

# First Aid Merit Badge



2015 Requirements  
PPP by Gary Anderson

# Poisonous Plants

**Poison Ivy** - Found here locally

**Poison Oak** - Found out West

**Poison Sumac** - Found in swampy areas

# Poison Ivy



Tenderfoot



# Poison Oak



Tenderfoot



# Poison Sumac



This is not poisonous  
it is staghorn sumac

Tenderfoot



# Choking



Universal Sign – Heimlich Maneuver

# Cuts and Scrapes

- Wash your hands
- Stop the bleeding
- Clean the wound
- Apply an antibiotic
- Cover the wound
- Change the dressing
- Get stitches for deep wounds
- Watch for signs of infection
- Get a tetanus shot

# Blisters

- Try to keep it intact. Unbroken skin over a blister provides a natural barrier to bacteria and decreases the risk of infection. Cover it with an adhesive bandage.
- If necessary to relieve pain drain blister while leaving the overlying skin intact.
- Use moleskin or equivalent to surround hot spot or blister to take the friction away from the spot.



Tenderfoot



# Burns

- Stop the burning immediately. Put out fire, stop contact with hot liquid, steam, etc.
- Remove burned clothing. If clothing sticks to skin, cut or tear around it.
- Remove constrictive object immediately. Jewelry, belts, tight clothing.

# 1<sup>st</sup> Degree Burns

(Redness, Swelling, Pain)

- Cool the burn with cool running water, if running water not available cold compresses.
- Protect burn with sterile non-adhesive bandage or clean cloth. Do not apply butter or ointments which can cause infection.
- Treat pain with OTC pain relievers.
- See doctor if signs of infection (increase pain, redness, swelling, fever, or oozing), tetanus booster needed.

# 2<sup>nd</sup> Degree Burns

(Red, White or Splotchy Skin, Swelling, Pain, Blisters)

- Cool the burn with cool running water, if running water not available cold compresses. Don't apply ice it can lower body temperature and cause further damage.
- Don't break blisters or apply butter or ointments which can cause infection.
- Cover loosely with sterile, nonstick bandage and secure in place with gauze or tape.
- Treat for shock.

# 3<sup>rd</sup> Degree Burns

(Skin, Fat, Muscle, even bone affected. Burned areas may be charred or black)

- Don't immerse large severe burns in cold water, could cause a serious loss in body heat (hypothermia) or a drop in blood pressure and decreased blood flow (shock).
- If possible elevate burned area above the heart.
- Cover the area of the burn with a cool, moist, bandage or a clean cloth.
- Begin CPR if needed.



# Bites and Stings

- Move to a safe area
- Remove stinger if present.
- Wash area with soap and water
- Apply cool compress of water and/or ice.
- If injury on an arm or leg, elevate it.
- Apply creams containing hydrocortisone, pramoxine or lidocaine to help control pain.
- Check for allergic reactions, if known to be allergic, epi-pen, transport immediately.

# Snakebite

- Remain calm
- Immobilize bitten arm or leg.
- Remove jewelry before swelling starts.
- Position such bite is below level of heart.
- Cleanse the wound but don't flush with water and cover with a clean, dry, dressing.
- Don't use a tourniquet, apply ice, cut the wound to remove the venom, drink caffeine or alcohol.
- Don't try and capture the snake just try to remember it's color and shape.
- Call 911 or seek immediate medical attention.

# Nosebleed

- Sit upright, lean forward.
- Pinch your nose for 5-10 minutes and breath through the mouth.
- Prevent re-bleeding by not picking nose, blowing nose and not bending down for several hours.

# Frostbite

- Check for hypothermia, if suspected, get emergency medical help. Signs and symptoms of hypothermia include intense shivering, slurred speech, drowsiness and loss of coordination.
- Protect skin from further exposure.
- Get out of the cold, remove wet clothing.
- Gently rewarm frostbitten areas with warm water. However, if there is a chance it may freeze again, don't warm them yet.



# Sunburn

- Take cool shower or apply clean towel dampened with cool water.
- Apply moisturizer, Aloe Vera lotion or gel, or low dose Hydrocortisone cream.
- Don't break blisters bigger than ¼", if broken gently clean with soap and water, apply antibiotic ointment, and cover it with a nonstick gauze bandage.
- If needed take OTC pain reliever.

