

F I R S T - A I D S T A T I O N
P O I N T S S H E E T S
(NOT TO BE GIVEN TO CADETS)

NOTE! ALL QUESTIONS SHOULD BE ASKED IN THE FOLLOWING MANNER :

"Captain, would you or one of your Team Members please ..."

1) Did the captain address you properly ?	0 - 1 - 2
2) Did the captain understand the problem the first time ?	0 - 1 - 2
3) Were the Cadets orderly while the captain was briefed ?	0 - 1 - 2
4) Were the instructions carried out in an orderly manner ?	0 - 1 - 2
5) ...state what is first aid? immediate and temporary treatment for injuries and illness until qualified medical help arrives.	0 or 3
6) ... state what two things are equally as important as treatment of injuries? Words of encouragement and treatment for shock.	0 - 1 - 2
7) ...state what the priorities are in giving First Aid in life-threatening conditions? Breathing, Bleeding, Unconsciousness b) Are they named in correct order?	0 or 3 1
8) ... state what you must remember when treating a person with suspected spinal or neck injuries? Do NOT move the victim.	1
9)... state what the symptoms of shock are. Pale skin color, moist skin and shivering, and irregular breathing	3
10).. state what the treatment for shock is. Words of encouragement & keep victim warm	2
11)...state how to treat hypothermia when out in the bush Cover exposed skin, wrap casualty in something windproof, move casualty indoors if possible, replace wet clothes with dry clothes, get immediate medical help.	5
11) Have one of the cadets recite a landmark.	1
12) Did Captain show leadership in delegating responsibilities?	2
Sub total Part A	31

Captain will be informed of a situation requiring first aid (see SCENARIO A, B, OR C)

(NOTE!! ALL teams will be asked to do the same scenario)

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SCENARIO A:

- *A cadet has fallen and has a simple fracture in the lower right arm and has a deep gash on forehead. (judge to designate cadet)*
- *Captain would you and your team take the proper procedure to administer First aid?*

a)	Did captain or other person in charge, follow PRIORITY ACTION APPROACH as follows:	
	1) Take charge of the situation?	1
	2) Assess hazards (if applicable)? (If the scenario does not state any hazards or does not include any obvious hazards such as "injured on a road" then points will be given automatically.)	1
	3) Get bystanders organized to:	0 - 1 - 2 - 3
	a) Make area safe?	
	b) Go for help?	
	c) To assist in first aid if required?	
	4) Identify himself as First Aider and offer help?	1
	5) Assess the casualty for life threatening conditions?	1
	Was the above done in correct order?	1
b)	TREATMENT:	
	1)- Cover gash with pad and apply direct pressure.	1
	- Wrap with triangular bandage or kerchief and tie with SQUARE KNOT on opposite side of the wound.	2
	2) Splint properly applied as follows:	
	- Splint applied from elbow to base of fingers.	1
	- Splint secured with 2 narrow bandages above and below the fracture.	1
	- Are knots properly tied.	1
	3) Arm sling properly applied as follows:	
	- Proper placement of triangular bandage.	1
	- Proper placement of arm.	1
	- Knot on proper side (in the hollow above the collar bone on the same side as the injury)	1
	- Proper knot used. (square knot)	1
	- Proper securing of point of triangular bandage.	1
	- Fingers exposed so that they can be checked for loss of circulation	1
	Sub Total SCENARIO A	20
	Sub Total Part A	<u>31</u>
	TOTAL POINTS	51

F I R S T - A I D S T A T I O N
P O I N T S S H E E T S
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SCENARIO B :

- Casualty has tripped over a rock and has a simple fracture of the lower right leg. (Judge to designate cadet)
- Captain would you and your team take the proper procedure to administer First aid and transport the casualty to a medical facility? (a designated tree, a short distance from the site)

