

2017 Frederick County First Aid Meet

Basic Level

SCORE SHEET – PROBLEM # 1

Scenario: At the hangar machine shop, a machinist is trimming a sheet of aluminum for a repair patch on a plane’s fuselage. Suddenly, patrol member Lee lets out with a cry and you turn to see him holding his right hand. Upon close examination, you see a splinter of metal sticking in the tip of his index finger, with a little bleeding. Lee is very scared, turning and pale. He says he feels dizzy and sick to his stomach. What do you do?

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVED</u>
10	_____	Recognize: This is a Minor Injury and the onset of Shock symptoms from the sight of blood.
10	_____	Immediately help Lee lay down, and raise his feet about 12”. Keep him warm. Check for any other injuries (Judge - NONE). Reassure Lee that his injury is minor and you will treat it.
25	_____	First Wash your hands then treat Lee’s injury: <ul style="list-style-type: none"> ○ Using sterile tweezers, carefully remove the splinter. ○ Hold the wound under running water for about 5 minutes to flush it out. ○ If he is NOT allergic, apply some triple antibiotic ointment to the wound. ○ Then apply a sterile adhesive dressing/band aid, etc. to insure the wound is covered and minor bleeding controlled. ○ Try to not let the patient watch your treatment, and then wash your hands when done.

QUESTIONS

5	_____	How do you treat an unconscious patient that is breathing normally? ANS: Do NOT move them if you suspect a Neck or Head injury, Position the patient in the Recovery Position onto one side, continue to check the persons breathing until medical help arrives.
5	_____	Besides: body aches, fever, chills and swollen lymph nodes in the neck, groin and arm pits, name 5 other signs of infection. ANS: Redness, warmth, tenderness, swelling at the wound, green or yellow fluid from the wound.
5	_____	Besides the Shock Symptoms Lee had, name 5 other possible symptoms? ANS: Extreme thirst, cool clammy skin, weakness, confusion, irritability, quick weak pulse, shallow rapid breathing.

Scenario 1 60 Point Value

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

PLEASE PRINT CLEARLY!!!

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SCORE SHEET – PROBLEM # 2

Scenario: Moving into the Engine repair area your patrol immediately notices that a large portable heater is running in the closed hangar shop. Once inside you see that the mechanic is acting dazed and confused, his cheeks are red and he is staggering.

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVED</u>
5	_____	1) Check the scene – Look for any obvious hazards.
5	_____	2) Approach safely – Recognize Carbon Monoxide poisoning. Open the large hangar door to allow immediate fresh airflow inside.
15	_____	3) Move the victim to fresh air. Judge: Advise patrol to demonstrate how they would move the victim.
5	_____	4) Get medical help – Call 911.
5	_____	5) Regularly check the victim for pulse and breathing. Be prepared to initiate CPR.

QUESTIONS

5	_____	What device could have been installed to prevent this incident? ANS: A carbon monoxide detector.
5	_____	If required, at what locations should carbon monoxide detectors be placed in a home? ANS: On each level of the home, including the basement, and outside of each sleeping area.
15	_____	What are 4 potential sources of carbon monoxide? ANS: gasoline engines, natural gas appliances, charcoal grills, furnaces, and fireplaces.

Scenario 2 60 Point Value

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

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Basic Level

SCORE SHEET – PROBLEM # 3

Scenario: While in one of the plane storage hangars, a deliveryman with a parts package enters the hangar and accidentally walks into the tip of a parked plane wing. He is knocked to the ground with a bleeding gash on his forehead and is also complaining of left knee pain. What should you do?

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVED</u>
5	_____	The patrol must verbalize the use of personal protection (at least the use of gloves).
5	_____	Treat the head injury - Control the bleeding first. Judge: The cut is a minor one and bleeding is stopped with pressure.
5	_____	Wash the minor cut with soap and water.
5	_____	Ask about any allergies: if none, apply triple antibiotic ointment and cover with a dry, sterile dressing or an adhesive bandage to help prevent infection. Judge: There are no allergies.
5	_____	Treat the knee for a sprain: rest, ice, compression, elevation.

QUESTIONS

10	_____	When should you call for help immediately? ANS: Call for help immediately for all hurry cases.
10	_____	Describe the “Hurry Cases” and tell why they are called “Hurry Cases”? ANS: Any situation in which a victim has stopped breathing, has no heartbeat, is bleeding severely, has ingested poison, or is showing signs of stroke is a hurry case. All hurry cases require quick action in order to save the victim’s life.
10	_____	What are the 4 different steps to treat a sprain or strain? ANS: RICE: 1. Rest 2. Ice 3. Compression 4. Elevation
5	_____	When can you continue to use a sprained joint? ANS: If the patient can use the joint without significant discomfort.

Scenario 3 60 Point Value

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

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Basic Level

SCORE SHEET – PROBLEM # 4

Scenario: It is a very cold and windy day. All morning you noticed the fuel tanker refueling many of the planes parked on the tarmac. Later as your patrol heads over to visit the Tower, you notice the fuel tanker driver slumped on the ground against the side of the tanker. Approaching the driver, you see that he only has on a light sweat shirt, with no gloves or hat. He is acting drowsy, irritable and mumbles that he is just fine, when you ask if he is OK. His skin is pale and he is shivering uncontrollably as you approach. What do you do?

