

# EMERGENCIES

**A short guide to delivery of Stages 1-4  
Scouting Ireland Emergency Adventure Skills**



# Emergencies - Adventure Skills

**Adventure Skills** offer the opportunity to learn and develop a range of knowledge and practical skills that will serve to keep you and others safe across the Scouting journey.

Whether taking part in a game in the Den, leading a hike, or cooking a meal on an open fire at camp, the potential of something unexpected happening, or an accident occurring, should never be far from our thoughts.

Luckily though, Scouting prepares us for such things happening, as across many parts of the Scouting Programme, opportunities to incorporate First Aid skills are wide and varied, and of course **Emergencies Adventure Skills** provide a specific opportunity to learn First Aid knowledge and develop practical skills that will stay with us for life.

This guide provides hints, tips and knowledge that will help Scouters to deliver an Emergencies Adventure Skills programme across stage's **1 - 4**. The guide will equip you with an understanding of what things you will need to know to grow knowledge in others, and references a number of practical skills that will help demonstrate and deliver training.

A wide range of sources including, **St John's Ambulance**, **Red Cross** training and guidance, as well as **The Scouting Trail** and many more; have all been used to provide accurate and relevant information to assist in the delivery of an Emergencies Adventure Skills programme as set by **Scouting Ireland framework**.

**However**, this guide **does not replace more formal knowledge** required to competently and safely deliver First Aid training and as such as a facilitator, you should ensure that you have been **trained to an appropriate level** and hold the relevant knowledge and understanding to guide others along their First Aid learning journey.

**SFNI Programme Lead (2023)**

# Emergencies & Me

The supported learning by delivery of Emergencies Adventure Skills should equip us all with an understanding and readiness to act if an accident or emergency situation presents itself.

Being prepared to react to and deal with an emergency as it arises will help us build confidence and our ability to respond to emergency situations. The learning that is delivered as part of an Emergencies Programme will help develop both these skills.

This guide will begin by exploring a mix of **Stage 1** and **more general** first aid skills, and as it progresses, will introduce the other skills and knowledge required to complete **Stages 2, 3 & 4**.

## **DON'T PANIC**

When beginning to discuss Emergencies and First Aid training, one of the most important lessons that should be delivered is learning to **AVOID putting yourself in danger in the first place**. Regardless of if you are a Scouter, a Group Leader or a Youth member, we all should be aware of the roles we play and responsibilities we have in acting in a safe way, in looking after others, and in knowing how this can help limit the potential of an accident happening.

Similarly, we should all know the importance of following instructions and listening to Leaders and how this also keeps us safe. **At Stage 1**, an understanding of **why** and **experience** of using the '**Buddy system**' should also be demonstrated, so that we understand better how looking out for others can play a vital role in keeping everyone safe.

**However**, if we do ever find ourselves dealing with an accident or emergency, the first thing to remember is "**DON'T PANIC**". If we panic we can lose focus and potentially become part of the problem as opposed to part of the solution.

A **tip** for remaining **calm** during an emergency situation is to practice **deep / meditative breathing** or to **repeat a mantra** like '**stay calm**' to help centre ourselves and avoid panic.



# Emergencies- Being Prepared

Being prepared is the best way to mitigate against and / or deal with an accident or emergency scenario. The first step is to know your surroundings, whether it is in the Den or taking part in an outdoor activity you should always try to undertake and know the following things:

- 1. Complete a Risk Assessment** - take time to think about the activities that you will be taking part in; What are the things that might happen? What could potentially cause harm? What things could you do to try and reduce or remove these dangers?
- 2. Know your surroundings** - take time to locate the emergency exits or find the routes that will take you to safety should the need arise. In a Den location, why not get the group to draw an escape plan for the building, if out on site mark on a map the quickest route toward help.
- 3. Locate emergency equipment & telephones** - you should make a note of where you would find items such as first aid kits, fire extinguishers and other emergency related items as well as know where the closest landline telephone is and power points in case you have difficulty charging a mobile phone.
- 4. Carry First Aid equipment** - preparing and packing both basic and group first aid kits will ensure that you have adequate supplies and items to help you attend to an emergency situation. You should always carry an emergency shelter if involved in an outdoor activity and make sure you have additional food and water just in case it is needed.
- 5. Learn some basic First Aid and know who to call** - some first aid knowledge is better than no first aid knowledge. Develop your skills around treating basic wounds and injuries and make sure you know the role of each of the emergency services in respect of the activity you are undertaking.

# Being Prepared - First Aid Kits

Bringing with you the correct equipment and kit that will assist in the delivery of a Scouting adventure or activity is vital in being prepared to face those unexpected challenges and issues that may confront us.