a)	Did captain or other person in charge, follow PRIORITY ACTION APPROACH as follows:	
	1) Take charge of the situation?	1
	2) Assess hazards (if applicable)? (If the scenario does not state any hazards or does not include any obvious hazards such as "injured on a road" then points will be given automatically.)	1
	3) Get bystanders organized to:	0 - 1 - 2 - 3
	a) Make area safe?	
	b) Go for help?	
	c) To assist in first aid if required?	
	4) Identify himself as First Aider and offer help?	1
	5) Assess the casualty for life threatening conditions?	1
	Was the above done in correct order?	1
b)	TREATMENT	
	1) Immobilize the leg using the two splint method. (Two padded splints long enough to extend the full length of the leg just beyond the foot)	2
	2) 5 triangular bandages or kerchiefs to be applied in the following positions:	
	- at the thigh	1
	- at the ankle	1
	- at the knee	1
	- above the fracture	1
	- below the fracture	1
	3) Are knots properly tied? - Square knot tied over the splints	0 - 5
	4) Is an improvised stretcher made?	0 or 2
	5) Does stretcher hold casualty?	1
	6) Is casualty transported safely to medical facility?	1
	Sub Total SCENARIO B	24
	SubTotal Part A	<u>31</u>
	TOTAL POINTS	55

F I R S T - A I D STATION
POINTS SHEETS
(NOT TO BE GIVEN TO CADETS)

SCENARIO C :

- *Captain is the casualty. It's a windy, cold day. The casualty is wet, his coat is open and he is not wearing a hat or mits. He is shivering, confused and breathing shallowly.*
- *You are in an isolated area with no help available.*
- *Would this team take the proper procedure to administer First aid.*

- a) Did captain or other person in charge, follow **PRIORITY ACTION APPROACH** as follows:
- 1) Take charge of the situation? 1
 - 2) Assess hazards (if applicable)? 1
 (If the scenario does not state any hazards or does not include any obvious hazards such as "injured on a road" then points will be given automaticlly.)
 - 3) Get bystanders organized to: 0 - 1 - 2 - 3
 - a) Make area safe?
 - b) Go for help?
 - c) To assist in first aid if required?
 - 4) Identify himself as First Aider and offer help? 1
 - 5) Assess the casualty for life threatening conditions? 1
 Was the above done in correct order? 1

- b) **TREATMENT**
- 1) Were symptoms of hypothermia recognised? 0-2
 - 2) Was casualty treated as follows?
 - exposed skin covered? 1
 - casualty wrapped in something windproof? 1
 - casualty moved indoors ? (must be stated) 1
 - replaced wet clothes with dry? 1
 - 3) Were ground to air emergency signals made for - "Require Doctor"? 0 or 2
 - 4) Were universal, audible, distress signal used? e.g. 3 shouts or whistles 0 or 2
 - 5) Were universal, sight, distress signal used? e.g. mirror signals or 3 fires (unlit) 0 or 2

Sub Total **SCENARIO C** 20
 SubTotal **Part A** 31
TOTAL POINTS 51

F I R S T - A I D S T A T I O N
J U D G I N G Q U E S T I O N S
(NOT TO BE GIVEN TO CADETS)

PLEASE ASK THE QUESTIONS AS FOLLOWS :

- 1) Captain, would you or one of your Team Members please state what is first aid?
- 2) Captain, would you or one of your Team Members please state what two things are equally important as treatment of injuries? as
- 3) Captain, would you or one of your Team Members please state what the priorities are in Aid in life-threatening conditions? giving First
- 4) Captain, would you or one of your Team Members please state what you must remember when treating a person with suspected spinal or neck injuries?
- 5) Captain, would you or one of your Team Members please state what the symptoms of shock are?
- 6) Captain, would you or one of your Team Members please state what the treatment for shock is.
- 7) Captain, would you or one of your Team Members please state How to treat hypothermia when out in the bush.
- 8) Choose a cadet and say : " **Would you please recite for us the... ?**"
 A preplanned landmark will be chosen from the following:
 - Motto, Verse, Cadet Pledge, Code
 or the Pledge to the Canadian Flag

9) **SCENARIO A:**

- *A cadet has fallen and has a simple fracture in the lower right arm and has a deep gash on forehead. (judge to designate cadet)*
- *Captain would you and your team take the proper procedure to administer First aid?*

SCENARIO B :

- *Casualty has tripped over a rock and has a simple fracture of the lower right leg. (Judge to designate cadet)*
- *Captain would you and your team take the proper procedure to administer First aid and transport the casualty to a medical facility?
(a designated tree, a short distance from the site)*

SCENARIO C :

- *Captain is the casualty. It's a windy, cold day. The casualty is wet, his coat is open and he is not wearing a hat or mits. He is shivering, confused and breathing shallowly.*
- *You are in an isolated area with no help available.*
- *Would this team take the proper procedure to administer First aid.*

SNOW DERBY - FIRST AID INSTRUCTION SHEET

D17

1. First Aid is:

The **immediate** and **temporary** treatment for injuries and illness
until qualified medical help arrives.