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVED</u>
20	_____	<p>Check to make sure the scene is safe, and call for help. Recognize that the driver is suffering from hypothermia and requires immediate care. Judge: Advise Patrol to demonstrate the carry they would use if they move him inside to be warmed up immediately. Insure the fuel truck is turned off.</p>
15	_____	<p>Get the driver into dry warm clothing, wrap in blankets and position wrapped warm water bottles under his arm pits and groin area. If conscious, offer him warm or hot liquids – water, soup, fruit juices. Monitor closely for any change in condition.</p>
		<u>QUESTIONS</u>
5	_____	<p>What are some additional contributing risk factors to developing hypothermia? ANS: Dehydration is a very common factor. Also, wind, rain, hunger, exhaustion and wet clothing.</p>
10	_____	<p>List some beverages you should NOT ALLOW a conscious Hypothermia patient to drink? ANS: Do NOT give beverages that are caffeinated like: Soft drinks, coffee, and tea, which may actually worsen Hypothermia.</p>
10	_____	<p>How would you treat a Frostbitten hand or foot? ANS: Place dry sterile gauze between the fingers or toes and apply a loose bandage. Get medical help.</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

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2017 Frederick County First Aid Meet

Advanced Level

SCORE SHEET – PROBLEM # 5

Scenario: The visit to the Control Tower is a highlight of the trip. It is a busy day at Frederick Airport, and the two on-duty Air Traffic Controllers are intently involved in directing many aircraft departing and approaching the airport. Suddenly the elder controller pushes away from his station clutching his chest moaning, then collapses on the floor.

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVED</u>
20		Immediately recognize as a Hurry Case. Follow the BSA First Aid Method: 1) Check the scene; 2) Call for help – Activate EMS/Call 911; 3) Approach safely; 4) Provide Urgent Treatment - Check for Responsiveness: -Judge: Victim unconscious. Patrol should state - “Send for AED” Judge: NO C-Spine issues suspected; 5) Plan a course of action.
30		Using the CPR manikin provided (follow the CPR method- say and do) <ol style="list-style-type: none"> 1. Open the Airway (Head tilt-Chin lift) Judge: Check for proper hand placement; 2. Look, Listen and Feel for signs of life – no more than 10 seconds . 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 one hand with heel of the other hand on top, interlace fingers – center of chest . 6. Use an AED if trained.

QUESTIONS

20		What are 5 of the warning signals of a heart attack? ANS: <ol style="list-style-type: none"> 1. Persistent, uncomfortable pressure, squeezing, fullness, or pain in the center of the chest behind the breastbone. It may last several minutes or longer and may come and go. It need not be severe. 2. Pain spreading to the shoulders, arm, neck, or jaw. 3. Unusual sweating. 4. Nausea. 5. Shortness of breath. 6. A feeling of weakness.
10		What are three of the four questions you should ask someone you suspect is having a heart attack? ANS: <ol style="list-style-type: none"> 1. Is the person taking any type of blood-thinning medication? 2. Is the person allergic to aspirin? 3. Does this person have stomach problems? 4. Has this person ever been advised by a physician not to take aspirin?
20		What are four of the five reasons you may stop CPR ANS: <ol style="list-style-type: none"> 1. You find an obvious sign of life, such as breathing. 2. The AED tells you to stop CPR while in use. 3. Another trained responder or EMT arrives to take over. 4. You become too exhausted to continue. 5. The scene becomes unsafe.

Scenario 5 100 Point Value

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

2017 Frederick County First Aid Meet

Advanced Level

SCORE SHEET – PROBLEM # 6

Scenario: After a very exciting and interesting morning, your patrol heads over to the Airport Café for lunch. Everyone has ordered and are in discussion about the day’s visit so far. You hear someone cry out from the kitchen then see one of the cooks in panic, run out with blood on his apron and squirting from a deep wound on his left lower arm. Suddenly he slumps to the floor sliding under a nearby table unconscious, blood is pooling on the floor. What do you do?

**MAXIMUM
POINTS**

**POINTS
AWARDED**

OBSERVED

- | | | |
|----|-------|---|
| 5 | _____ | Use personal protection (gloves, etc.).
Judge: The patrol only needs to verbalize this. |
| 10 | _____ | Recognize a Severe Bleed/Hurry Case immediately – Move the patient quickly out from under the table. <u>Demonstrate Patient Drag.</u> |
| 10 | _____ | Begin treating – 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 Pad is blood soaked. Bleeding does NOT stop. |
| 10 | _____ | Apply a second pad over the 1st and continue applying pressure.
Judge: The bleeding stops. |
| 10 | _____ | After the bleeding stops, secure the pads in place with a sterile bandage/cravat etc. Apply a pressure bandage to bind the pads firmly but not so tightly that circulation is cut off. |
| 10 | _____ | Check the patient’s left hand for feeling, warmth, color, treat for shock and recheck regularly. |