Keeping safe, knowing how to behave ourselves, how to respect others and treat the places we visit with caution and care is a responsibility that we should all share in. First Aid is no different and as such both Scouters and Scouts share in bringing kit that can be used to look after us all.

At **Stage 1-2** of Emergencies Adventure Skills you are required to know what should be included in a **'personal'** first aid kit. These are basic kits, often referred to as **'Boo Boo'** kits and can be made quite simply and at limited cost. As you progress across stages so to will knowledge of other kits.

## At Stage 1 'Boo Boo' Kits should contain:

- Assorted Plasters
- Safety Pin
- Anti-septic wipes
- Lip balm or chap-stick
- Bandages

## At higher Stages (2+) Personal First Aid Kits should contain:

- Compression bandage for sprains/strains
- Assorted plasters + Steri-strips
- Lip balm and chap-stick
- 2 regular tubular bandages
- Small scissors and pins
- Assorted blister plasters
- Hand sanitiser and Antiseptic wipes



## Group Kits should contain but are not limited to:

- First aid guidance card or book
- Assorted plasters
- Accident Report Book
- Alcohol-free sterile wipes
- Sterile dressings (varied sizes)
- Adhesive tape/ Scissors
- Triangular bandages
- Disposable gloves/ Apron
- Safety pins
- CPR face shield
- Sterile eye pads



# What to do in an Emergency

Emergencies will come in all sorts of different shapes and sizes and as such each situation or scenario we come across will require different actions to help deal with the problem.

In the first instance, if we come across a scenario such as a simple wound or a sprain injury, we will be more than likely able to cope with and handle the situation. If we come across a larger incident we may have feelings that overwhelm us, however being trained in First Aid skills will certainly help alleviate this.

Regardless of the situation, we should always try to get help if possible, **for example** in dealing with a minor injury in the Den, we should always try and get help from a Scouter or other leader. We should if possible send someone to search for help making sure it is safe to do so, ensuring that by sending someone away, we are not also putting them in harms way.

At **Stage 1** of Emergency Adventure Skills, you will be expected to know and demonstrate a number of basic things and simple rules to follow that will help assist in dealing with an emergency situation that include:

- How to check for danger and keep yourself and others safe.
- The Basic rules of First Aid
- Who to call for help and how to gather relevant information to report it.
- How to treat a range of simple wounds and injuries.

As knowledge and skills develop across **Stages 2-4**, these simple rules and basic actions will form the foundation of Emergencies skills learning and should always be referenced and acted upon as we progress and develop in our learning.

# Basic First Aid Rules

As discussed, emergency **situations and scenarios come in all sorts of shapes and sizes**. You may have to deal with a trip injury, find yourself treating a small wound, or you may even come across a more challenging scenario such as dealing with hypothermia or finding yourself in the middle of a large accident. Regardless of the emergency, there are a few **basic rules** that should always be followed:

## Assess the situation quickly and calmly.

Check the scene to see how safe it is:

- Are there any dangers for you or the casualty?
- Can you see how many casualties there are and what caused the accident or injury?

## Protect yourself & patients from any danger.

- Always protect yourself first – never put yourself at risk.
- Only move someone if leaving them would cause them more harm.
- If you can't make an area safe, call 999 or 112 for emergency help.

## Comfort and reassure.

- Stay calm and take charge of the situation.
- Introduce yourself to the casualty to help gain their trust.
- Explain the situation and anything you're going to do before you do it.
- Treat the casualty with dignity and respect at all times.

## Prevent infection between you and them.

- Clean hands with soap and water or rub your hands with alcohol gel.
- Wear disposable, latex free gloves and **never touch** an open wound without gloves on.
- Do not breathe, cough or sneeze over a wound.

## Assess the casualty and give first aid treatment.

- If there's more than one casualty make sure you help those with life-threatening conditions first.
- Survey and deal with any immediate and life-threatening conditions first and then treat minor injuries next.
- Get help if needed, call 999 or 112 for an ambulance if you think it's serious.



## Gathering information - L.I.O.N.E.L

Knowing what exactly has happened and gathering as much information as possible is an important skill to learn and will help you and others to determine what help and support is required to attend to a first aid emergency.

At **Stage 1** of Emergency Adventure Skills, knowing what questions to ask, how to collect information and how to pass this onto others is a vital skill that should be practiced so to build confidence and ability.

By being armed with the facts and assessing the situation we will be in a stronger position to make positive decisions and to communicate to others (such as the emergency services) just exactly what has happened so that they can respond in the best way.

### What to do first!

When we come across an accident, using a calm voice we should ask the casualty (or bystanders) **"What has happened?" "How is the casualty feeling?" "Are they in pain and if so where?"** Finally ask if they are **"Happy for you to help?"**.

