

# 2016 Frederick County First Aid Meet

## Basic Level

### SCORE SHEET – PROBLEM # 1

Scenario: Your patrol is standing in the parking lot preparing to go inside a store. You notice a skateboarder flying past the no skateboarding sign. The skateboarder takes a mean fall landing on the pavement. You find him sitting on the ground holding his badly abraded left knee and the palm of his right hand. Treat this victim.

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVED</u>
15	_____	Utilize the first aid method. Check the scene. Call for help. Approach safely. Assess injuries. <b>Judge: The only injuries the skateboarder has are to his left knee and right palm of his hand.</b> Consider C-Spine precautions. <b>Judge: No neck or back pain.</b>
15	_____	Wash the wounds with soap and water. Apply triple antibiotic ointment (or Vaseline). Cover with a dry, sterile dressing or adhesive bandage.
5	_____	General patrol attitude, demeanor, and care in treatment.

### QUESTIONS

10	_____	In order, state all the steps of the first aid method? <b>ANS:</b> 1. Check the scene 2. Call for help 3. Approach safely 4. Provide urgent treatment 5. Protect from further injury 6. Treat every accident victim for shock 7. Make a thorough examination 8. Plan a course of action
10	_____	What are the three goals of first aid? <b>ANS:</b> 1. Protect a person who is injured or ill from further harm 2. Stop life-threatening medical emergencies 3. Get the person under professional medical care
5	_____	How often should you change a bandage? <b>ANS:</b> Clean and re-bandage daily (or more frequently if it becomes wet or dirty)

**Scenario 1**    60 Point Value

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

***PLEASE PRINT CLEARLY!!!***

## 2016 Frederick County First Aid Meet

### Basic Level

### SCORE SHEET – PROBLEM # 2

Scenario: The Cobra patrol is shopping at Disaster-Mart for the weekend camp out. The boys split up to get the items on the list. Bill and Jake were sent after the pickles for the burgers. As they entered the aisle that the pickles were on they saw an elderly man reach to get a can of beans off the top shelf. He lost his grip on the can and it hit him in the head. The man staggered and reached for the right side of his forehead. There was blood running down his face. What should Bill and Jake do?

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVED</u>
5	_____	Check if the scouts are using the scout method ( <b>Personal Protection, scene safe, etc.</b> )
5	_____	Recognize a deep laceration to the forehead.
5	_____	Promptly apply direct pressure with a clean cloth to the wound.
5	_____	Cover with a sterile dressing to protect the wound. (Bandage with Cravat or Kling to hold the dressing in place.) <b>Judge: Inform patrol bleeding is controlled at this point.</b>
5	_____	Treat for shock. Help the victim lie down, raise the feet about 12 inches to move blood from the legs keep victim warm with blankets, coat or sleeping bag.

### QUESTIONS

15	_____	What are examples of Bloodborne Pathogens that may be present in the blood or other body fluids in the victims you may treat? <b>ANS:</b> Bloodborne pathogens include: HIV, and the Hepatitis B and C Viruses.
15	_____	What are the 4 different types of wounds? <b>ANS:</b> 1. Incision 2. Laceration 3. Deep wound 4. Abrasion
5	_____	What other possible results could come from a blow to the head? <b>ANS:</b> 1 - Concussion 2 - Possible fracture

Scenario 2    60 Point Value

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

***PLEASE PRINT CLEARLY!!!***

## 2016 Frederick County First Aid Meet

### Basic Level

### SCORE SHEET – PROBLEM # 3

Scenario: While stocking higher shelves, the employee’s ladder collapses, sending him to the floor from the second step. He begins to roll in pain holding his right ankle and his right wrist. Your Patrol Leader rapidly checks him out and finds his right ankle is red and swollen above his shoe. His right wrist is painful and beginning to swell. The shelf, still loaded with goods, appears wobbly. What are you going to do?