2. Two things equally as important as treatment of injuries in first aid are:

Words of **encouragement** and **treatment for shock.**

(Be calm. Calm behavior can help to reassure the victim. Talk to victim; explain what you are doing; try not to let victim see injuries; act with confidence.)

3. The priorities in giving First Aid in life-threatening conditions are:

Stopped Breathing

Severe Bleeding

Unconsciousness

NOTE: They **must** be done in correct order.

4. When treating a person with suspected spinal or neck injury must we remember:

Do not move the victim.

5. The symptoms of shock are.

Pale skin color, moist skin and shivering, and irregular breathing

6) The treatment for shock is. -

Words of encouragement & keep victim warm

7) The treatment for hypothermia when out in the bush is:

Cover exposed skin, wrap casualty in something windproof,
move casualty indoors if possible, replace wet clothes with dry clothes,
get immediate medical help.

7). First Aid should be administered as follows:

(PRIORITY ACTION APPROACH (PAA) is the sequence of actions you should take on arrival at the scene of an accident or sudden illness to ensure that life-saving first aid is given safely.)

PRIORITY ACTION APPROACH sequence of actions should be as follows?

1) Take charge of the situation.

One person must take charge of the situation be it the Captain or another team member

2) Assess hazards (if applicable).

This person must first check that there are no hazards around that can endanger the victim or those who are administering first aid. ie. falling branches or fires or traffic etc

3) Get bystanders organized to:

a) Make area safe - Such as move hazard or move victim

b) Go for help - **Help** will be a tree or person labeled as such

c) To assist in first aid if required.

4) Identify himself as First Aider and offer help. - If the person is conscious he must be

informed that the person in charge is a first aider and is willing to give first aid. If consent is given or no objection is made, first aid may be administered. If an objection is made then just stay with the victim until help arrives or condition worsens.

5) Assess the casualty for life threatening conditions:

The First aider must check for: (For Snow Derby do Demonstration or Verbally)

Stopped Breathing , Severe Bleeding , Unconsciousness

They must be done in correct order.

SCENARIO A

- Casualty has fallen and has a simple fracture in the lower right arm and has a deep gash on forehead.

TREATMENT

- Get others to cover with blanket to keep warm.
 - Cover gash with pad and apply direct pressure.
 - Wrap with triangular bandage or kerchief and tie with square knot on opposite side of wound.
- Splint applied from elbow to base of fingers.
 - Splint secured with 2 narrow bandages, one above and one below the fracture.

These materials could be used for splints

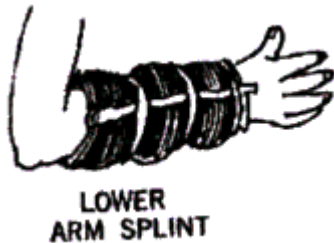


Fig. 8-5. Immobilizing a fracture of the forearm.

- All knots must be properly tied.

d) - Secure lower arm with arm sling as per St. John.(see diagram)



- Proper placement of arm.
- Proper placement of triangular bandage.
- Knot on proper side (in the hollow above the collar bone on the same side as the injury).
- Proper knot used. (square knot)
- Proper securing of point of triangular bandage. (secure with a pin or twist into a pigtail and tuck it inside the sling)
- Fingers exposed so they can be checked for loss of circulation.

SCENARIO B

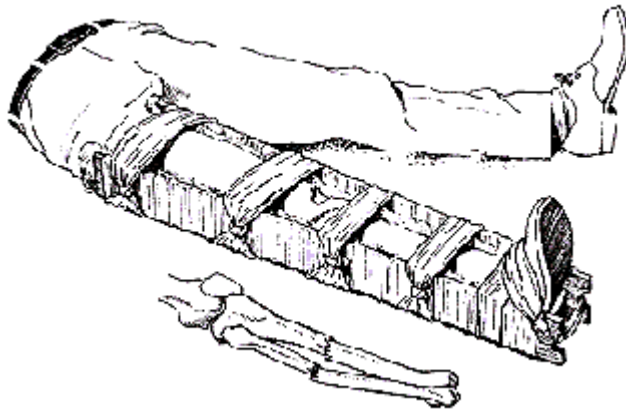
- Casualty has tripped over a rock and has a simple fracture of lower left leg. and must be transported.

