

HEALTH AND SAFETY

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HEALTH AND SAFETY

The Boy Scouts of America has an outstanding record in providing for the physical well-being of its members. You, as a Cub Scout leader, are responsible for the boys in your care, and your boys' health and safety are of primary importance. When you take this responsibility seriously, problems rarely occur. You should set a good example of staying healthy yourself and following all safety rules. You are also encouraged to know basic first aid.

The information in this chapter will help you maintain high standards of health and safety in the den and pack.

Information on conducting safe Cub Scouting activities can be found in the *Guide to Safe Scouting* (No. 34416), which is also available on the BSA's official Web site (<http://www.scouting.org/pubs/gss>). Every leader should have a current edition of this publication.

Teaching Health and Fitness

You must be aware of any complication that can occur in any boy because of a temporary or permanent medical condition. Learn which boys are subject to (1) convulsions; (2) allergies to insect stings, certain foods, plants, animals, or medications; (3) diabetes; (4) bleeding disorders; or (5) any other condition that requires any form of regular medication or discipline. If boys do have a problem, you can get help more quickly if you are informed.

1. When a boy registers, ask the parent or guardian to fill out a health history. Health histories should be kept current, either by annual updating or by completion of a Class 1 and Class 2 Personal Health and Medical Record each year (No. 34414, see page 34-51).
2. During your first visit with his family, discuss the boy's general health. Discuss topics such as regular medications and potential health problems. Show that you are interested in the boy as an individual; the family will appreciate your concern. Become familiar with what kind of medical and hospital insurance the family carries.

3. Observe each boy during regular meeting activities so that you are familiar with his normal behavior pattern. This knowledge will make it easier to spot irregularities that might indicate a problem.
4. Emphasize the importance of regular medical checkups. A brief talk by a physician at a pack meeting or an occasional reminder can be helpful.
5. Encourage boys to learn and practice good health habits, including proper diet, exercise, rest, and personal hygiene.
6. Teach games, contests, and physical tests that will help boys grow strong and healthy. The Tiger Cub, Wolf, and Bear achievements and electives and Webelos activity badges will help in this area.
7. Invite special guests, such as a dentist or an emergency medical technician, to talk briefly at a pack meeting about health issues.

Teaching Safety Awareness

You are responsible for safety while the boys are in your care. Ensure that everyone follows all safety rules at all times during den and pack meetings and activities.

1. Using the Cub Scout achievements, electives, and activity badges, teach the boys the rules about home, fire, and water safety.
2. Use the Meeting Place Inspection Checklist (see page 34-43) to check for accident hazards at the meeting place.
3. Use a few minutes of a den or pack parents' meeting to discuss the value of teaching boys to cope with the everyday hazards of living.
 - Parents often place too much emphasis on keeping children away from hazards and not enough on teaching them what to do when they are faced with hazards (such as a broken electric cord).
 - Instead of asking boys to stay off the streets, teach them the proper precautions for street safety.
 - Instead of keeping boys indoors in cold weather, teach them how to dress to protect themselves from the cold.
4. Invite local experts to visit with parents and boys:
 - A firefighter could talk about fire hazards in the home.
 - A police officer could talk about simple traffic rules and the importance of wearing seat belts.
 - An authority on swimming and boating could tell what to do if a boat tips over during a family outing.

Qualified Supervision

All unit, district, council, and national event activities must be supervised by a mature and conscientious adult at least age 21 who understands and knowingly accepts responsibility for the safety of youth members in his or her care, who is experienced with the skills and equipment involved in the activity, and who is committed to compliance with BSA safety guidelines.

INSURANCE

All vehicles must be covered by automobile liability insurance with limits that meet or exceed requirements of the state in which the vehicle is licensed. It is recommended that coverage limits are at least \$50,000/\$100,000/\$50,000. Any vehicle designed to carry 10 or more passengers is required to have limits of \$100,000/\$500,000/\$100,000.

Pack Insurance

If your council has not purchased accident and sickness coverage on a councilwide basis, it is suggested that the pack purchase a unit accident and sickness policy.

Unit Accident Insurance Plan (Health Special Risk)

Some councils purchase accident and sickness insurance for all units registered through the council. If your council has not, your unit may purchase accident insurance through the council. Information is sent to units each year in their charter renewal kits, and the coverage must be applied for by the unit. This plan provides coverage for accident medical expenses and accidental death and dismemberment while participating in an official Scouting activity and while traveling to and from an official Scouting activity. New members are automatically covered under the plan until the renewal date. Non-Scouts attending scheduled activities for the purpose of being encouraged to participate in Scouting are also automatically covered; however, the plan does not cover parents, siblings, or other guests.

