

# 2018 Frederick County First Aid Meet

## Basic Level

### SCORE SHEET – PROBLEM # 1

Scenario: Your Patrol is on the way to the Air and Space Museum. Driving down I-270 the Scouter driving decides to stop at a rest area for a break. While there the patrol spots 2 younger boys playing catch by the truck parking area. One of the kids misses the catch and crawls under a big rig to retrieve the ball. Suddenly you hear him cry out in pain. He crawls out below the exhaust muffler holding his left forearm, which has a visible blistered red mark on top. What are you going to do for him?

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVED</u>
5	_____	Use personal protection (gloves, etc.) <b>Judge:</b> The patrol only needs to verbalize this.
10	_____	They move the boy out of the way of harm (from parking lot) to his parents. <b>Judge:</b> They only need to verbalize this.
5	_____	Observe for any serious bleeding or life threatening injuries. <b>Judge:</b> Just need to verbalize this.
5	_____	With his parent’s OK, cool area with cool water or apply wet cloths until pain goes away. (only need to mention one of the above)
5	_____	Apply sterile gauze pad after area dries

### QUESTIONS

5	_____	What’s a 2nd degree burn? <b>ANS:</b> Partial thickness burn
5	_____	What level under the skin does a 2nd degree burn to? <b>ANS:</b> Tissue just beneath top layer.
5	_____	What are serious signs of 2 <sup>nd</sup> degree burn? <b>ANS:</b> Blisters
10	_____	Should you break a blister? <b>ANS:</b> No <b>Why?</b> They would become open wounds and could become infected.
5	_____	Why should you never apply butter, creams, ointments or sprays to the burn area? <b>ANS:</b> They are difficult to remove and may slow the healing process.

**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: While walking back from the vending machines, a young girl flies by some of the scouts, on a skateboard. She jumps the curb and hits a spot of loose gravel on the drive, and falls to the pavement. As you all approach to help she rolls over holding her elbow wincing in pain. You can see that she has deep abrasions on her right elbow, and palm of her left hand with no evidence of a fracture. However, there are visible gravel particles in the cuts.

<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	_____	With the parent’s OK, wash the minor cuts and abrasions 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. <b>Judge:</b> There are no allergies and the gravel was washed off.

### QUESTIONS

5	_____	What is a hot spot? <b>ANS:</b> An area of skin that becomes tender as a blister starts to form.
15	_____	How do blisters form? <b>ANS:</b> Blisters form in the skin’s epidermis, its outermost layer, through a combination of pressure and friction. These forces cause the sublayers of the epithelium to separate and fill with a fluid called plasma, which helps the skin heal.
10	_____	How can you prevent blisters on hikes? <b>ANS:</b> To help prevent blisters on your feet when hiking, wear shoes or boots that fit well and that have been broken in. Change your socks if they become sweaty or wet.
5	_____	How often should wounds be cleaned and re-bandaged? <b>ANS:</b> Each day or more often as needed.
10	_____	What are the signs of infection? <b>ANS:</b> Redness, warmth, tenderness, swelling, and green or yellow fluid drainage.

**Scenario 2**    60 Point Value

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

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

**2018 Frederick County First Aid Meet**

**Basic Level**

**SCORE SHEET – PROBLEM # 3**

Scenario: While gathered outside by a rest area building door, you see a young boy attempting to go inside and he gets whacked in the face by the door as an adult leaves the building in a hurry. The boy is crying while holding his bleeding nose. The parent has given permission to treat the youngster.

<b><u>MAXIMUM POINTS</u></b>	<b><u>POINTS AWARDED</u></b>	<b><u>OBSERVED</u></b>
5	_____	Sit the young boy down and have him lean forward.
10	_____	Ask the boy to pinch firmly but gently high on the nose just below the bone.
5	_____	Also have him apply pressure on the upper lip, just below the nose.
10	_____	Patrol member holds a cold compress against the nose and surrounding area.

**QUESTIONS**

5	_____	How long should you have them hold the nose before releasing pressure? <b>ANS:</b> About 10 minutes.
15	_____	What do you do if the bleeding does not stop? <b>ANS:</b> Have the patient pinch the nose and apply pressure under the nose again.
10	_____	How long before seeking medical attention? <b>ANS:</b> If bleeding continues for more than 15 minutes.

**Scenario 3** 60 Point Value

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

## 2018 Frederick County First Aid Meet

### Basic Level

### SCORE SHEET – PROBLEM # 4

Scenario: There are a number of people letting their dogs take a break on the grass area by the bathroom building. A toddler approaches a small dog that suddenly snaps at him. He cries out holding his left wrist. His mom runs over to help. What do you do?

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVED</u>
5	_____	Check to see if the scene is safe and get his Mom’s OK to treat. <b>Judge:</b> The owner of the dog has him under control.
5	_____	After donning person protection, the Patrol should treat the area of the dog bite by: Wash with soap and water.
5	_____	Clean by flushing with water for several minutes.
5	_____	Apply sterile dressing.
5	_____	Advise the parents that the toddler need to see a doctor or emergency room to determine if rabies shot may be necessary.