If gathering information to call for help, the acronym **L.I.O.N.E.L** is a useful way to remember what types of information we should collect to pass onto others:

**Location** - Tell them where the emergency is and where you want them to arrive.

**Incident** - Tell them what has happened.

**Other services** - Do you need more than one?

**Number of people** that are involved.

**Extent of the injuries** - What types of injuries do people have?

**Location** - Repeat again where emergency services need to arrive.



## Who you going to call?

When beginning to learn about First Aid and dealing with an emergency situation, we must know who is available to give us help and be confident about the type of information that they will need to help us in the best way that they can.

In the first instance, it is important that you know who to go to right away if an accident occurs, in a Scouting environment that would be the Scouters or Group Leader. More junior members of your Groups should be able to point out and name who is in charge and practice communicating information in a calm and controlled way.

However, regardless of if you are a Beaver, Scout or a Scouter, it is also important to know the different types of Emergency Services that are available and know who, how and when to contact them dependent of the emergency you are experiencing.

The **Fire Service** will respond to all types of fire, traffic accident and specialist incidents such as flooding, building collapses or other scenarios where someone is trapped.



The **Ambulance Service** should be called to assist in serious injury or where life is at risk or in danger.

**Mountain Rescue** and The **Community Rescue Service** will respond to incidences where someone has become lost or are injured in remote and/ or public spaces.

The **Coast Guard & RNLI** will respond to incidences occurring around coastlines or out at sea.

Calling **999** and providing the information collected using **L.I.O.N.E.L** will help the operator direct you to the appropriate emergency service(s).



## Assessing a situation - D.R. A.B.C - The Primary Survey

Following the acronym **D.R.A.B.C** will enable us to complete a 'primary survey' to help us better identify and assess just what the emergency situation is.

**D** is for **Danger** - **R** is for **Response** - **A** is for **Airway** - **B** is for **Breathing** - **C** is for **Circulation**

At **Stage 1** of Emergency Adventure Skills you should be aware of what a Primary survey is, and by **Stage 3** you should be competent in completing a Primary Survey and the **ABC** of First Aid



### Step 1 - Check for danger

Before we begin to approach a casualty or injured person we must **STOP**, look at the environment around us and determine if it is safe for us to proceed to try and help and to ascertain if the casualty is in any further danger.

**For example:** If you came across someone lying at the edge of a high cliff whilst on a hike, you would not rush over to them without checking the ground is stable and safe.

### Step 2 - Response

If the casualty is able to talk and is responsive, introduce yourself and ask them how they feel and to tell you what happened.

If the casualty appears unresponsive, speak to them, if still nothing, kneel next to their chest and gently shake their shoulders, asking, "What has happened?" "Open your eyes!".

If the eyes open or a gesture is made, they are responsive.

If they do not respond to you in any way, they are unresponsive and should be treated as quickly as possible.



### Step 3 - Airway

Next, you need to check that the airway is open and clear. Open the airway by placing one hand on the forehead to tilt the head back and use two fingers from the other hand to lift the chin.

If they are still unresponsive, you need to move on to breathing as quickly as possible.



### Step 4 - Breathing

Now we need to check if the casualty is breathing normally. Place your ear above their mouth, looking down their body. Listen for the sound of breathing and check for the feel of breath on your cheek. Watch to see if their chest moves. Do this for 10 seconds.

If they are responsive and breathing, move on to circulation.

If they are unresponsive and not breathing, **call 999/112** for emergency help and if you know how to... start CPR straight away. If you do not know CPR, ask the operator on the phone to tell you. Ask someone to find and bring a defibrillator (AED).

### Step 5 - Circulation

Once you know that the casualty is breathing, look and check for any signs of severe bleeding.

If there is a large amount of bleeding, you will need to control and treat this by applying direct pressure to the wound.

**Call 999/112** for emergency help.

If they are unresponsive and breathing but with no bleeding, put them in the **recovery position** and **call 999/112** for emergency help.



# Basic First Aid Skills - Stage 1 Emergencies

## Minor Cuts

At **Stage 1** knowledge and practical experience of dealing with minor ailments or injuries is enough to help build confidence and develop first aid skills learning. Across the next few pages you will find guidance on treating some minor injuries as required to pass the first stage of Emergencies Adventure Skills.

### How to treat a minor cut

- 1. Wash hands** thoroughly with soap & water or alternatively use a cleansing hand gel. **If non latex gloves available** these should always be used!
- 2. Wash the cut.** Use water to rinse out the cut, a sterile or alcohol wipe may be used to help clean the wound.
- 3. Apply pressure.** Place pressure directly onto the wound, if possible direct the casualty to do this, if not, ensure you wear gloves.
- 4. Put a bandage/ plaster over the wound.** Apply either a plaster, or use a piece of gauze dependent on the size of the wound and cover this with medical tape or a larger bandage.