**JUDGE – No neck or back injury is present.**

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVED</u>
5	_____	During the “Check the Scene”, identify the shelf as a danger to the patient and the patrol. Without moving the affected injured areas, use the “clothes drag” (or other safe type drag) to move the patient to a safe place, away from the unsteady shelf. <b>(Judge: The patrol needs to only verbalize this action)</b>
5	_____	Recognize the possible right ankle and right wrist sprain.
5	_____	Calm the worker and carefully check for any additional injuries. DO NOT move any of the affected areas.
5	_____	Without removing the shoe wrap the ankle with a bandage neckerchief or cloth (the ankle hitch is acceptable).
5	_____	Splint the wrist with a bandage, neckerchief, or cravat.
5	_____	Place a clean cloth over the bruised areas (ankle & wrist) and apply a cold compress for periods of no more than 20 minutes. Limit any movement of this limb.
5	_____	General Patrol teamwork, demeanor and CARE in handling/moving the patient.

### QUESTIONS

15	_____	Describe in detail, the RICE Treatment for Sprains and Strains. <b>ANS:</b> <b>R – Rest</b> - Keep weight off, limit movement, Cover open wounds with sterile dressings. <b>I – Ice</b> - Apply cold to affected area protecting bare skin with a cloth cover. Apply for no more than 20 minutes at a time (20 on 20 off). <b>C. Compression</b> – Wrap the injury with an elastic bandage to provide support but not cut off circulation. <b>E. Elevation</b> – For Sprains and Strains to an arm or leg keep it raised.
5	_____	Describe the difference between a SPRAIN and a STRAIN? <b>ANS:</b> A SPRAIN involves painful injures to JOINTS/ LIGAMENTS and shows the same signs/symptoms as a fracture. A STRAIN involves injured painful MUSCLES/Tendons.
5	_____	Under what conditions would you move a patient with these injuries and why? <b>ANS:</b> If it impossible to perform first aid or the victim is in a dangerous location.

**Scenario 3**     60 Point Value

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

**PLEASE PRINT CLEARLY!!!**

**2016 Frederick County First Aid Meet**

**Basic Level**

**SCORE SHEET – PROBLEM # 4**

Scenario: Two patrol members wander into the garden section and find a large bag of bird seed broken open on the floor. They begin to throw handfuls of bird seed at each other. Before you can stop them Bobby cries out in pain screaming “my eyes, my eyes”, falling to the floor with his hands to his face.

**MAXIMUM  
POINTS**

**POINTS  
AWARDED**

**OBSERVED**

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|----|-------|---|
| 15 | _____ | <p><b>Judge: Bobby is rolling on the ground crying and rubbing his eyes they are very red, watering and appear to have foreign matter in them both.</b> Calm the patient, and get him stop rubbing his eyes. Have him try blinking his eyes – <b>Judge: NOT working.</b><br/>Then flush the eyes with clean water.<br/><b>Judge: Bobby says his Right eye is now clear and the pain is reduced. However his left eye still bothers him.</b></p> |
| 15 | _____ | <p><b>Judge: You see that the left eye has a sunflower seed stuck in it.</b> Protect the eye by covering it with a Dry Sterile pad but <u>DO NOT</u> put any pressure on it. Treat as an impaled object. Transport to a doctor.</p>   |

**QUESTIONS**

- |    |       |   |
|----|-------|---|
| 5  | _____ | <p>When outdoors on windy days what is a way to help protect your eyes?<br/><b>ANS:</b> Wear Sunglasses</p>   |
| 10 | _____ | <p>If objects are in the eyes what possible harm can rubbing them do?<br/><b>ANS:</b> Rubbing may scratch the cornea.</p>   |
| 5  | _____ | <p>Instead of rubbing your eyes what is the quickest way to possibly clear them?<br/><b>ANS:</b> Blink your eyes – Tears may wash out any foreign matter.</p>                             |
| 10 | _____ | <p>How would you treat a chemical spill in the eyes?<br/><b>ANS:</b> Have the victim lie down and then flush the eyes with clean water for at least 15 minutes, or until EMS arrives.</p> |

**Judge: Please fill out the following before leaving this position:**

Number of Scouts in this Patrol \_\_\_\_\_

Number of them who did not attend last year \_\_\_\_\_

**Scenario 4**    60 Point Value

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

***PLEASE PRINT CLEARLY!!!***

**2016 Frederick County First Aid Meet**  
**Advanced Level**

**SCORE SHEET – PROBLEM # 5**

Scenario: A store employee is back in the breakfast section opening large boxes of cereal to stock on the shelves. Suddenly he cries out,. Your patrol hears him and goes over to check it out. You see blood squirting from his left thigh, from a box cutter wound - What do you do?

