a Laceration. Infection is always a concern when the skin is broken.
5	_____	ANS: Why do you not rub the eye? If a foreign object gets in the eye, rubbing might scratch the cornea (the clear covering of the colored part of the eye).
15	_____	When do you apply a Tourniquet? ANS: If all efforts to stop the bleeding have failed and advanced medical care is delayed by at least 30 minutes, or no advanced medical care is available.
10	_____	If the bleeding injury is on a flexible part of the body (joint), how do you treat it once the bleeding has stopped? Why is this necessary? ANS: Immobilize the joint with splinting to prevent the wound from reopening.

Scenario 5 100 Point Value

Floor Position	Judge's Initials	Checker 1	Checker 2	Checker 3

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ADVANCED Level, Scenario 6

Your patrol finds a young man lying on the floor who appears to have been trampled by the panicked crowd. He is pale, conscious, and in severe pain. He tells you that his right shoulder and lower left leg hurt. He is bleeding from cuts on his face above his right eye and on his right forearm. **Treat this victim.**

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVED</u>
5	_____	Assess injuries: Judge: When they check the shoulder area state that the right collar bone is deformed.
5	_____	Assessment of the left leg pain: Judge: When they check the left leg state that there is a bone through the skin at the mid lower left leg.
25	_____	Patrol identifies the leg injury as a compound fracture and checks for bleeding. Treat the compound fracture by: <ol style="list-style-type: none"> 1. Control bleeding with a sterile gauze pad around the wound. 2. Avoid direct pressure on the wound. 3. Check for feeling, warmth and color at left foot. 4. Splint the lower leg from the middle of the thigh to the heel. Do not place cravats on the injury site. 5. Recheck for feeling, warmth, and color. Judge: Ensure leg is immobilized properly.
15	_____	Immobilize the collarbone with a sling and a swath (binder), leaving the right hand fingertips visible. Check for feeling, warmth, and color of the right hand frequently.
10	_____	Patrol treats the victim for shock. Monitor airway and victim consciousness throughout and keep him warm. Do NOT elevate the left leg.
5	_____	Treat the small facial and arm cuts with a clean dressing and bandage.
5	_____	General patrol attitude, demeanor, and care in treatment.

QUESTIONS

5	_____	Which is the most serious victim condition and why? ANS: The compound fracture because of the possibility of bleeding and infection.
10	_____	What are the two kinds of fractures? ANS: <ol style="list-style-type: none"> 1. Simple or closed 2. Compound or open
10	_____	Under what circumstances would you straighten a fracture? ANS: NONE! Do not try to straighten or reposition the injured area.
5	_____	Due to the cause of his injuries, what other injuries would you suspect Mr. Brown may have sustained? ANS: Possible internal injuries due to the trampling.

Scenario 6 100 Point Value

Floor Position	Judge's Initials	Checker 1	Checker 2	Checker 3

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ADVANCED Level, Scenario 7

As your patrol makes its way into the debris area you see a man attempting to help free a woman from the wreckage. Approaching to assist him, he suddenly stops and grabs his chest, then falls to the ground motionless. **Treat this victim.**

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVED</u>
15	_____	Follow the BSA First Aid Method – Check the scene, Call for help (Activate EMS/Call 911), approach safely, provide urgent treatment, etc.
10	_____	Check for Responsiveness. Judge: Victim unconscious. Patrol to state: "Send for AED." Judge: NO C Spine issues suspected.
25	_____	ABCD STEPS MUST BE DESCRIBED IN THIS SEQUENCE TO RECEIVE FULL CREDIT: Judge: If new CPR "CAB" (Circulation, Airway, Breathing) steps used, give full credit. Judge: Patrol is NOT to perform actual compressions or breathing. <ol style="list-style-type: none"> 1. Open the Airway (Head tilt-Chin lift) 2. Look, Listen and Feel for breathing. Judge: NONE 3. Pinch Nose & Give 2 Breaths (using barrier). Judge: CHEST DOES RISE 4. Check for Pulse (Carotid Artery). Judge: NONE 5. Begin Chest Compressions/Ventilations – 30:2 (adult rate) depth of at least 2" Note – heel of 2 hands should be used – center of chest. 6. Use an AED if trained.

Questions:

10	_____	What is an AED? Name two possible locations you would find one. ANS: Automated External Defibrillator Shopping Malls, Airport, Theatres, Arenas, Gym, Pool, Public Places of Assembly, etc.
5	_____	If you suspect a spinal injury, how would you open the victim's airway? ANS: The Modified-Jaw Thrust
20	_____	What are five warning signs of a heart attack? ANS: Give 4 points for each correct answer: <ol style="list-style-type: none"> 1. Persistent uncomfortable pressure, squeezing, fullness, or pain in the center of the chest behind the breastbone and may spread to the shoulders, arms, and neck for several minutes or may come and go 2. Unusual sweating 3. Nausea 4. Shortness of breath 5. A feeling of weakness
15	_____	What is the proper hand placement for an adult, child, and infant when doing chest compressions? ANS: Adult – 2 hands center of chest. Child – 1 or 2 hands center of chest. Infant – 2 fingers center of chest

Scenario 7 100 Point Value

Floor Position	Judge's Initials	Checker 1	Checker 2	Checker 3

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ADVANCED Level, Scenario 8

Your patrol now moves on to assist the woman who was trapped under the rubble pile. Other citizens have helped remove the debris from on top of her and have secured the scene; however, she needs medical help. The woman is complaining of neck and back pain, and pain in her left hand where a piece of broken glass has become impaled. **Treat the victim.**

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVED</u>
15	_____	Follow the steps of the BSA First Aid Method – using Personal Protection (glove, etc.), Scene Safety, Call for Help, Approach Safely, Prevent Additional Injury.
15	_____	Immediately make sure to keep the airway open and stabilize the neck and spine by holding the head in the position found (Judge: until scoring is completed). Carefully check over the victim for any additional injuries. (5 Points for each task)
10	_____	This victim is NOT TO BE MOVED. Treat her as she lies, until medical help arrives. Cover to treat for shock without body movement – cover to maintain body temperature, monitor airway, breathing, and circulation. Do not elevate legs.
15	_____	Carefully bandage around the impaled object, without moving it. Build a support around the object to keep it from moving and to control bleeding by either rolled or folded gauze pads or folding 4X4 bandages.
5	_____	Reassure the victim, and explain why she SHOULD NOT move or be moved.
10	_____	General patrol demeanor and attitude reflect the nature of treatments.

Questions:

15	_____	Explain the only 3 circumstances in which you would move this victim. ANS: 1. Whenever the victim is in immediate life threatening danger from the surroundings. 2. To provide proper care for their (life threatening) condition. 3. To reach another victim.
5	_____	If you had to move this victim, how would you do so? ANS: The Shoulder Drag (This is a quick move, and time should not be wasted building a stretcher or other device)
5	_____	What law covers those who provide assistance to others in an emergency? ANS: The Good Samaritan Law
5	_____	What is the definition of Triage? ANS: Quickly checking multiple victims for injuries or symptoms and then determining how to best utilize available resources and prioritize treatment.

Scenario 8 100 Point Value

Floor Position	Judge's Initials	Checker 1	Checker 2	Checker 3

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