Make sure your bandage covers the entire wound. If there are parts that aren't covered, use another one.

If possible, try and keep the bandaged wound elevated to help stem bleeding.



# Basic First Aid Skills- Stage 1 Emergencies



## Bruises

Bruising often appears after a serious knock or injury occurs and are caused by leaking of blood into the skin or tissue below or around an injury. More often than not bruises are harmless and cause only a little discomfort. However, they can act as a pre-cursor to a more serious injury that has occurred internally, so we should always pay close attention to them if we suspect a casualty may have suffered more damage than we can see.

## How to treat a bruise

- If possible raise and support the injured area, if there is bruising on the ribs for example, lay the casualty (if safe to do so) on their uninjured side.
- Hold something cold against the area like an ice-pack or packet of frozen vegetables wrapped in a towel for approx. 20 minutes to help ease any swelling.

## Splinters - How to treat them with tweezers or with "tape"

Splinters can be picked up anywhere and where not always serious, they can be very agitating. There are many methods to remove a splinter, and below you will find two such ways:

### Using Tweezers

1. Wash the area the splinter is in and sterilise the tweezers using alcohol wipes if available.

2. Illuminate the area for better vision and carefully grip the end of the splinter with the tweezers, pulling the splinter out in the direction it entered.

### Using "Tape"

1. Tape is particularly useful to remove fine splinters. Clean the area and apply the tape with gentle pressure over the area the splinter is located.

2. If you are satisfied contact with the splinter has been made, gently pull off the tape in the same direction the splinter has entered, checking the tape afterward.



# Basic First Aid Skills - Stage 2 Emergencies

## Recovery Position

At **Stage 2** of Emergency Adventure Skills, as well as the basic first aid skills learned at Stage 1, you will also need to demonstrate the following practical skills listed across the next few pages.

### The Recovery Position

If after completing the primary survey you are giving first aid to a person who is unconscious, but breathing normally, placing them into the recovery position will help to keep their airway open and reduce the risk of choking.

You should only move a casualty into the recovery position if you feel that it is safe to do so, and that it is necessary to maintain their airway.



**1.** Kneel by the casualty and straighten their legs.

Place the arm that is nearest to you at a right angle to their body, with the elbow bent and their palm facing upwards.



**2.** Bring their other arm across their chest and place the back of their hand against the cheek nearest to you. Hold it there

With your other hand, pull their far knee up so that their foot is flat on the floor

**3.** Keeping the back of the casualty's hand pressed against their cheek, pull on the far leg to roll them towards you on to their side.



Adjust the top leg so that it is bent at a right angle.

**4.** Gently tilt the head back and lift the chin to help keep the airway open. Adjusting the hand under the casualties cheek will help do this.



Check the casualty every 3-5minutes to update their status and comfort.

# Basic First Aid Skills - Stage 2 Emergencies

## Triangular/ Knecker Bandage

Triangular bandages are a staple of any first aid kit and useful to use in treating a range of injury or help elevate an injured limb. Luckily, Scouts carry their very own triangular bandage in the form of a 'knecker'. When learning this skill, ensure that the use of the knecker is referenced and practical application demonstrated, as this is a requirement of **Stage 2** learning.

**1.** Ask the casualty to support their arm with the uninjured hand. Gently slide the triangular bandage underneath the arm. The point of the triangle should be underneath the elbow of the injured arm. Bring the top end of the bandage around the back of the neck.



**4.** Adjust the sling so that it supports their arm all the way to the end of their little finger..



**2.** Fold the lower end of the bandage up over the forearm to meet the top of the bandage at the shoulder of the injured side.



**5.** Make sure that the edge of the bandage by the elbow is secured by twisting the fabric and tucking it in, or using a safety pin to fasten.



**3.** Tie the two ends of the bandage together in a reef knot above their collar bone and tuck in the free ends.



**6.** Check the circulation in their fingertips every 10 minutes. Press their nail for 5 seconds until it turns pale, then release to see if the colour returns within 2 seconds.





## Basic First Aid Skills - Stage 2 Emergencies

### Shelter - Keeping a casualty comfortable

Another essential skill to learn is that of keeping a casualty warm, safe and secure and out of the elements and harms way.

Other than keeping a casualty happy and not adding to their problems by making them brave the weather, getting someone who is injured or who has just had an accident to shelter will help combat '**shock**' - a condition that can occur after a traumatic experience and which can affect how oxygen gets to the vital organs.