QUESTIONS

- | | | |
|----|-------|---|
| 10 | _____ | When and why would you decide to use a tourniquet?
ANS: Only when all other efforts to control bleeding have failed and advanced medical care is delayed by at least 30 minutes or not available. |
| 10 | _____ | Where would you place the tourniquet?
ANS: Above the wound. |
| 10 | _____ | What information do you need to pass on to advanced medical care about the tourniquet that you used?
ANS: A written note of the location of the tourniquet and the time it was applied, attached to the victim’s clothing in an obvious location. |
| 5 | _____ | In the café, would you move this patient? Why or Why not?
ANS: The patient is under the table and should be moved in order to provide proper care |
| 10 | _____ | What is the fastest BSA method to use moving this patient on a smooth surface?
ANS: <u>Ankle drag</u> . The fastest method for a short distance on a smooth surface, or to move someone who is too large or heavy to transport in any other way, is to drag the person by both ankles. Move the person only as far as is necessary, and do not endanger yourself. |

Scenario 6 100 Point Value

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

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Advanced Level

SCORE SHEET – PROBLEM # 7

Scenario: After lunch, you visit the hangar with the larger multi engine planes. A technician working on the wing of the plane next to yours suddenly slips off the wing falling about 15 feet, striking a tool cart and then the concrete floor. You see him sprawled, moaning on the floor, blood on his face, holding his right shoulder, with his left leg is in an abnormal shape.

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVED</u>
5	_____	Primary assessment: Patrol assesses ABCs. Judge: When ABCs are checked, state that the airway, breathing, and circulation are OK.
10	_____	Patrol sends someone to call 911 and report back. (Judge: Take the descriptive 911 report.)
5	_____	Patrol starts a thorough examination to determine extent of injuries. Judge: When they check the head/neck area state that there is a forehead scalp laceration and neck pain.
15	_____	Patrol identifies a possible Head/Neck injury and states they will not move the victim. Immediately Treat the Neck/C-Spine injury first with <u>Continuous</u> C-Spine control until emergency personnel arrive.
5	_____	Patrol checks Right Shoulder pain using DOTS (Deformity, Open Wound, Tenderness, Swelling). Judge: When they check the right shoulder state that there is shoulder pain.
5	_____	Proceed with Checking for feeling, warmth and color in right hand. Judge: OK.
5	_____	Assessment of the left leg pain: Patrol checks for DOTS. Judge: When they check the left leg; state that the lower left leg is severely bent but is not bleeding.
5	_____	Check for feeling, warmth and color at left foot. Judge: OK.
15	_____	Splint the leg in the position as is. Do not place cravats on the injury site. Do not attempt to straighten the leg. Recheck for feeling, warmth, and color. Judge: OK.
5	_____	Judge: Ensure leg is immobilized properly while being VERY careful of movement due to possible C-Spine injury.
5	_____	Patrol treats the victim for shock. Monitor airway and victim consciousness throughout and keep him warm. Do NOT elevate the left leg.

QUESTIONS

5	_____	Identify the meaning of the acronym DOTS. ANS: Deformity, Open Wound, Tenderness, and Swelling.
15	_____	What information should the Patrol provide the arriving EMS crew? ANS: Describe what happened to the patient and a full description of all injuries and treatment provided

Scenario 7 100 Point Value

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

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Advanced Level

SCORE SHEET – PROBLEM # 8

Scenario: Back in the engine repair shop your patrol is getting a class on aerodynamics, when the technician at the nearby parts cleaning station cries out. You see him rush over to the wash sink and run water on his hands, eyes, and face, which are very red and blistered.

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVED</u>
15	_____	Recognize chemical burn. Using gloves, carefully remove any of the victim’s clothing with chemicals on it. Do not contaminate yourself in the process.
15	_____	Immediately flood the affected area with cool, clean water. Continue flushing the affected area for at least 20 minutes to remove traces of the chemical.
15	_____	Flush the eyes with clean water. It may be easier to have the victim lie down while flushing the eyes with water. Act as quickly as possible. Continue flushing for at least 15 minutes, or until emergency medical professionals arrive.
10	_____	Cover the burns loosely with sterile dressings or gauze.
10	_____	Get medical help by calling 911. If you know the name of the product or substance that caused the burn, be sure to inform emergency workers.

QUESTIONS

5	_____	Name 3 parts of the body that if burned require IMMEDIATE medical attention. ANS: Eyes, head, neck, hands, feet and genitalia.
10	_____	What is the most important first aid action for a chemical burn? ANS: Dilute the exposed area by continuously flushing with water for at least 15 to 20 minutes or until emergency medical help arrives.
10	_____	Identify and describe the different types of burns by their thickness. ANS: <u>Superficial</u> (minor), <u>Partial-thickness</u> (blistering of the skin) and <u>Full-thickness</u> (most serious, skin charred and or burned away).
10	_____	How do you treat foreign matter that is embedded in the eye? ANS: Stabilize the object if possible and cover the injured eye with a dry, sterile gauze pad. Deliver to a doctor.

Scenario 8 100 Point Value

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