Health Special Risk can be contacted directly at 1-866-726-8870 or boyscouts@hsri.com.

TRANSPORTATION SAFETY

Automobile Safety During BSA Activities

Drivers of motor vehicles must be properly licensed, at least 18 years of age, have adequate insurance, and be approved by the pack committee. (See Chapter 8, "Cub Scout Policies.")

Most accidents occur within a short distance from home, so safety precautions are necessary even on short trips. It is essential that adequate, safe, and responsible transportation be used for den and pack activities. Passenger cars, vans, or station wagons may be used for transporting passengers; individual seat belts must be available for, and used by, all boys and adults, including the driver. Passengers should not ride in the back of station wagons or on the floor of vans. Trucks may not be used for transporting passengers except in the cabin.

Cub Scout leaders who participate in multiple-day resident camps will have a difficult time getting as much sleep as they do at home. When they leave to return home, they will be vulnerable to “The Risk Zone.” The Risk Zone, a state of physical and mental fatigue, is a major cause of highway crash fatalities. Drivers are generally poor judges of their own fatigue and unable to predict when they are in danger of falling asleep at the wheel.

Tips for avoiding killer fatigue and ensuring safe passage through the Risk Zone:

- Start out well-rested. Be sure to get a good night’s sleep before driving a long distance.
- Share the driving. Designate licensed relief drivers.
- Increase the radio volume and avoid listening to soft, sleep-inducing music. Adjust the car temperature so that it’s not too comfortable.
- Stay involved with the driving; don’t use cruise control.
- Take frequent breaks. Stop and get out of the car at least every two hours.



For more guidelines for den and pack trips and excursions, see Chapter 32, “Outdoor Activities.”

Parade Floats and Hayrides

The BSA rule prohibiting the transportation of passengers in the backs of trucks or on trailers may be tempered for parade floats or hayrides, provided that the following points are strictly followed to prevent injuries:

- Transportation to and from the parade or hayride site is not allowed on the truck or trailer.
- Those people riding, whether seated or standing, must be able to hold on to something stationary.
- Legs should not hang over the side of the vehicle or trailer.
- Flashing lights must illuminate a vehicle used for a hayride after dark, or the vehicle must be followed by one that has flashing lights.

OUTDOOR ACTIVITY SAFETY

- Always have a first aid kit handy. If possible, have an adult trained in first aid and cardiopulmonary resuscitation (CPR) attend pack functions.
- Remember that adequate leadership and supervision help prevent accidents. Review the leadership requirements in Chapter 8, “Cub Scout Policies.”
- Encourage boys to use the buddy system so that they are aware of each other’s whereabouts at all times.
- Have a plan for personal or natural emergencies (such as lightning storms, high winds, or flash floods) that could occur during an outdoor activity. Know where emergency care can be obtained quickly.
- Check out activity locations in advance for hazards.
- Avoid dangers such as buildings in disrepair or under construction, fire hazards, stinging insects, poisonous plants, improperly used tools, and sports or game equipment that are inappropriate for the age and size of the boys. *Accidents can be prevented.*
- Select a well-identified gathering place in the event the group is separated.
- An adult should always supervise when Cub Scouts are around fires and cooking. If the den is building a fire, clear of all burnable materials a space 10 feet in diameter. Stay away from trees with low-hanging branches. The use of chemical or liquid fuel stoves must be limited to adults.

Sun Safety

The American Academy of Dermatology advises the following protection tips against damaging rays:

- Limit exposure to sun between 10 A.M. and 4 P.M.
- Generously apply sunscreen with a sun protection factor (SPF) of at least 15.
- Wear protective, tightly woven clothing.
- Wear a 4-inch-wide broad-brimmed hat and sunglasses with UV protective lenses.
- Stay in the shade whenever possible.
- Avoid reflective surfaces, which can reflect up to 85 percent of the sun’s damaging rays.