Shelter comes in all types of different forms, whether you are safe inside the Den or outdoors on an adventure. If indoors you can use things like coats or blankets to place around or on the casualty to keep them warm and comfortable. If the injured person can move, you may wish to put a soft ground mat under them to keep them off cold floors, or sit them upright leaning against a wall or on a chair.

When outdoors, it may be a little more tricky to find shelter, but luckily, as Scouts, we should always be prepared and carry kit like - **Bivvy Bags**, **Mylar Foil Sheets** and an **Emergency Shelter**, you may even know how to build a shelter using **Sissal** and **Tarp** or from natural materials.

At **Stage 2** of Emergencies Adventure Skills, you should know how to keep someone who is injured comfortable, know how to put up a shelter and understand the reasons why this is important.

**Emergency Shelter**





# Basic First Aid Skills - Stage 3 Emergencies

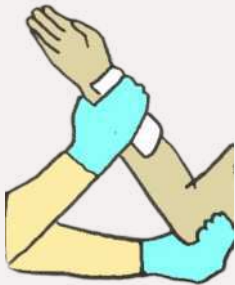
## Severe Bleeding & Nosebleeds

At **Stage 3** of Emergency Adventure Skills, as well as the basic first aid skills learned at Stage 1 & 2, you will also need to demonstrate the following practical skills described as follows.

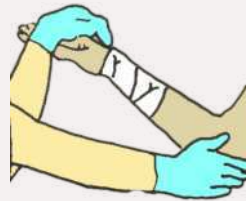
### How to treat Severe Bleeding

If you find yourself dealing with an open wound that is bleeding severely, it is imperative that you do all you can to stop the flow of blood to avoid issues such as fainting or shock.

When treating an open wound you should always wear gloves, if these aren't available and the casualty is able, direct them to attend to the wound themselves to avoid contaminating it.



1. You should apply direct pressure to the wound, ideally using a sterile dressing. If you do not have this, use non-fluffy fabrics etc.



2. Secure the dressing using a bandage, ensure that it is tight to hold the dressing, but not so tight that it limits circulation.

3. Support the injured area to help keep the wound elevated, pinch fingers or toes to check circulation.

### How to treat a Nosebleed

If someone is having a nosebleed, ask them to sit and lean forward...**NEVER** ask them to lean with their head backwards as this will make blood trickle down the back of the throat and potentially cause choking.

- Reassure the person and ask them to pinch the **SOFT** part of their nose and to breath slowly through their mouth and • **NOT**• the nose.
- Pinch the nose for approx. 10 minutes, then release.
- Check to see if this has stopped the bleeding...if not pinch again.

If bleeding **DOES NOT STOP** after 30 minutes, again reassure the casualty and then dial 999 or 112.



# Basic First Aid Skills - Stage 3 Emergencies

## Burns

Burn injuries can be caused by a range of different things, be it from the open flame of a fire, to touching hot metal, or directly from the sun to being scalded by steam from a kettle. Regardless of how the burn is caused it is important to understand that the longer the exposure to the source of the burn, the more damage will be caused.

### How to treat a Burn

1. Run the affected area under cold water for approx. 20 minutes or until the pain subsides. If you do not have access to water use cold milk or still drinks.
2. Once the area has cooled, remove any jewellery or clothing if they are not stuck to the burn, before any swelling occurs.
3. Wrap the affected area loosely in cling-film (lengthways) making sure that it is not tight. Avoid using ice or creams and **DO NOT** burst blisters to avoid infection.

### How to treat Sunburn

1. Move the affected person out of direct sunlight, cover the area with loose clothing and then move them into a shaded area.
2. Next give the person cold water to sip, you may also wish to cool the affected area by using cold water for approx. 10 minutes.
3. Use calamine or an 'After Sun' lotion to help cool and moisturise the area and seek medical attention if the area begins to blister or if the person is suffering heat stroke.

# Basic First Aid Skills - Stage 3 Emergencies

## Bee & Nettle Stings

### How to treat a Bee Sting

A Bee or any other insect sting can be painful and irritating, but are not usually life threatening, **unless** there is a potential of an allergy which could cause anaphylactic shock - in the event of this occurring call 999 immediately and seek help.

When dealing with a Bee or insect sting, the first thing to do is to reassure the casualty. If you can see the stinger, use something with a hard edge like a finger nail or bank card to flick the stinger away. **DO NOT** try and remove the stinger with tweezers as this may cause poison to be squeezed into the area.

Elevate the affected area and use an ice pack or bag of (wrapped) frozen vegetables etc. to cool the area down, keeping it pressed against the injury for approx. 20 minutes. If the sting has happened inside the mouth, then sucking ice or drinking cold water may help prevent swelling.