# Severe Bleeding

- Wipe obvious dirt and debris with a quick swipe and **Stop the bleeding!** Wear disposable gloves if available.
- Use sterile bandages or clean cloths on the wound and press firmly to stop the bleeding. Maintain pressure by binding with a bandage or piece of clean cloth. Use hand if nothing else is available. Raise injury above heart.
- Special cases: Don't put direct pressure on an eye injury or an embedded object.
- Lie person down on rug or blanket to prevent body heat loss.
- If blood seeps thru bandage, don't remove, apply more on top and keep pressure on.
- Once bleeding has stopped, keep all bandages in place until medical personnel are present.

# Poisoning

- Poisoning is injury or death due to swallowing, inhaling, touching or injecting various drugs, chemicals, venoms or gases.
- Swallowed poison, remove anything remaining in mouth, read container label and follow instruction for poisoning.
- Poison on skin, remove contaminated clothing and rinse in shower or with a hose for 15-20 min.
- Poison in the eye, flush eye with cool-lukewarm water for 20 min or until help arrives.
- Inhaled poison, get person to fresh air ASAP.
- Begin CPR if necessary.
- Call Poison Help 1-800-222-1222 for additional instructions.
- Gather pill bottles, containers with labels, and any other info and send with EMT's.

# First Aid Kit





# Object in Eye

- Wash your hands with soap and water.
- Try to flush the object out of your eye with a gentle stream of clean, warm water. Use an eyecup or a small, clean drinking glass positioned with its rim resting on the bone at the base of your eye socket.
- Another way to flush a foreign object from your eye is to get into a shower and aim a gentle stream of lukewarm water on your forehead over the affected eye while holding your eyelid open.
- If you're wearing contact lenses, it's best to remove the lens before or while you're irrigating the surface of the eye with water. Sometimes a foreign body can be embedded on the undersurface of the lens

# Puncture Wound

(Minor)

- Wash your hands, use gloves if available.
- Stop the bleeding by applying gentle pressure with a bandage or clean cloth.
- Clean the wound. Rinse the wound with clear water. If dirt or debris remains in the wound after washing, use tweezers cleaned with alcohol to remove the particles. If debris still remains, see a doctor. Clean the area around the wound with soap and a washcloth.
- Apply an antibiotic and cover with a bandage.
- Change bandage once a day or when it gets dirty or wet.
- Watch for signs of infection.

# Puncture Wound

(Major)

- Wash your hands, use gloves if available.
- Do not remove the object if still in wound it is keeping the wound from bleeding.
- Stop the bleeding by applying gentle pressure with a bandage or clean cloth.
- Seek immediate medical attention.

# Heat Exhaustion

- Signs and symptoms of heat exhaustion often begin suddenly, sometimes after excessive exercise, heavy perspiration, and inadequate fluid or salt intake. Signs and symptoms resemble those of shock and may include: Feeling faint or dizzy, Nausea, Heavy sweating, Rapid, weak heartbeat, Low blood pressure, Cool, moist, pale skin, Low-grade fever, Heat cramps, Headache, Fatigue, Dark-colored urine.
- Get the person out of the sun and into a shady or air-conditioned location.
- Lay the person down and elevate the legs and feet slightly.
- Loosen or remove the person's clothing.
- Have the person drink cool water or other nonalcoholic beverage without caffeine.
- Cool the person by spraying or sponging with cool water and fanning.
- Monitor the person carefully. Heat exhaustion can quickly become heatstroke.

# Shock

- Shock may result from trauma, heatstroke, blood loss, an allergic reaction, severe infection, poisoning, severe burns or other causes. When a person is in shock, his or her organs aren't getting enough blood or oxygen. If untreated, this can lead to permanent organ damage or death.
- Various signs and symptoms appear in a person experiencing shock: skin is cool and clammy, pulse is weak and rapid, may be nauseated, eyes lack luster and may seem to stare, may be conscious or unconscious.
- Call 911
- Have person lie down
- Check for signs of circulation, if absent, begin CPR
- Keep person warm and comfortable.
- Turn person on side to prevent choking when vomiting.
- Seek treatment of injuries that may have caused the shock.

# Heatstroke

- Heatstroke is the most severe of heat-related problems, after heat cramps and heat exhaustion. Heatstroke often results from exercise or heavy work in hot environments combined with inadequate fluid intake.
- Signs and symptoms may include: Rapid heartbeat, Rapid and shallow breathing, Elevated or lowered blood pressure, Cessation of sweating, Irritability, confusion or unconsciousness, Feeling dizzy or lightheaded, Headache, Nausea, Fainting.
- Move the person out of the sun and into a shady or air-conditioned space.
- Call 911 or emergency medical help.
- Cool the person by covering with damp sheets or by spraying with cool water. Direct air onto the person with a fan or newspaper.
- Have the person drink (sip) cool water or other beverages without caffeine, if able to.