TREATMENT

- a) Immobilize the leg using the two splint method.

(Two padded splints long enough to extend the full length of the leg just beyond the foot.)

These materials could be used for splints .



- b) 5 triangular bandages or kerchiefs applied in the following positions

- at the thigh

- at the ankle

knee

- at the

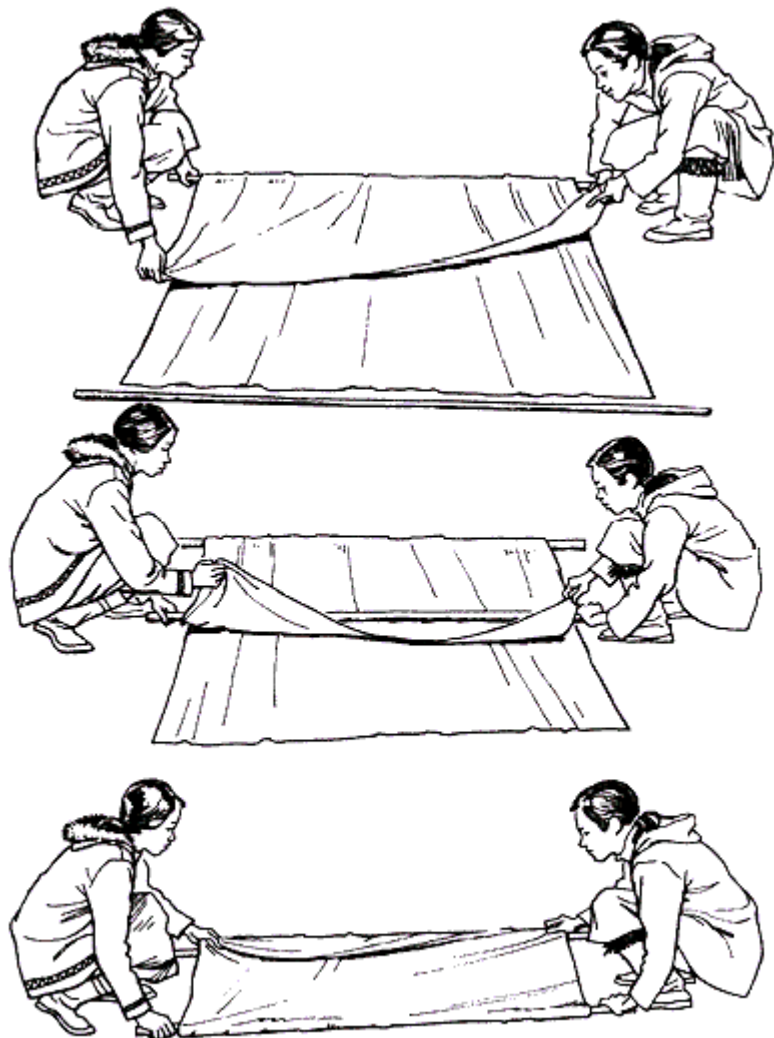
- above the fracture

- below the fracture

- c) Knots tied over the splints.

- d) Square knot used.

e) To make improvised blanket stretcher



Stretcher must hold casualty while being carried to the medical facility.
Medical facility will be a place designated ahead of time and signed as such.

SCENARIO C

- *Captain is the casualty. It's a windy, cold day. The casualty is wet, his coat is open and he is not wearing a hat or mits. He is shivering, confused and breathing shallowly.*
- *You are in an isolated area with no help available.*
- *Would this team take the proper procedure to administer First aid.*

TREATMENT

- a) treat for hypothermia as follows:

Cover exposed skin, wrap casualty in something windproof, move casualty indoors if possible, replace wet clothes with dry clothes, get immediate medical help.

- b) keep casualty warm

- c) make ground to air emergency signals for require doctor

The ground to Air signal for require Doctor is
one straight line _____ about 8 meters (25 feet) long

- d) use universal, audible, distress signal (3 shouts, whistles etc)

- e) use universal, sight, distress signal (mirror signals, three fires)UNLIT!