Seek medical advice if you feel necessary, and never give an antihistamine tablet or cream without seeking permissions and advice.



### How to treat a Nettle Sting

Wash the area as best you can, tepid or cold water should help to cool the area down. Use a cold compress to hold over the area and will help the casualty avoid scratching or rubbing the area.

**Dock Leaves** - while not recommended officially, we have all had experience of using Dock leaves to treat nettle stings. A theory states that the Dock sap evaporating from the skin acts as a way to cool the area and this is what relieves the pain.



# Basic First Aid Skills - Stage 3 Emergencies CPR

At **Stage 3** of Emergencies Adventure Skills, you should be able to complete an Airway/ Breathing/ Circulation (ABC) assessment as referenced as part of the Primary Survey. It is also a requirement to understand and know how to complete **Cardiopulmonary Resuscitation (CPR)**.

CPR training should be undertaken by professional facilitators only, as they can supply the equipment needed to practice on. **CPR SHOULD NEVER BE SIMULATED ON A REAL PERSON.**

What this guide will do is provide the basic information required to understand how to perform CPR and should be used as reference only.

## How to perform CPR



If you come across someone who has collapsed, firstly **CHECK FOR DANGER**, when safe, approach them and try and get a response by speaking loudly and/ or gently shaking their shoulders. Complete a **D.R.A.B.C.** check their breathing for approx. 10 seconds- irregular breathing could indicate a cardiac arrest.

**If they are not breathing send for help, dialling 999 and ask the operator to talk you through the stages of CPR.**

**1. To start CPR**, kneel by the casualty putting the heel of your hand on the middle of their chest. Put your other hand on top of the first and interlock your fingers.



**2. Keep your arms straight** leaning over the casualty, press down hard, to a depth of about **5-6cm** before releasing the pressure, allowing the chest to rise. Push at a rate of **100 to 120** per minute.

**3. Stop/ end CPR** if the casualty begins breathing, if emergency services arrive or if you are too tired to continue.

# Basic First Aid Skills - Stage 3 Emergencies

## International Distress Signals

As Scouts, there is a real potential that an incident or emergency may occur when we are outdoors and far away from civilisation. As such, at **Stage 3** we should be aware of the International Distress signal, as well as recognise other ways to signal for help.

### The International Distress Signal - SOS . . . — — — . . .

**SOS** or '**Save Our Souls**' is the most recognised distress signal and can be easily communicated both audibly and visually.

The code for SOS is **3 short, 3 long, 3 short** signals and can be communicated by making noise, say with a whistle or via a light source such as a torch.

### Other Signal Methods

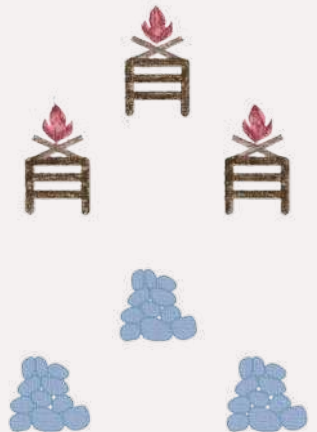
If you find that you are in some sort of distress or need to raise help, there are a number of other things you can do:

**Signal Fires** - Look for a clearing to set up three, 'cone' fires in the shape of a triangle. Adding some green foliage will help create smoke.

**Rock Piles** - Similarly, setting up three piles of rocks in a triangle shape at approx. 100 paces apart is a good way of signalling to those above.

**Whistle Blast** - Use 6 distinct and sharp whistle blasts and rest for 1 minute and then blow again. A rescuer would typically blast 3 back to let you know they have heard.

**Flag Waving** - Use brightly coloured material to attract attention. Attach your material to a long stick as this will allow you to wave it. Plant it in the ground while you are resting, so it can still be seen.





## Basic First Aid Skills - Stage 4 Emergencies Sprains

As you progress to **Stage 4** of Emergencies Adventure Skills you should be fully competent in completing a Primary Survey and understanding the ABCs and basic rules of First Aid, including how you raise help. You should also be aware of what CPR is and how to perform it, as well as know how to treat a series of wound or injury and show how to comfort a casualty, keeping them safe and warm.

At Stage 4 you will also need to demonstrate knowledge and experience across treating a range of additional injuries, know what should be contained in a Group First Aid Kit and be confident in moving a casualty safely using an 'improvised' stretcher.

### How to recognise and treat a Sprain

Sprains and fractures are characterised by pain and tenderness, swelling and bruising and difficulty moving the injured area, especially if it's a joint. Using the acronym **R.I.C.E** will help to remember the treatment necessary in dealing with a sprain injury.