Hiking Safety

Hikes are simple and informal activities that don't require a lot of preparation. Certain safety precautions, however, need to be followed whenever Cub Scouts are in the outdoors:

- Avoid highways.
- When walking along any road, have the group walk single file as far to the left as possible, facing oncoming traffic. The den leader should be the first in line, with the den chief or an adult at the end.
- Keep the hike speed consistent with the short steps of the boys.
- Exhaustion is a common complaint. Some boys can go on endlessly whereas others tire quickly. Take frequent rest stops. Use the time to talk about nature, play quiet games, or eat snacks.
- Never drink untested water. The safest water supply is a supply of water brought from home.
- Stay off private property unless you have permission.
- Stay away from railroad tracks.
- Avoid natural hazards such as fast-moving streams, steep cliffs, caves, and areas with loose rocks.
- Plan all hikes to start and finish during daylight hours. Any Cub Scout hike should be a day trip only. Overnight backpacking is not an appropriate activity for Cub Scouts or Webelos Scouts.

Bicycle Safety

The following guidelines and procedures apply to all BSA units, councils, and national program activities involving bicycling:

- **Physical Fitness.** Biking is strenuous. Don't make long treks or climb hills unless all boys are trained and prepared.

For Scouting activities, all participants must present evidence of fitness assured by a complete health history from a physician, parent, or legal guardian. The adult supervisor should adjust supervision, discipline, and protection to anticipate any risks associated with individual health conditions. In the event of any significant health conditions, the adult leader should require proof of any examination by a physician.

- **Helmets and Clothing.** All cyclists must wear a properly sized and fitted helmet whenever they are riding a bicycle. (Since March 1999, all helmets sold in the United States must be approved by the Consumer Product Safety Com-

mission [CPSC]. If boys are using older helmets, make sure that they are certified by either ASTM [American Society for Testing and Materials] or the Snell Memorial Foundation [Snell].) Layer clothing for warmth on cool days to prevent chilling or overheating. Always cover up for protection from the sun.

- **Buddy Up.** Always use the buddy system for bicycling activities. When the program activity emphasizes individual performance skills, one buddy observes while the other takes his turn. In competitive activity where the buddy concept can't be practically applied, an adult supervisor must directly observe all activity. Boys should be taught that biking with a buddy is best. When biking alone, apart from Scouting activities, boys should be encouraged to tell someone their route, schedule, and destination.
- **Keep Right.** Ride with the traffic flow as far to the right as possible. Look out for and avoid curbs, storm drains, soft or loose gravel on shoulders, and other hazards.
- **Be Smart.** Obey all traffic laws, signs, signals, and street markings. Watch for changes in road conditions. Ride only one to a bike. Don't ride after dark. Don't do stunts. Yield to motor vehicles even if you think you have the right-of-way. Never hitch a ride on another vehicle. Stay alert and listen to everything around you; don't wear headphones while riding.
- **Turns and Intersections.** Look left, right, back, and ahead before turning. Stop and search all directions when entering a street from a driveway, a parking area, a sidewalk, or an alley. Signal all turns using universal hand signals. Walk your bike through or across busy intersections.
- **Right Bike.** Ride only a bike that is the proper size (consult a knowledgeable person at a bike shop). The handgrips should be no higher than your shoulder nor lower than your seat.
- **Accessories.** Every bike needs a horn or bell and reflectors (front, back, and wheels). Items should be carried only in baskets or saddlebags or on a rear carrier rack. If you must ride in traffic, a bike- or helmet-mounted mirror is recommended. A bike-mounted container for drinking water is also recommended.
- **Maintenance.** Keep your bike clean and well-maintained—especially the brakes, chain, and gears.
- **Race Right.** Open-street racing is dangerous. Race only with supervision on marked courses that have been set up with clearly defined "start" and "finish" points, that exclude other vehicle or pedestrian traffic, and that eliminate all hazards and minimize collision risks.
- **Planning.** Plan both the route and timing of bike trips to avoid heavy traffic and hazardous conditions. Biking is

unsafe on wet pavement and on windy days. Plan for frequent stops.

- **Discipline.** All participants should know, understand, and follow the rules and procedures for safe biking, and all participants should conscientiously and carefully follow all directions given by the adult supervisor.

Skating Safety

Skateboarding and roller-skating (including in-line skating) present safety concerns, primarily risks of falls and collisions. Data show that injuries are largely the results of collisions—especially with moving vehicles. These guidelines emphasize prevention and are meant to cover all BSA skating programs. Cub Scouts should always practice safety and courtesy and obey all local or rink rules.