#### QUESTIONS

5	_____	Before touching the toddler what should you do? <b>ANS:</b> Tell the parents that you and your patrol know first aid and ask if you can help.
15	_____	What are five of the six animal that could carry rabies? <b>ANS:</b> Dogs, cats, skunks, raccoons, foxes, bats.
10	_____	If a bite is caused by a pet, what should you record for the person bit? <b>ANS:</b> Write down the owner of the animal’s name, address, and phone number.
5	_____	If the injury was caused by a wild animal, what information should you record? <b>ANS:</b> Write a description of the animal, its behavior, and where it was last seen. This information will help public health authorities take action.

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

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

**Scenario 4**    60 Point Value

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

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

**2018 Frederick County First Aid Meet**  
**Advanced Level**  
**SCORE SHEET – PROBLEM # 5**

Scenario update: Back on the road trip the “Shock Treatment” Patrol is discussing the excitement they had just dealt with at the rest stop. The scouts hadn’t gone more than 15 miles and had just entered a highway work zone. Suddenly the Scouter driving the van hits the brakes. Ahead there is a dust cloud from an accident that has just occurred. One car hit the guard rail and another swerved down into the median near the work crew. Your patrol leaves the van and approaches the first car by the guard rail. Inside you see an elderly man slumped over the steering wheel. What do you do?

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVED</u>
10	_____	As Patrol Leader the first thing you tell your members is to be very AWARE of any traffic trying to get by. You assign 2 scouts as lookouts to alert the area if that happens. You divide the rest of Patrol into 2 groups and:
25	_____	Immediately recognize a Life-Threatening Emergency in the first car. 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: <b>Judge:</b> Victim unconscious, <u>NO</u> C-Spine issues suspected. Patrol should state - “Send for AED”; 5) Plan a course of action.
25	_____	<b>Judge:</b> Verify that the Patrol states that they carefully remove the victim from the car. Then using the CPR manikin provided (follow the CPR method- say and do) Open the Airway (Head tilt-Chin lift) <b>Judge:</b> Check for proper hand placement; Look, Listen and Feel for signs of life – no more than 10 seconds. <b>Judge:</b> NONE; 1. Pinch Nose & Give 2 Breaths (using barrier). <b>Judge:</b> CHEST DOES RISE; 2. Check for Pulse (Carotid Artery). <b>Judge:</b> NONE; 3. Begin Chest Compressions/Ventilations – 30:2 (adult rate) depth of at least 2”; <b>Note</b> – heel of one hand with heel of the other hand on top, interlace fingers – center of chest. 4. Use an AED if trained.
10	_____	<b><u>QUESTIONS</u></b> What is a stroke? <b>ANS:</b> A stroke, also called a brain attack, occurs when an artery to the brain either bursts or is blocked by a clot. When blood supply to the brain is interrupted, brain cells begin to die.
25	_____	What are four of the five warning signals of a stroke? <b>ANS:</b> 1. Sudden weakness or numbness of the face, arm, or leg (especially on one side of the body). 2. Sudden confusion or trouble speaking or understanding speech. 3. Sudden trouble seeing in one or both eyes. 4. Sudden trouble walking, dizziness, loss of balance or coordination. 5. Sudden severe headache with no known cause.
5	_____	What does the acronym FAST stand for? <b>ANS:</b> F= Face. A= Arm. S= Speech. T=Time.

**Scenario 5**      100 Point Value

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

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**2018 Frederick County First Aid Meet**  
**Advanced Level**  
**SCORE SHEET – PROBLEM # 6**

Scenario: The other Patrol members approach the other car. Before they get to it they see a highway worker lying on the ground holding his head. He has a large bruise on his forehead. He is conscious and there is minimal bleeding. He is combative and at first refuses to allow anyone to touch him. He soon changes his mind and allows treatment. He appears confused and disoriented. What do you do?

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVED</u>
5	_____	Use personal protection (gloves, etc.). <b>Judge:</b> The patrol only needs to verbalize this.
10	_____	Check for airway and breathing. <b>Judge:</b> The patient is breathing.
15	_____	Stabilize the victim’s head and neck to prevent any neck bones that may be broken from damaging the spinal cord. Ask a fellow first-aider or a bystander to hold the victim’s head and neck steady to keep the neck in proper alignment.
10	_____	Monitor the victim closely to make sure he does not become unconscious. If he does, check for breathing and circulation.
15	_____	Do NOT raise the victim’s head or use a pillow under his head.
10	_____	Treat the victim for shock, but do NOT raise his feet. Keep the victim warm with blankets, coats, or sleeping bags.
 <b><u>QUESTIONS</u></b>		
10	_____	What are 5 signs of a head, neck, or back injury? <b>Judge:</b> Give 1 point each for these answers. <b>ANS:</b> It is safe to suspect possible head, neck, or back injury when the victim: 1 - Is irritable or combative. 2 - Has been in a motor vehicle accident. 3 - Has fallen from higher than a standing height. 4 - Is or was wearing a safety helmet that is broken. 5 - Complains of neck or back pain. 6 - Feels tingling or weakness in the fingers or toes. 7 - Is not fully alert. 8 - Appears to be confused or disoriented. 9 - Appears to be frail or over 65 years of age. 10 - Has suffered a blow to the head.
10	_____	Should you try to move this patient? Why or Why not? <b>ANS:</b> Only if the patient or the first-aider is in danger.
15	_____	If this patient was not conscious and not breathing, what would you do? <b>ANS:</b> If the person does not respond, stabilize the head and neck if you suspect injuries and perform compressions-only CPR if the person is not breathing. Then place your ear near the mouth and nose where you can hear and feel the movement of air. Watch for the chest to rise and fall.