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVED</u>
5	_____	Use personal protection (gloves, etc.). <b>Judge: The patrol only needs to verbalize this.</b>
10	_____	Recognize a Severe Bleed immediately – With a clean cloth or sterile dressing as a pad, use the palm of your hand to apply firm pressure directly over the leg wound <b>Judge: The Pad is soaked with blood.</b>
10	_____	<b>Judge: The bleeding does not stop.</b> Apply a second pad over the 1st and maintain direct pressure. <b>Judge: The bleeding stops.</b>
15	_____	After the bleeding stops, secure the pads in place with a bandage/cravat etc. Apply a pressure bandage to bind the pads firmly but not so tightly that circulation is cut off.
10	_____	Periodically, check for feeling, warmth, color and treat for shock.
<b><u>QUESTIONS</u></b>		
10	_____	When and why would you decide to use a tourniquet? <b>ANS:</b> Only when all other efforts have failed and advanced medical care is delayed by at least 30 minutes.
10	_____	Where would you place the tourniquet? <b>ANS:</b> Above the bleeding or between the bleeding and the heart. <b>Judge: Either answer is acceptable.</b>
5	_____	What information do you need to pass on to advanced medical care about the tourniquet that you used? <b>ANS:</b> A written note of the location of the tourniquet and the time it was applied, attached to the victim’s clothing.
15	_____	What else do you do if the injury is on a flexible part of the body (elbow or knee) after the bleeding has stopped? <b>ANS:</b> Utilize a splint to immobilize the joint to prevent the wound from pulling open.
10	_____	Describe 5 (of those listed below) Symptoms of Shock: <b>ANS:</b> 1. Restlessness or Irritability 2. A feeling of weakness 3. Confusion, fear, dizziness 4. Moist, pale, cool, clammy skin 5. Rapid weak pulse 6. Nausea and vomiting 7. Extreme thirst

**Scenario 5**    100 Point Value

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

## 2016 Frederick County First Aid Meet

### Advanced Level

### SCORE SHEET – PROBLEM # 6

Scenario: Your patrol is walking through the store when you witness an elderly gentleman walking towards you. He suddenly slips on some spilled liquid detergent in the cleaning aisle and falls to the ground. He appears dazed and is complaining of neck pain and his left leg is severely bent at an unnatural angle. Treat this patient.

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVED</u>
5	_____	Utilize the first aid method
5	_____	Primary assessment: Patrol assesses ABCs <b>Judge: When ABCs are checked, state that the airway, breathing, and circulation are OK.</b>
5	_____	Make a thorough examination to determine injuries. <b>Judge: When they check the neck area state that there is neck pain.</b>
10	_____	Patrol identifies a possible head, neck or C-Spine injury.
10	_____	Treat the Neck/C-Spine injury first with manual C-Spine control.
5	_____	Continuous C-Spine control until emergency personnel arrive.
5	_____	Do not move the victim.
5	_____	Assessment of the left leg pain: <b>Judge: When they check the left leg state that the lower left leg is severely bent and is not bleeding.</b>
5	_____	Check for feeling, warmth and color at left foot.
10	_____	Splint the leg in the position it is now in. Do not place cravats on the injury site. <b>Judge: Verify they do not attempt to straighten the leg.</b>
10	_____	Recheck for feeling, warmth, and color. <b>Judge: Ensure leg is immobilized properly while being careful of movement due to possible C-Spine injury</b>
10	_____	Patrol treats the victim for shock. Monitor airway and victim consciousness throughout and keep him warm. Do NOT elevate the right leg.
5	_____	General patrol attitude, demeanor, and care in treatment.