# Dehydration

- Dehydration occurs when you use or lose more fluid than you take in, and your body doesn't have enough water and other fluids to carry out its normal functions. If you don't replace lost fluids, you will get dehydrated.
- Common causes of dehydration include vigorous exercise, especially in hot weather; intense diarrhea; vomiting; fever or excessive sweating. Not drinking enough water during exercise or in hot weather even if you're not exercising also may cause dehydration. Anyone may become dehydrated, but young children, older adults and people with chronic illnesses are most at risk.
- You can usually reverse mild to moderate dehydration by drinking more fluids, but severe dehydration needs immediate medical treatment. The safest approach is preventing dehydration in the first place. Keep an eye on how much fluid you lose during hot weather, illness or exercise, and drink enough liquids to replace what you've lost

# Hypothermia

- When exposed to cold temperatures, especially with a high wind chill factor and high humidity, or to a cool, damp environment for prolonged periods, your body's control mechanisms may fail to keep your body temperature normal. When more heat is lost than your body can generate, hypothermia, defined as an internal body temperature less than 95 F (35 C), can result.
- Signs and symptoms of hypothermia include: Shivering, Slurred Speech, Abnormally slow breathing, Cold, pale skin, Loss of coordination, Fatigue, lethargy or apathy, Confusion or memory loss, Bright red, cold skin.
- Call 911
- Move person out of the cold.
- Remove wet clothing
- Don't apply direct heat, apply warm compresses to center of body.
- Don't massage or rub the person.
- Offer warm non-alcoholic beverages.



# Hyperventilation

- Occurs when an anxious person breathes so rapidly that they cannot get enough carbon dioxide. The person will feel like they are suffocating.
- Breathe through pursed lips as if blowing out a candle
- Cover the mouth and one nostril and breathe only through the other nostril
- Breathe slowly, taking 1 breath every 5 seconds
- Take deep, slow breaths from the abdomen.

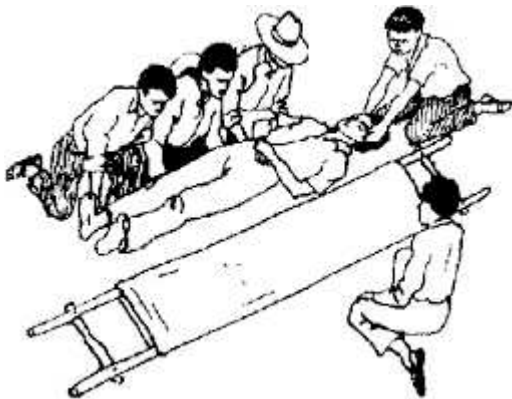
# Sprain

- Your ligaments are tough, elastic-like bands that connect bone to bone and hold your joints in place. A sprain is an injury to a ligament caused by tearing of the fibers of the ligament. The ligament can have a partial tear, or it can be completely torn apart.
- Ankle and knee sprains occur most often. Sprained ligaments often swell rapidly and are painful. Generally, the greater the pain and swelling, the more severe the injury is.

## **RICE**

- **Rest** the injured limb.
- **Ice** the area.
- **Compress** the area with an elastic wrap or bandage.
- **Elevate** the injured limb above your heart whenever possible to help prevent or limit swelling.

# Moving the injured



# Heart Attack – CPR (Symptoms)

- Someone having a heart attack may experience any or all of the following:
- Uncomfortable pressure, fullness or squeezing pain in the center of the chest
- Discomfort or pain spreading beyond the chest to the shoulders, neck, jaw, teeth, or one or both arms, or occasionally upper abdomen
- Shortness of breath
- Lightheadedness, dizziness, fainting
- Sweating
- Nausea

# Heart Attack – CPR<sub>(Treatment)</sub>

- Call 911, don't tough out the symptoms for more than 5 minutes, if no access to EMT's have someone drive you to emergency medical services.
- Chew and swallow an aspirin.
- Begin CPR if the person is unconscious.
- If an AED is available, use it.