- BSA skating at any level shall be supervised by an adult at least 21 years of age who is experienced in the use of skates and skateboards, willing to conscientiously accept responsibility for the safety of all participants, and committed to compliance with BSA safety guidelines and local laws.
- In-line skating, hockey, racing, or similar activities are to be held only in areas free of pedestrian and vehicular traffic and hazardous fixed objects. No skating activity is authorized on streets that have not been blocked off to traffic.
- Pathways and skating surfaces must be free of defects or features unsuited to skating. The supervisor should evaluate the area before any BSA activities.
- Before permitting equipment to be used in a BSA activity, the supervisor should determine that all skates and skateboards are well-maintained and in good repair consistent with the manufacturer's recommendations. Actual maintenance and repair are the responsibility of the owner.
- For all street or pavement skating activities, participants should wear padded gloves, wrist supports, elbow and knee pads, and properly fitted helmets that meet Consumer Product Safety Commission (CPSC) standards established in 1999 for all bicycling and skating helmets. No street or pavement skating is authorized without helmets.
- Skaters must NEVER "hitch a ride" on any vehicle.
- Parents or legal guardians must be informed of and must consent to youth participation in a BSA skating activity.
- The adult supervisor must be sure that all participants understand and agree that skating is allowed only with proper supervision and in compliance with the safety guidelines. Youth members should respect and follow all directions and rules of the adult supervisor. When people know the reasons for rules and procedures, they are more likely to follow them. Supervisors should be strict and fair, showing no favoritism.

Climbing/Rappelling Safety

Cub Scouts and Webelos Scouts may engage in climbing/rappelling in a controlled environment with close supervision by trained instructors who are knowledgeable about instructing this age group. Normally this means going to a climbing gym where the degree of difficulty is age-appropriate and the harnesses are size-appropriate for Cub Scouts. It is not recommended that Cub Scouts use climbing towers and walls in camp that have been designed for use by Boy Scouts.

For specific safety regulations regarding climbing and rappelling activities, refer to *Climb on Safely*, available as a publication or on the BSA's national Web site (<http://www.scouting.org>).

Camping Safety

Each Cub Scout pack is encouraged to provide its membership with enriching, positive, and safe outdoor experiences. For guidelines on how to plan a safe and fun camping experience for your boys and their families, see Chapter 33, "Cub Scout Camping."

KNIFE SAFETY

Cub Scouts are encouraged to learn safety rules and the proper use of a pocketknife. Cub Scouts and Webelos Scouts may earn the right to carry a pocketknife to designated Scouting functions by completing requirements for the Whittlin' Chip card. See Chapter 29, "Den and Pack Activities."

Remember these important points:

- Knives are not toys.
- Close the blade with the palm of your hand.
- Never use a knife on something that will break it or make it dull.
- Be careful that you do not cut yourself or any other person.
- Never use a knife to strip the bark from a tree.
- Never throw a knife for any reason.
- Do not carve your initials into anything that does not belong to you.

Cub Scout-age boys may not use sheath knives. Boys should wait until they become Boy Scouts before they use any other woods tools.

WORKSHOP SAFETY

It's best to use only simple hand tools and avoid power equipment when working with Cub Scout-age boys. Adults, however, might wish to use a power tool to pre-cut pieces of a project for younger Cub Scouts.

What is safe for one Cub Scout may be unsafe when two or more are around. Any workshop must have rules governing tool use. Den tools include scissors, markers, low-temperature glue guns, and other craft items, not just hammers and saws.

Accidents are usually caused by the improper use of tools, so take time to teach each boy the right way to use a tool and how to take care of it. Remind him that cleaning up and putting away tools and materials are part of the job. Make sure that tools and materials are easy to reach and replace.

Pay attention to these important points:

- Use each tool for the job for which it was made and in the manner for which it was intended to be used.
- Most accidents occur to the hands, face, or feet. Protect your eyes. Keep fingers and hands away from the cutting edges of tools.
- Secure or clamp down wood that is being worked on.
- Be patient and never use force.
- Don't work with tools when you are tired. You need to be alert.
- Don't wear loose clothing or jewelry, which can be caught in moving parts.
- Keep the work area clean, dry, and well-lit. Never use electrical tools (such as a low-temperature glue gun) in damp or wet locations.
- If you use extension cords, be sure they are heavy-duty. Don't use extension cords that are intended for small appliances.
- If an electrical cord has a plug with three prongs, plug it into a three-hole receptacle (outlet). If you use an adapter on a two-hole outlet, attach the adapter wire to a known ground (the screw in the middle of the outlet cover plate).
- Don't abuse the cord by carrying the tool by the cord or pulling the plug by yanking on the cord. If the cord is frayed, don't use the tool until you repair the cord.
- Adults should unplug all electrical tools when they are finished and put them out of reach of children. Don't leave any tool unattended. Remember: Power tools are not recommended for use by Cub Scout-age boys.
- Adults who choose to use power tools should always unplug electrical tools when changing saw blades, drill bits, or other attachments.
- Keep tools sharp, clean, and oiled.