**R – Rest the injured part.** Sit or lay the patient down and support the injured part in a comfortable position, raising it if possible.

**I – Apply an Ice pack** or cold compress. Cooling the area will help to reduce the swelling, pain and bruising. Apply this for a minimum of 20 minutes, keeping the patient comfortable.

**C – Provide Comfortable support.** Use blankets, cushions, jackets and soft padding to help support the injury.

**E - Elevate the injured part.** Support the injury in an elevated position to help keep swelling and bruising down. Pillows or piled jackets and jumpers are useful to assist in this.

**If able, you may also wish to use a roll bandage to strap up the injured area to help prevent pain caused from the movement of the joint.**

# Basic First Aid Skills - Stage 4 Emergencies



## Choking

If someone is showing signs of choking they will have difficulty breathing, speaking or coughing, have a a red puffy face and show signs of distress, and they may point to their throat or grasp their neck.

If you suspect someone is choking, ask them outright - 'Are you choking?' and encourage them to try and cough out the obstruction.

If coughing does not work, lean the person forward, supporting their upper body and using the heel of your hand give them **5 sharp blows between the shoulder blade**, checking each time if the obstruction has cleared.

If blows don't clear it then administer **5 abdominal thrusts** by standing behind the person, place one hand in a clenched fist between their belly button and the bottom of their chest and with your other hand, grasp your fist and pull sharply inwards and upwards up to five times. Check their mouth again, each time.

## Treating a choking baby

If you think a baby is choking then they need your help straight away.

If the baby cannot breathe, cry, or cough, they may be choking and you will need to give **5 back blows** - lay the baby face down along your forearm and thigh, support their head and neck.

Give **5 sharp back blows** between the shoulder blades with the heel of your hand.

Turn them over on your thigh and check their mouth. Pick out any obstructions you can see with your fingertips. If this does not work then give **5 chest thrusts** with the baby facing upwards, making sure you're supporting their head and neck. **Put two fingers** in the **centre of their chest** just below the nipple line and give **5 sharp chest thrusts** - seek medical assistance and advice.



# Basic First Aid Skills - Stage 4 Emergencies

## Poisoning

Poisoning can be caused by many different things, ranging from ingesting something dangerous, to alcohol poisoning to carbon monoxide and much more.



The important thing to do if you suspect poisoning is to not panic, ensure there is no danger to yourself in assisting the casualty and to perform your D.R.A.B.C to assess how the person is and get help as soon as possible..

### What to do if someone has ingested a poison

If someone has swallowed a poison, they may have nausea and vomiting, pain or burning sensation, stomach cramps, a low level of response or experience seizures.

If the casualty is responsive, ask them '**what**' and '**how much**' of the poisoned item they have swallowed, look for clues such as packaging or berries etc. to determine what the cause is.

**Dial 999 immediately**, providing as much information as possible and check on their airway. **DO NOT TRY** and make the person vomit as this could cause more problems. If the casualty is unresponsive ensure you maintain their airway, using the recovery position.

### What to do if you suspect food poisoning

Someone who is experiencing food poisoning may exhibit vomiting, stomach cramps, diarrhoea and show signs of a fever, with a high temperature.

- If you think someone has food poisoning, advise them to lie down and rest. if they're vomiting, give them small sips of water to drink to help prevent dehydration.
- If they experience diarrhoea as well as vomiting or just have diarrhoea only, it is even more important to try to replace lost fluids and salts by encouraging them to sip water regularly.
- If the casualty feels hungry again, advise them to eat light, bland, easily digested foods, such as bread, crackers, or a banana, advise them not to drink alcohol, caffeine, or fizzy drinks.
- If symptoms persist or worsen seek medical advice as quickly as possible.



# Basic First Aid Skills - Stage 4 Emergencies

## Object in the Eye & Foot Blisters

All manner of things can get stuck in the eye, be it dirt or dust, embers from a fire or splinter from a carving activity - all sorts of things really.

Signs that there is something stuck in the eye will include- pain or discomfort in the eye or eyelid, redness and watering of the eye, a visible wound or a bloodshot appearance, blurred, partial or a total loss of vision.

### How to treat an object in the eye

Advise the person **not to rub their eye** as this could make it worse. Ask them to sit down facing a light source to make it easier for you to see the object.

Stand behind them and gently open their eyelids with your thumbs. Ask them to look right, left, up and down as you look closely at the eye. If you can see something, ask them to tip their head backwards and pour clean water from the inner part of the eye to wash the object out.

If this doesn't work and the object is still on the surface of the eye, use a moist piece of gauze or the damp corner of a clean handkerchief or tissue and gently swipe to remove the object. If the object still isn't removed or the eye is very painful, seek medical advice.