**Scenario 6**    100 Point Value

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

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

**2018 Frederick County First Aid Meet**  
**Advanced Level**  
**SCORE SHEET – PROBLEM # 7**

Scenario: The driver of the other car is outside slumped against the cars side. His right arm is dangling at a weird angle. Closer look reveals a break in the upper arm with part of the bone sticking out.

**JUDGE:** There is minimal bleeding. What do you do?

<u>MAXIMUM POINTS</u>	<u>POINTS AWARDED</u>	<u>OBSERVED</u>
5	_____	Use personal protection (gloves, etc.). <b>Judge:</b> The patrol only needs to verbalize this.
10	_____	Do not try to replace nor move a bone that seems to be sticking out from the wound. <b>Judge:</b> If the patrol does NOT attempt to replace or move the bone, give full credit.
10	_____	Protect the spinal column by supporting the victim’s head and neck in the position found.
10	_____	Control bleeding by placing sterile gauze around the wound as you would for an embedded object.
10	_____	Do not use direct pressure, as that could move the bone. <b>Judge:</b> If direct pressure is NOT used, give full credit.
10	_____	Check the patient’s right hand for feeling, warmth, color.
10	_____	Treat for shock and recheck regularly.

**QUESTIONS**

10	_____	Explain the difference between a closed and open (compound) fracture. <b>ANS:</b> An <i>open fracture</i> (also known as a <i>compound fracture</i> ) involves an open wound that could occur from either the bone breaking the skin or an object going into the skin to break the bone.
15	_____	Would you move this patient? Why or Why not. <b>ANS:</b> Whether you are treating a closed or an open fracture, allow the person to lie where you found him or her, unless the site poses an immediate hazard to the victim or rescuers.
10	_____	When would you use direct pressure on an open fracture to control bleeding. <b>ANS:</b> Use direct pressure only if there is no other way to stop serious bleeding.

**Scenario 7**    100 Point Value

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

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

**2018 Frederick County First Aid Meet**  
**Advanced Level**  
**SCORE SHEET – PROBLEM # 8**

Scenario: You notice another highway worker on the ground by the first car. He is pale and appears woozy. A pool of blood has formed below his left leg, and his pants are soaked with blood, spurting from a gash in his upper left thigh. What do you do?

**MAXIMUM POINTS**    **POINTS**  
**POINTS**        **AWARDED**    **OBSERVE**

- |    |       |  |
|----|-------|--|
| 5  | _____ | Check that the scene is safe, then rapidly check the victim for other life-threatening injuries – <b>Judge:</b> there are no other injuries.   |
| 15 | _____ | Using personal protection (gloves, etc.), immediately, with a clean cloth or sterile dressing as a pad, use the palm of your hand to apply firm pressure directly over the spurting wound on the victims left thigh. <b>Judge:</b> the bleeding does not stop, the pad is completely soaked with blood - Apply a second pad over the 1st and maintain direct pressure. <b>Judge:</b> Bleeding has stopped. |
| 10 | _____ | After the bleeding has been controlled: Secure the pads in place with a bandage/cravat (an elastic wrap or strips torn from clean clothing. Apply this pressure bandage to bind the pads firmly. Check for circulation - feeling, warmth and color. <b>Judge:</b> Check for adequate tightness of this bandage.  |
| 10 | _____ | Properly treat for SHOCK.  |
| 15 | _____ | Demonstrate in detail how this patient will be moved by stretcher (patient to be properly moved onto a correctly folded blanket simulating the stretcher) from the ditch to the roadway area, approximately 100 feet.  |

**QUESTIONS**

- |    |       |  |
|----|-------|--|
| 10 | _____ | What do you check for when checking an extremity for circulation?<br><b>ANS:</b> Checking for patient feeling, warmth and skin color.  |
| 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?<br><b>ANS:</b> Immobilize the joint with splinting to prevent the wound from reopening.   |
| 25 | _____ | Describe the elements in providing First Aid for Shock:<br>1. Try to eliminate the cause of the shock by: restoring breathing and circulation, control bleeding, relieve severe pain, and treat wounds.<br>2. Summon Emergency Aid<br>3. Monitor the victim closely to insure the airway stays open for breathing.<br>4. Have the victim lie down, If you do NOT suspect back, neck, head injuries, or fractures to the hip or leg – Raise the feet about 12 inches.<br>5. Keep the victim warm to Maintain their normal body temperature. |

**Scenario 8**    100 Point Value

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