An adult should be present when a Cub Scout uses any type of tool.

OTHER ACTIVITIES

Dens and packs may choose to do many other types of activities that will require health and safety guidelines. You can get information from your chartered organization and local council on approved activities in your area.

See the *Guide to Safe Scouting* for additional information on unauthorized and restricted activities. Don't view limitations on certain activities as stumbling blocks; rather, see policies and guidelines as stepping stones toward safe and enjoyable adventures.

CUB SCOUT SHOOTING SPORTS

BB Gun Safety

Many Cub Scouts have BB guns or air rifles at home, and most boys will be exposed to some type of firearm while growing up. Parents should understand that safety is as necessary with BB guns and air rifles as it is with any other aspect of shooting. Training is essential to learning how to shoot well, and safe shooting habits that are developed early help provide the appropriate and safe atmosphere necessary for learning these skills.

Gun shooting sports are not an approved part of Cub Scouting, except at day camp, resident camp, council-managed family camping programs, or at council activities where there are properly trained supervisors and all standards for BSA shooting sports are enforced. Cub Scout Sports recognition items for BB guns can be earned only at these events.

At camp, boys might have an opportunity to take part in a BB gun (rifle) safety and marksmanship program under the direction of a trained and certified BB gun range officer. These range officers must attend a two-hour training program conducted by a National Camping School-certified field sports director or National Rifle Association (NRA) instructor.

Cub Scouts are not permitted to use any other type of handgun or firearm.

Gun-shooting sports are not permitted as den and pack activities, but leaders can help parents understand the importance of training and encourage attendance of boys at Cub Scout camps that offer this training. For additional information, refer to *Shooting Sports for Cub Scouts, Webelos Scouts, and Parents in Camp* (No. 13-550).

Archery Safety

Archery, like BB gun shooting, must be conducted at day camp, resident camp, a council-managed family camping program, or at council activities where there are properly trained supervisors and all standards for BSA shooting sports are enforced. Cub Scout Sports recognition items for archery can be earned only at these events.

At camp, boys might have an opportunity to take part in an archery safety program under the direction of a trained and certified archery range officer. To be a qualified and trained archery range supervisor, adults must take part in a two-hour archery supervisor training program conducted by the local council with the help of a National Camping School–certified field sports director or a National Archery Association (NAA) instructor.

Archery programs are not permitted at den and pack activities, but leaders can help parents understand the importance of training and encourage attendance of boys at Cub Scout camps that offer this training. For additional information, refer to *Shooting Sports for Cub Scouts, Webelos Scouts, and Parents in Camp* (No. 13-550).

EMERGENCY PROCEDURES

Always have a plan of action in the event of a change in conditions (tornado, fire, flash flood, or serious accident).

1. Who is in charge?
2. What steps are necessary to protect the group?
3. What steps are necessary to care for the injured?
4. Who needs to be notified?
 - Local authorities (police, fire, emergency preparedness, power company)
 - Emergency medical services (rescue squad or ambulance)
 - District executive or council Scout executive
 - Parent, guardian, or next of kin
 - Religious leader
 - Cub Scout pack leadership

Whenever an emergency occurs in which a person needs medical care beyond simple first aid (this means going to a medical clinic or emergency room at a hospital), you should notify the parent or next of kin immediately.

In case of a missing Cub Scout or a fatality, notify the council Scout executive after local authorities and emergency medical services. The Scout executive will make arrangements to notify the victim's family in person.

BSA Recommendations on Treatments With Blood Exposure

Treat all blood as if it were contaminated with bloodborne viruses. Do not use bare hands to stop bleeding; always use a protective barrier. Always wash exposed skin areas with hot water and soap immediately after treating the victim. The following equipment is to be included in all first aid kits and used when rendering first aid to those in need:

- Latex or vinyl gloves, to be used when stopping bleeding or dressing wounds
- A mouth-barrier device for rendering rescue breathing or CPR
- Plastic goggles or other eye protection to prevent a victim's blood from getting into the rescuer's eyes in the event of serious arterial bleeding
- Antiseptic, for sterilizing or cleaning exposed skin areas, particularly if soap and water are not available

Simple First Aid

All Cub Scout leaders should know how to perform simple first aid. The boys will have an opportunity to learn first aid when they become Boy Scouts.