# Heart Attack – CPR<sub>(Treatment)</sub>

- providing chest compressions of adequate rate (at least 100/minute)
- providing chest compressions of adequate depth
  - adults: a compression depth of at least 2 inches
  - infants and children: a depth of least one third the diameter of the chest or about 1 ½ inches in infants and about 2 inches in children
- allowing complete chest recoil after each compression
- minimizing interruptions in compressions
- NOTE: Not emphasizing breathing anymore.
- If multiple rescuers are available, they should rotate the task of compressions every 2 minutes

# How to obtain Emergency Medical Treatment

- Home – Call 911, if Poisoning 1-800-222-1222
- Wilderness Camping Trip – Cell Phone, Radio, Ranger Station.
- During activity on open water – Cell Phone, Radio, signal other boaters, make it to shore to seek land based connection.

# Triage

Definition: The process of sorting people based on their need for immediate medical treatment as compared to their chance of benefiting from such care. Triage is done in emergency rooms, disasters, and wars, when limited medical resources must be allocated to maximize the number of survivors.

Triage in this sense originated in World War I.

Wounded soldiers were classified into one of three groups: those who could be expected to live without medical care, those who would likely die even with care, and those who could survive if they received care



# Precautions to Blood Born Pathogens

- Protect yourself and the victim.
- Use gloves if at all possible.
- Wash with soap and water before and after.
  
- Perform glove exercise.

# Discuss your Personal First Aid Kit

- Have everyone bring and discuss their first aid kits.

# Action given for signs of Shock

- Call 911
- Have person lie down
- Check for signs of circulation, if absent, begin CPR
- Keep person warm and comfortable.
- Turn person on side to prevent choking when vomiting.
- Seek treatment of injuries that may have caused the shock.

# Action given for signs of Heart Attack

- Call 911.
- If not allergic to, chew and swallow an aspirin.
- Begin CPR if the person is unconscious. Tell the 911 dispatcher, you may be advised to begin CPR. If you haven't received CPR training, doctors recommend skipping mouth-to-mouth rescue breathing and performing only chest compressions (about 100 per minute). The dispatcher can instruct you in the proper procedures until help arrives.
- If an AED is available, and the person is unconscious, begin CPR while the device is retrieved and set up. Attach the device and follow instructions that will be provided by the AED after it has evaluated the person's condition.

# Action given for signs of Stroke

- A stroke is a true emergency. The sooner treatment is given, the more likely it is that damage can be minimized. Every moment counts.
- In the event of a possible stroke, use FAST to help remember warning signs.
- **Face.** Does the face droop on one side while trying to smile?
- **Arms.** Is one arm lower when trying to raise both arms?
- **Speech.** Can a simple sentence be repeated? Is speech slurred or strange?
- **Time.** During a stroke every minute counts. If you observe any of these signs, call 911 or your local emergency number immediately.

# Conditions that must exist before performing CPR

- Is the person conscious or unconscious?
- If the person appears unconscious, tap or shake his or her shoulder and ask loudly, "Are you OK?"
- If the person doesn't respond and two people are available, one should call 911 or the local emergency number and one should begin CPR. If you are alone and have immediate access to a telephone, call 911 before beginning CPR — unless you think the person has become unresponsive because of suffocation (such as from drowning). In this special case, begin CPR for one minute and then call 911 or the local emergency number.
- If an AED is immediately available, deliver one shock if instructed by the device, then begin CPR

# Use of an AED

- An AED is a device that can be attached to your chest. It senses your heart's rhythm during cardiac arrest and, in some cases, delivers an electric shock to get your heart beating again.
- In an emergency, the automated external defibrillator will guide you. It offers step-by-step voice instructions to help you through the defibrillation process. It explains how to check for breathing and a pulse and how to position electrode pads on the person's chest.
- Once the pads are in place, the AED automatically measures the person's heart rhythm and determines if a shock is needed. If it is, the machine tells a user to stand back and instructs the user to push a button to deliver the shock.

# Control of severe bleeding on Leg or Wrist

- Try applying direct pressure to the wound and raise injury above the heart.
- Try using pressure points in the groin, under the arm to control it at the same time direct pressure is being applied to the wound.
- Apply Quick-Clot or something similar to wound and immediately return to direct pressure and pressure points.
- As a last resort or if the limb has been completely or nearly severed a tourniquet may be used.
- Remember, complications from improvised tourniquets, including significant tissue damage, limb loss, increased bleeding and mortality.
- New tourniquets CAT (Combat Application Tourniquet) exist which are now approved in the medical community.
- Record time of tourniquet application and send with patient to hospital.



# When is a bee sting life threatening

- If the patient is allergic to bee stings
- If the patient knows he's allergic he may be carrying an Epi-Pen. Use it **AND** get to medical help immediately.
- If the patient is unsure and begins to swell outside of sting area and/or have trouble breathing administer Benadryl **AND** get to medical help immediately.