### QUESTIONS

5	_____	What are good Samaritan laws? <b>ANS:</b> Laws that legally protect anyone making a good-faith effort to treat the victim of an injury or illness
5	_____	What does the emergency acronym 'ICE' stand for? <b>ANS:</b> In case of emergency.

**Scenario 6**     100 Point Value

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

**PLEASE PRINT CLEARLY!!!**

## 2016 Frederick County First Aid Meet

### Advanced Level

### SCORE SHEET – PROBLEM # 7

Scenario: As your Patrol commences shopping in the store you hear a woman screaming “My Baby!!...Help me!!”. Entering the aisle you see the woman with a 2 year old girl who is choking and turning blue in the shopping cart. You also notice a container of Tide detergent pods open by the child. What do you do?

**MAXIMUM  
POINTS**

**POINTS  
AWARDED**

**OBSERVED**

20	_____	Immediately recognize a Hurry Case and activate EMS (Call 911); check for breathing - <b>Judge: Not breathing.</b> Perform (SIMULATED) 5 sharp back blows, <b>Judge -Not Working.</b>
10	_____	Then perform abdominal thrust <b>Judge: This forces a broken empty Tide pod out) and she starts to breathe again.</b>
10	_____	Then lay the child on her side in the Recovery Position, and protect her airway.
10	_____	Treat for shock, and Monitor Breathing. <b>Judge: Score on PROPER technique</b>
15	_____	Recognize that the child was choking with possible Internal Poisoning. Notify Poison Control (800-822-1222) <u>immediately</u> – provide as much information on the substance taken as possible (color, smell, amount, name, etc.).
10	_____	<b>Judge: Prompt: What treatment now?</b> Do NOT induce Vomiting or give anything by mouth unless directed by Poison Control.

### QUESTIONS

10	_____	Why should you save any vomit from a poisoning patient? <b>ANS:</b> It will help the doctors determine the substance, amount spit back up and possible signs of internal damage.
10	_____	How long do you perform back blows and abdominal thrusts? <b>ANS:</b> Repeat each until the obstruction clears or medical help arrives.
5	_____	What is a Anaphylaxis? <b>ANS:</b> A Life Threatening Allergic Reaction to a bite, sting, inhaled, ingested, or absorbed substance.

Scenario 7     100 Point Value

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

## 2016 Frederick County First Aid Meet

### Advanced Level

### SCORE SHEET – PROBLEM # 8

Scenario: Your patrol is departing Disaster-Mart. A middle age couple is walking out of the store with you. The woman tries to get the man to hurry to the car. He complains in a loud voice “I don’t feel good”, then suddenly grabs his chest and collapses to the pavement. What do you do?

**MAXIMUM**

**POINTS**

**POINTS**

**AWARDED**

**OBSERVED**

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Follow the BSA First Aid Method; Check the scene; Call for help – Activate EMS/Call 911; Have a scout control traffic in the parking lot; Approach safely; Check for Responsiveness: **-Judge: Victim unconscious.** Patrol should state - “Send for AED” **Judge: NO C-Spine issues suspected.**

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Using the CPR manikin provided (follow the CPR method- say and do)

1. Open the Airway (Head tilt-Chin lift) **Judge: check for proper hand placement;**
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**

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What are warning signals of a heart attack?  
**ANS:**

1. Persistent, uncomfortable pressure, squeezing, fullness, or pain in the center of the chest behind the breastbone. The feeling may spread to the shoulders, arms, and neck.
2. Unusual sweating
3. Nausea
4. Shortness of breath
5. A feeling of weakness

15

\_\_\_\_\_

What can be different symptoms for a female having a heart attack?  
**ANS:**

1. Intermittent back, abdominal, and upper-body pain
2. Unexplained fatigue and dizziness
3. A heaviness in the chest or a burning sensation rather than pain

15

\_\_\_\_\_

If the victim revives what do you do?  
**ANS:**

1. Put him or her in the recovery position
2. Treat for shock.
3. Monitor the person to make sure breathing does not stop again.

**Scenario 8**    100 Point Value

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