Your local American Red Cross chapter, American Heart Association affiliate, or poison control center can provide information, literature, and training courses that will be helpful to you. Basic first aid classes for youth are also offered through the American Red Cross. Additional information can be found in the *Boy Scout Handbook* and the *First Aid* merit badge pamphlet.

The use of barrier devices, such as latex gloves, mouth barriers, and in some cases eye protection is important to prevent possible contamination by blood or other contact with injured people. (See "BSA Policy on Treatments With Blood Exposure" above.)

The following information is not intended to take the place of training but simply to serve as a reminder to you about how to handle specific problems. First aid procedures change periodically, so it is important to learn current first aid practices.

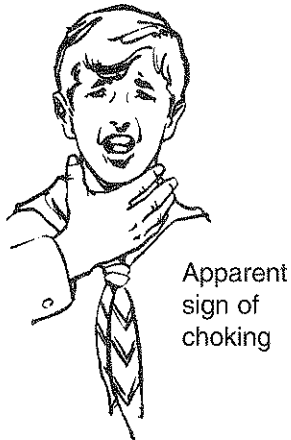
1. **Animal Bites.** Wash wounds with soap under running water. Have the animal caught alive so that it can be tested for rabies. Take the victim to a physician or call for an emergency medical service (EMS) ambulance.
2. **Bleeding.** Wash minor cuts under running water with soap and apply a clean cloth or adhesive bandage. For nosebleeds, keep the person quiet and seated with the head tilted forward. Pinch his or her nose while he or she breathes through the mouth. If bleeding does not stop, take the person to a medical center or physician.

3. Burns. For mild to moderate burns where skin or blisters are unbroken, immerse the area in cold water or apply cold, wet towels. Never apply ice directly to the skin or break the blisters. Do not apply butter, grease, or ointment.

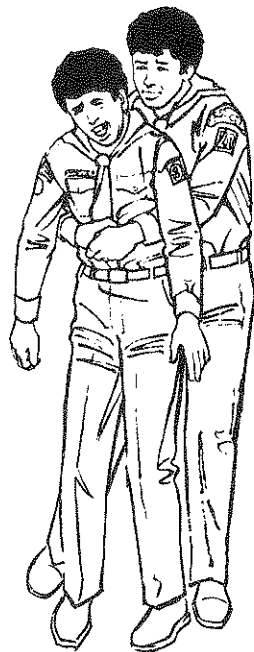
For severe burns (loss of skin), cover the area with a clean cloth. Keep the victim warm to prevent shock and get him or her to a hospital. Do not clean burns, remove charred clothing, or immerse the victim in cold water. Call for an EMS ambulance to transport the victim to the hospital.

For chemical burns, flood the area with water for at least five minutes. Remove the victim's clothing from the areas involved, apply clean dressing, and call for an EMS ambulance.

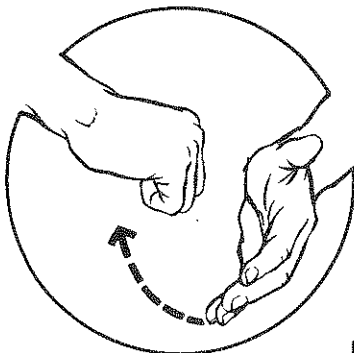
4. Choking. At first, do nothing, giving the cough reflex a chance to expel the object. Ask the person if he or she is choking. If the victim cannot respond vocally, perform the Heimlich maneuver: Get behind the victim, place the thumb side of your fist midway between the victim's waist and rib cage, grasp your fist with the other hand, and press into the victim's abdomen with a quick, upward thrust. Repeat abdominal thrusts until the blockage comes free. If the airway remains blocked and the victim becomes unconscious, call for an EMS ambulance immediately and continue the Heimlich maneuver with the victim in a horizontal position.



Apparent sign of choking



Heimlich maneuver



Hand position for Heimlich maneuver

5. Convulsions. Protect the victim from self-inflicted injury. Push away any hard objects nearby. Do not restrain the victim. Do not put a spoon or any other hard object between the victim's teeth. When the convulsions stop, turn the victim's head to the side.