# Heatstroke: Symptoms, Treatment, Prevention

- Heatstroke is the most severe of heat-related problems, after heat cramps and heat exhaustion. Heatstroke often results from exercise or heavy work in hot environments combined with inadequate fluid intake.
- Signs and symptoms may include: Rapid heartbeat, Rapid and shallow breathing, Elevated or lowered blood pressure, Cessation of sweating, Irritability, confusion or unconsciousness, Feeling dizzy or lightheaded, Headache, Nausea, Fainting.
- Move the person out of the sun and into a shady or air-conditioned space.
- Call 911 or emergency medical help.
- Cool the person by covering with damp sheets or by spraying with cool water. Direct air onto the person with a fan or newspaper.
- Have the person drink (sip) cool water or other beverages without caffeine, if able to.

# Broken Bone, Symptoms, Treatment

- Swelling or bruising over a bone. Deformity of an arm or leg. Pain in the injured area that gets worse when the area is moved or pressure is applied. Loss of function in the injured area. In open fractures, bone protruding from the skin.
- **Stop any bleeding.** Apply pressure to the wound with a sterile bandage, a clean cloth or a clean piece of clothing. **Immobilize the injured area.** Don't try to realign the bone or push a bone that's sticking out back in. If professional help isn't readily available, apply a splint to the area above and below the fracture sites. Padding the splints can help reduce discomfort. **Apply ice packs to limit swelling and help relieve pain.** Don't apply ice directly to the skin. Wrap the ice in a towel, piece of cloth or some other material. **Treat for shock.** If the person feels faint or is breathing in short, rapid breaths, lay the person down with the head slightly lower than the trunk and, if possible, elevate the legs.

# Head/Neck/Back Injury, Symptoms, Treatment

- Someone with a neck or back injury may have localized pain, tenderness, and stiffness. Muscles on either side of the spinal column may spasm immediately after an injury or up to 24 hours later. Numbness, tingling, or paralysis of an extremity indicates that a more serious injury may have occurred. Any penetrating injury to the neck requires immediate treatment. Leave the object in place until medical personnel can remove it.
- Immobilize the head, neck, and back. Place soft packing on either side of the head to prevent side-to-side motion. Clothing or towels are handy for this purpose. If the victim needs to vomit, roll the head, neck, and body as a unit so the person rests on his or her side (preferably, one person should control the head of the person with the injury while another person rolls the shoulders and hips). Monitor the victim for loss of movement and development of numbness. Move the person only when necessary to preserve life. CPR may be required

# Hypothermia

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- Call 911
- Move person out of the cold.
- Remove wet clothing
- Don't apply direct heat, apply warm compresses to center of body.
- Don't massage or rub the person.
- Offer warm non-alcoholic beverages.

# Convulsions / Seizures

- Symptoms: Brief blackout followed by period of confusion, Drooling or frothing at the mouth, Eye movements, Grunting and snorting, Loss of bladder or bowel control, Sudden falling, Teeth clenching, Temporary halt in breathing, Uncontrollable muscle spasms with twitching and jerking limbs, Unusual behavior like sudden anger, sudden laughter, or picking at one's clothing
- Treatment: When a seizure occurs, the main goal is to protect the person from injury. Try to prevent a fall. Lay the person on the ground in a safe area. Clear the area of furniture or other sharp objects. Cushion the person's head. Loosen tight clothing, especially around the person's neck. Turn the person on his or her side. If vomiting occurs, this helps make sure that the vomit is not inhaled into the lungs. Look for a medical I.D. bracelet with seizure instructions. Stay with the person until he or she recovers, or until you have professional medical help. Meanwhile, monitor the person's vital signs (pulse, rate of breathing).

# Frostbite

- Check for hypothermia, if suspected, get emergency medical help. Signs and symptoms of hypothermia include intense shivering, slurred speech, drowsiness and loss of coordination.
- Protect skin from further exposure.
- Get out of the cold, remove wet clothing.
- Gently rewarm frostbitten areas with warm water. However, if there is a chance it may freeze again, don't warm them yet.

