



SCOUTS IN ACTION WEEK



FIRST AID

26-30 APRIL 2010



CUB SCOUT PACK PROGRAM PLANNER

THEME	First Aid 2	DATE		ATTENDANCE	
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Time	Minutes	Activity Type	Activity Description	Equipment	Leader
	5	Ceremony	Opening Parade	Australian Flag Prayer Book	
	5	Game	Pressure Pad Relay	Scarfs or triangular bandages	
	20	Activity 1	Making Fake Blood	See below for equipment list and detailed instructions	
	50	Activity 2	Fake Wounds Base 1 – Burns Base 2 – Black eye Base 3 – Arm Wound Base 4 – Leg wound Base 5 – Recovery Position	See below for equipment list and detailed instructions	
	20	Activity	Parade of Wounded Cub Scouts (includes clean up)		
	15	Game	Recovery Position Airway	Nil	
	5	Ceremony	Final Parade Presentations Announcements	Australian Flag Prayer Book	
		Dismiss	Home		

Downloads include:
This program

Announcements

To nights Program:

Special events:

Birthdays:



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AWARD SCHEME

First Aider Level 2

Demonstrate how to put someone in the recovery position and to open and keep the airway clear.



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Game/Relay	Pressure Pad Relay	5 min
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Equipment: Scarf or Triangular Bandages

Activity: Sixes line up in relay formation at one end of the hall
 One Cub Scout from each Six goes to the other end of the hall and stands in line with his/her six.
 The first Cub Scout on each team runs to the victim, asks what is wrong, and applies his/her scarf/triangular bandage folded into a pressure pad where indicated.
 When the judge (Leader/Parent Helper) sees that the pad is correct, they call out "Cured!".
 The Cub Scout removes the pad and becomes the next bleeding victim.
 The previous victim runs back to touch the next member of his/her team.
 This continues until all on the team have been victim and rescuer.

Activity	Fake Blood – Version 1	20 min
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Equipment: Cornflour
 Water
 A nice Blood Red food colouring
 Eye drop bottle (bagged free from chemist)

Instructions: Make a paste of flour and a little water and blend it into the rest of the water.
 Slowly bring to a simmer and stir constantly until the mixture just begins to thicken.
 The exact amount you will need will depend upon the number of Scouts you have.
 The mixture should be used quickly as it will thicken on standing.
 An eye dropper bottle was ideal storage, its lasts longer and is easy to apply.

Activity: Dab the fake blood on arms, faces etc with a foam paintbrush or makeup brush. Scoop a lot onto the brush and let it drip down naturally for a realistic look.
 Allow the fake blood to cool before use.



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Activity	Fake Blood – Version 2	20 min
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Equipment: 1 cup clear water-soluble hair gel
10 – 15 drops of red food colouring
6 – 8 drop of rd food colouring
1 tsp water
1 tsp sifted flour or cornstarch
Bottle with a Screw on lid

Method: Mix the gel, water and food coloring together in a bottle.
Put the lid on and shake gently
Add more red or blue food colouring as desired to get the right deep-red shade of fresh blood
Add the cornstarch or sifted flour to the mixture and shake the bottle thoroughly. If there are lumps gently pour them out. This will give a thick consistency to the blood for ooze effect.

Activity: Dab the fake blood on arms, faces etc with a foam paintbrush or makeup brush. Scoop a lot onto the brush and let it drip down naturally for a realistic look.
Allow the fake blood to dry, about 10 minutes. It will remain a little sticky but will stay glossy and red for several hours.



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Activity	Fake Wounds	50 min
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Set up bases with a range of equipment for each Patrol to practice making fake wounds.
Let the Scouts use their imagination and have fun!

- Base 1 – Burns
- Base 2 – Black eye
- Base 3 – Arm wounds
- Base 4 – Head wounds
- Base 5 – Recovery position

Equipment: Water colours – cheap one will do from Big W or a \$2 shop
Vaseline
Tissues – plain white and thin
Butter knife
Double-sided fabric plaster (cheap stuff in rolls)
Skin toned foundation powder
Stuff to stick in wounds (nails, sticks, screwdriver etc)
Bones of various sizes (chicken, lamb work well)
Scissors

You will need to make fake flesh (see below) and fake blood (see above). Quantities will vary depending on Troop size.

Fake Flesh

Makes a ball of basic putty – make several batches before Troop night
2 cups self raising flour
1 cup salt
4 teaspoons of Cream of Tartar
2 cups of water
2 tablespoons of cooking oil
Food colouring or liquid foundation

Instructions

Put all the ingredients into a pan, stir and cook until the mixture is a soft ball

Fake Burns

Burns are great fun to play with. Not only do they look realistic but the blister will burst if handled too roughly.

- Redden the area using a damp fingertip and red watercolour
- Apply a dollop of Vaseline to the area and shape it into a blister shape
- Place a piece of tissue over the Vaseline and very carefully rub it until the Vaseline soaks in and turns the tissue transparent
- Very carefully, tear away the excess tissue and smooth the ragged edges into the Vaseline

Tips

- Play around with the red paint before adding the Vaseline to produce a really nasty burn.
- Don't add too much Vaseline, most blisters don't stick up like half a ping-pong ball





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Fake Wounds

Cut a piece of double-sided fabric plaster to the approximate size and shape of the wound and stick it down to the arm or leg or whatever. (Don't forget to make sure that they are not allergic to it!)

- Using small pieces of flesh, build up flesh on the bandage
- Carefully blend the flesh with the real skin
- Use make-up to blend the skin tones together
- Now for the wound.....
- Decide on the type of wound you want and simulate it in the flesh
 - Incised Wounds - these are clean cuts from knife slashes or glass; make these by cutting the flesh with a blunt butter knife.
 - Lacerations - these are made by blunter objects like barbed wire. Simulate these by dragging a pencil point through the flesh.
 - Punctures - a stab wound made by a knife, nail etc. Use a blunt pencil to make this by working it in slowly widening circles in the flesh until the desired hole size is made.
- Next you need to dress up the cut. Use the paint box to redden the inside and the edges of the wound
- Add a few drops of blood inside the wound.
- You can have fun by inserting foreign objects such as nails or wood into the wound.



Scouts can use their imagination to make up a range of fake wounds that will look realistic and gory.

Black Eye – have a mum bring along some makeup and give the Cub Scouts black eyes

Recovery Position



Activity	Parade of Wounded Scouts	15 min
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Have the Scouts show of their wounds to each other and if a camera is available get some great photographs for first aid activities where Scouts need to identify the type of wound and describe the best first aid treatment.