6. Electric Shock. First, turn off the electric power if possible. Do not touch the victim until contact is broken. If you cannot turn off the power, send for an EMS ambulance and call the electric company. Do not attempt the rescue yourself. If the power is off, check the victim for breathing. Give rescue breathing (see below) if necessary. Send for an EMS ambulance.

7. Fainting. If a person feels faint, have him or her lie or sit down and lower the head between the knees. A person who has already fainted should be laid down with the back flat. Anyone who has merely fainted will regain consciousness almost immediately. Keep the victim lying down and quiet until recovery is complete—usually about 10 minutes. If the victim does not regain consciousness within one minute, check for breathing and send for an EMS ambulance.

8. Falls. Stop any bleeding and cover wounds with clean dressings. Keep the victim comfortably warm to prevent shock. If a fracture is suspected, do not move the victim unless absolutely necessary (as in the case of fire). If you must move the victim, do so by placing them first on to a flat surface, such as a door. Call for an EMS ambulance.

9. Insect Stings. Remove the stinger by "flicking" it with your index finger or scraping it out with a dull knife edge-to prevent injecting more venom. Apply a paste of baking soda or meat tenderizer and water. In case of unusual swelling, get to an emergency room or medical clinic immediately. People with allergies should receive desensitization treatment from a doctor to prevent severe reactions.

People who know they are allergic to insect stings will probably be carrying medication with them. This is information you should know before a boy participates in areas where stinging insects might be encountered.

10. Heat Exhaustion. Heat exhaustion usually hits a person in an overheated room, but it can also overtake a person outside in the sun.

The victim's face will be pale, with cold sweat on the forehead. Breathing will be shallow. The body might be clammy from perspiration. Vomiting is common. Have the victim lie down in a cool, shady place with feet raised. Cool the victim by fanning or applying cool, wet cloths. Recovery should be rapid.

Don't confuse this condition with heatstroke, which requires a different kind of first aid.

11. Heatstroke. Heatstroke is usually caused by exposure to sun. It's a life-and-death matter. Get emergency medical care at once.

The victim's face will be like the sun: red, hot, dry. Breathing will be slow and noisy and the pulse rapid and strong. The body skin will feel dry and hot. The victim might be unconscious.

Get the patient to a cool, shaded spot quickly. Lay him or her down with the head and shoulders raised. Undress the victim down to the underwear and begin cooling—especially the head—with water. Cover the victim with dripping wet towels, shirts, or cloths that are kept cool by dousing them with water or by wringing them out in cold water from time to time. When the victim's body has cooled, stop treatment for a while to see whether it heats up again. If it does, resume cooling.

12. Treatment for Shock. With any serious injury (such as a bleeding wound, fracture, or major burn), always expect shock and take measures to lessen it. The symptoms are pale or bluish, cold, clammy skin; rapid pulse; and shallow, rapid, or irregular breathing. The injured person is frightened, weak, restless, apprehensive, or in a coma.

- Keep the victim lying down with the head lower than the feet (except in cases of head or chest injury when the victim has difficulty breathing).
- Loosen the victim's clothing.
- If the victim is cool, or if the weather is cool, cover him or her.
- If there is a head injury, raise the head instead of the feet.
- Shock can cause death. Treat for shock after any bad injury.

Hurry Cases

Webelos Scouts learn how to handle first aid "hurry cases" as part of the Readyman activity badge and Arrow of Light Award requirements. You, as a leader, also should know how to handle these emergencies, where fast action can mean the difference between life and death.

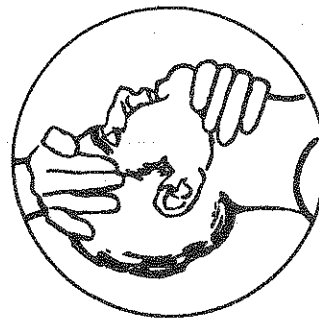
1. Severe Bleeding. Severe bleeding can cause shock or death. First, stop the bleeding. The best way to control bleeding is with direct pressure over the site of the wound.

- Use latex gloves when stopping bleeding or dressing wounds.
- Use a pad of sterile gauze, if available. A clean T-shirt will also work.
- Using the flat part of the hand, apply firm, steady, direct pressure for five to 15 minutes. Most bleeding will stop within a few minutes.