# Dehydration

- Dehydration occurs when you use or lose more fluid than you take in, and your body doesn't have enough water and other fluids to carry out its normal functions. If you don't replace lost fluids, you will get dehydrated.
- Common causes of dehydration include vigorous exercise, especially in hot weather; intense diarrhea; vomiting; fever or excessive sweating. Not drinking enough water during exercise or in hot weather even if you're not exercising also may cause dehydration. Anyone may become dehydrated, but young children, older adults and people with chronic illnesses are most at risk.
- You can usually reverse mild to moderate dehydration by drinking more fluids, but severe dehydration needs immediate medical treatment. The safest approach is preventing dehydration in the first place. Keep an eye on how much fluid you lose during hot weather, illness or exercise, and drink enough liquids to replace what you've lost



# Bruises, Strains, Sprains

- Your ligaments are tough, elastic-like bands that connect bone to bone and hold your joints in place. A sprain is an injury to a ligament caused by tearing of the fibers of the ligament. The ligament can have a partial tear, or it can be completely torn apart.
- Ankle and knee sprains occur most often. Sprained ligaments often swell rapidly and are painful. Generally, the greater the pain and swelling, the more severe the injury is.

## **RICE**

- **Rest** the injured limb.
- **Ice** the area.
- **Compress** the area with an elastic wrap or bandage.
- **Elevate** the injured limb above your heart whenever possible to help prevent or limit swelling.

# Burns

- Stop the burning immediately. Put out fire, stop contact with hot liquid, steam, etc.
- Remove burned clothing. If clothing sticks to skin, cut or tear around it.
- Remove constrictive object immediately. Jewelry, belts, tight clothing.

# Abdominal Pain

- The location of the pain can provide an important clue as to its cause.
- Gas, Intestinal obstruction, IBS (Irritable Bowel Syndrome), Appendicitis, Urinary Tract Infection, Sickle Cell Anemia, Lead Poisoning, Pancreatitis (pancreas inflammation), Injury, Peritonitis (infection of the abdominal lining)
- Call 911 if your abdominal pain is severe and is associated with:  
Trauma, such as an accident or injury, Pressure or pain in your chest
- Have someone drive you to urgent care if the pain is so severe that you can't sit still or need to curl into a ball to find relief. Pain is accompanied by bloody stools, persistent nausea and vomiting, skin that appears yellow, severe tenderness when you touch your abdomen, or swelling of the abdomen.
- Make an appointment with your doctor if your abdominal pain worries you or lasts more than a few days.

# Broken, Chipped, Loose Tooth

- If your tooth is broken, chipped, or fractured, see your dentist as soon as possible. Otherwise, your tooth could be damaged further or become infected, possibly causing you to end up losing the tooth.

# Knocked Out Tooth

- A knocked-out permanent tooth is a dental emergency. Knocked-out teeth can be re-implanted in many cases. A permanent tooth that is re-implanted within 30 minutes has the highest chance of success.
- **Collect Teeth or Teeth Fragments:** Handle teeth carefully because damage may prevent re-implantation. Touch only the crown, the top part of the tooth. Do not touch the root of the tooth. Rinse tooth gently only if necessary. Do not scrub, scrape, or use alcohol to remove dirt.
- **Re-Insert or Store Teeth:** Rinse mouth with warm water. If possible, reinsert permanent teeth into the correct sockets and have the person bite on a gauze pad to hold teeth in place. If you can't reinsert permanent teeth, or for baby teeth or teeth fragments, store them in whole milk or between your cheek and gum to prevent drying.
- **Treat Symptoms:** Control bleeding with sterile gauze or cloth. For pain and swelling, apply a cool compress. Encourage a child to suck on a frozen pop. For pain, take ibuprofen or acetaminophen.
- For teeth that have been knocked out, see a dentist or go to an emergency room immediately.

# Muscle Cramps

- When muscle cramps occur, there are several things you can do to help ease them, such as massaging, stretching, or icing the muscle, warming the muscle, or taking a bath with Epsom salt.
- For a charley horse in the calf or a cramp in the back of the thigh (hamstring), try putting your weight on the affected leg and bending your knee slightly, or sit or lie down with your leg out straight and pull the top of your foot toward your head. For a cramp in the front of the thigh (quadriceps), hold onto a chair to steady yourself and pull your foot back toward your buttock.
- In most cases, self-care measures are sufficient for dealing with muscle cramps, which typically go away within minutes. But if you experience them frequently or for no apparent reason, you should speak to your doctor. They could signal a medical problem that requires treatment.

# Do TWO of the following

- If a sick or injured person must be moved, tell how you would determine the best method and demonstrate this method.
- With helpers under your supervision, improvise a stretcher and move a presumably unconscious person.
- With your counselor's approval, arrange a visit with your patrol or troop to an emergency medical facility or through an American Red Cross chapter for a demonstration of how an AED is used.

# Teach another Scout a First-Aid Skill