### To treat Blisters

Blisters are fluid-filled bumps that look like bubbles on the skin. They usually form when skin repeatedly rubs against something or is exposed to heat.

To treat, don't burst the blister as this can increase the risk of infection. Wash the skin around it with clean water and gently pat the skin dry with a sterile gauze pad or a clean, non-fluffy cloth.

If you cannot wash the area try to keep it as clean as possible. If the blister was caused by something rubbing against the skin, cover it with a plaster but make sure the pad on the plaster is larger than the blister area. Ideally use a special blister plaster, as these have a cushioned pad that gives extra protection.



# Basic First Aid Skills - Stage 4 Emergencies

## Improvised Stretcher

To assist in moving an injured party, it is important to know how to make a stretcher using a range of improvised materials including (but not limited to) rope, poles, tarp, canvas, coats, tree branches etc. This element of **Stage 4** Emergencies Adventure Skills will offer the opportunity to revisit areas of Pioneering and Camping Adventure Skills and provide an opportunity to learn new skills or practice old ones.

### How to make a rope stretcher

1. Using the mid part of a rope, lay down a zigzag pattern that is approximately one foot longer and one foot wider than your casualty.



2. Attach the ends of the rope to each side of the stretcher using clove hitches to bind it at each loop.

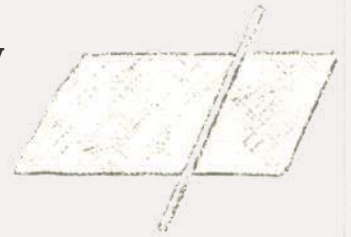


3. Send any remaining rope through the loops created at the side of the stretcher by your clove hitch knots and use these as handles.



### How to make a tarp stretcher

1. Spread out a tarp and lay a pole down at a position about 2/3 of the distance between the edges.



2. Fold the short side of the tarp back over the pole, then lay the other pole down on the top of the previous fold, at the edge.



3. Fold the remaining section of tarp over the second pole. Don't worry about securing final fold, the weight of the casualty on the stretcher will hold it in place.



## What next?

This guide has illustrated some of the basic skills and knowledge related to delivery of Scouting Ireland Emergency Adventure Skills across Stages 1-4 and will have provided you with enough information to help you develop and deliver your own Emergencies programme suitable for the Stage/ Section which you are intending to deliver.

**Please remember** that this is just a brief guide that introduces knowledge relating to Emergency Adventure Skills, and in no way replaces more formal First Aid training or Scouting Ireland requirements for the delivery of learning to others. **Please remember** to **NEVER** undertake delivery of training that you are not suitable or un-comfortable in doing so.

## Additional Resources

SFNI has created a series of session plans across each of the four stages of Emergency Adventure Skills which can be used as read, or as part of a framework, to help you develop your own programme - follow the link below to find out more:

### **SFNI Emergency Adventure Skills Session plans (Stages 1-4)**

- <https://sfni.org/emergencies-adventure-skills-session-plans/>

A range of other links to useful First Aid resources and guidance, inclusive of direct links to Scouting Ireland web resources can also be found on the SFNI website by following the link below:

### **Additional Scouting Resources**

- <https://sfni.org/emergencies-adventure-skills-additional-resources/>

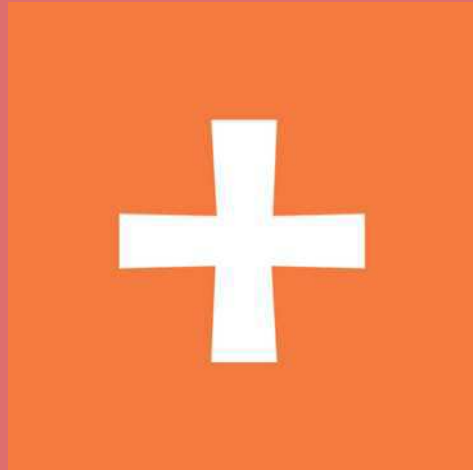
Other external sites that may benefit you in your development and delivery of Emergencies Adventure Skills learning can be found by following the links below:

### **St John Ambulance - How to guides (directory)**

- <https://www.sja.org.uk/get-advice/first-aid-advice/?parentId=12265&categoryId=12349>

### **Red Cross - Resource Hub**

- <https://www.redcrossfirstaidtraining.co.uk/news-and-legislation/>



**Please be advised that this resource has been developed to support Scouting Ireland Northern Province Scouters in design and delivery of an Emergencies Adventure Skills Programme and in no way should be considered a First Aid Manual it is for educational purposes only and not to be sold.**

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