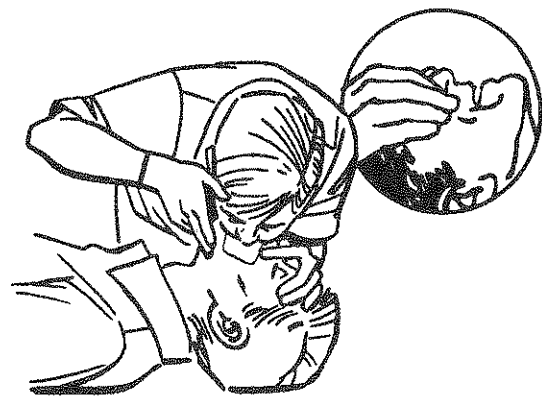
- If bleeding is from a foot, hand, leg, or arm, use gravity to help slow the flow of blood. Elevate the limb so that it is higher than the victim's heart.
- After bleeding is stopped, put bandages or cloths against the wound and tie them in place with another cloth or wide tape.
- Send someone else to call for an EMS ambulance.
- Treat the victim for shock as soon as you take care of the bleeding.
- Do not apply pressure to head or neck wounds when there is a possibility of fracture.

2. Stopped Breathing. In many accident situations where a person's breathing has stopped, the person's life might be saved with rescue breathing. First, check the victim for breathing. Look at the victim's chest. Put your ear to the victim's mouth and listen. If there are no signs of breathing, start rescue breathing.

In rescue breathing you breathe your own breath into the victim's lungs. The air in your breath has enough oxygen in it to save a life. For an adult, you breathe through the victim's mouth; for a child, you breathe into both the nose and the mouth.



Airway opened by head-tilt method



Breathing restored by mouth-to-mouth breathing

Place the victim faceup and tilt the head far back, with the chin pointing up. Lift the chin with one hand and press down the forehead with the other hand. Pinch the nostrils together with the thumb and forefinger. Then take a deep breath and give rescue breathing:

Step 1. Position a mouth-barrier device over the victim's mouth. Blow into the victim's mouth to fill up the lungs. Look to see that the victim's chest rises.

Step 2. Remove your mouth. Take a deep breath. Check to be sure that the victim's chest falls as the air escapes.

Repeat steps 1 and 2 every five seconds for an adult or every three seconds for a child (ages 1 to 8). When the victim starts breathing, time your efforts to fit the victim's efforts to breathe on his or her own. Then treat for shock.

If no air is getting into the victim's lungs, move speedily to open the airways:

- Place one hand on your other hand and press the victim's abdomen with upward thrusts.
- Probe the victim's mouth with two fingers for obstructions. Then quickly resume rescue breathing. Don't give up. Continue until a physician tells you to stop.

If the victim has stopped breathing and there is no pulse, the heart has stopped. Cardiopulmonary resuscitation (CPR) is the approved method to restart the heart. Tiger Cubs, Cub Scouts, and Webelos Scouts are not large enough physically to apply CPR. It requires a trained person. Proper training by local Red Cross chapters or American Heart Association affiliates is essential because CPR can cause damage, even when done correctly.

Cub Scout leaders are encouraged to take CPR training for their own use but are discouraged from teaching it to boys.

3. Heart Attack. The most important thing you can do to help if someone is having a heart attack is to *call for medical help at once*. It is also important to recognize the signs of heart attack:

- A feeling of pain or pressure in the center of the chest lasting more than a few minutes. It may come and go. (Sharp, stabbing twinges of pain are rarely signs of a heart attack.)

- Sweating when the room is hot
- Feeling nauseated
- Feeling short of breath
- Feeling weak

4. Poisons by Mouth. Sometimes, children may ingest poisons, such as bug killer, rat poison, pills from the medicine cabinet, or lighter fluid.

- Cans and bottles with poison in them often tell on the label what to do for the victim. Read the label and follow the directions, if possible. Also, save the container so that you can show it to a doctor.
- Get help right away. Call an EMS ambulance and the poison control center (toll free: 1-800-764-7661). Tell them what the suspected poison is and follow their instructions.
- Treat the victim for shock and monitor their breathing. Don't give anything by mouth unless medical professionals tell you to do so.
- Save any vomit if possible. It will help a doctor identify the poison and give the right treatment.

Emergency Medical Identification



The symbol of emergency medical identification is worn on a chain or a bracelet. When you find it on an injured person, it indicates the need for special medical attention.