



First Aid

CHIEF'S KIT - BUILDER



Welcome, Chief, to a practical (possibly one-day life saving) adventure for your crew members. Lessons will only be as powerful as your preparation is purposeful. Provide as much 'hands-on experience' as your resources allow. Suggestions will be offered on how you may do that, but creative ideas of your own will go a long way to make this an exciting adventure. Make this journey with your boys a blessing now and a benefit to them, and others, in their lifetimes.

Lesson 1: "Staying Safe"

You may want to open the lesson with a 'very brief' testimony of an injury or medical emergency you once had and how First Aid knowledge may have helped you then. Read the first paragraph and ask the crew **"Who would like to be a hero and maybe save a life??"**

Now read the next two paragraphs about the boy on the bike and ask, **"What do you think will happen if a car pulls out?"** - **"Or what if he hits a rock or large stick in the road?"** - **"Is there anything else that could happen?"** (...his hat might fly off and he could fall trying to grab it; his pant leg or shoelace could get caught in the chain; or he may have a flat tire - if the front one 'blows' it can flip him over!!) Boys should be free to talk but not for too long.

Have the boys look at all the accident pictures and then briefly comment on each one:

1. Man on Bike: Ask, **"Why is this man not ready for an accident?"** (has helmet but no gloves!)
2. Boy on Stairs: He should be holding on to a hand rail!!
3. Bar-B-Q: Never get too close to or lean over a grill! A big hat looks cool but is dangerous!
4. Shelf Climber: Never climb anything not meant for climbing!
5. Man on Chair: Keep all legs on the floor (including yours!!)
6. Cell Phone Cruising: Drivers should only drive!! (cell phones kill)
7. Skateboard Scrape: This boy needed a helmet and knee pads! And no dangerous stunts!!
8. Check It Out Before You Plug It In: Be sure the wire looks ok and your hands are dry!!!

Tell your crew that the rest of their lessons will be about what to do first when accidents like these happen. Read the last of the lesson and then have everyone say the memory verse with you. Tell them they need to practice it every day to learn it and be able to say it from memory.

Lesson 2: “Bumps & Bruises”

Comment about the picture of boys playing and read the first paragraph. Then have the boys look again at the pictures of “accidents” on Lesson 1 (you may need to show them your copy.) Ask the boys **“Which of these accidents is a Bump or Bruise?”** Actually, be most of them could be! (Even the two ‘burn’ cases and the ‘electrical shock’ could still result in someone hitting something!) This is a short, fun activity so don’t give too much time to it. Bottom line – **“There are many ways any of us can bump something hard or bruise our self badly. Better be ready!”**

Now read the “Do This First” paragraph and have the crew repeat with you, **“The first step in every injury is STOP - SIT - CHECK IT OUT!”**

Tell your boys, **“Sometimes, when we first get hurt, our body is ‘stunned’ and may not feel anything. But when the pain comes charging in, it can be more than you’re ready for! Some people just pass out!! If you’re standing up you may get even more hurt on the way down! Also, it is possible the hurt is inside (which can be worse!) like a cracked rib or an injured organ. Pain is your alarm system – telling you something’s wrong - Listen To It!”**

Go over the “Do This Next” section but really stress the fourth point (►) about impacts to the head (say something about the two cartoon pics.) In many games and sports (especially ones like football or basketball where collisions are common) a head injury can occur. State with concern each of the ‘symptoms’ listed here (but also any others you are familiar with / or describe one you may have had in a certain sport you played.) We don’t want to discourage fun and competition, but we do want our boys to understand that risks sometimes result in injuries.

Close by having the boys recite with you Proverbs 3:23 (last week’s memory verse.) Ask them **“What does it mean to walk safely?”** Be sure to praise the crew for their attention.

Lesson 3: “Bleeds”

Read the first paragraph, then tell your crew that **“Every injury that bleeds is serious business: not just because of what comes out (blood – maybe lots of it) but also what goes in (dirt or disease!) An adult or older person should always ‘take a look’!”**

Go over the “DO IT FIRST” carefully. The boys will get it (and may be able to practice it during Boys-Being-Boys.)

The “DO THIS NEXT” advice will be things that should be done by an adult if the injury is to someone younger. It is really not “First Aid” – tell the boys they can call it “Next Aid”! Add any additional thoughts you have on this.

Finally, have each boy recite Proverbs 3:23 (if they can) and have all boys say together “First aid for bumps...” (as it appears on their lesson.) Introduce their new memory verse at bottom. Tell them **“For some folks, a ‘broken heart’ can be just as hurtful and injurious as many other injuries. NEVER make fun or take lightly someone else’s sadness or disappointment. Be as kind to them as you would be to anyone who is hurt.”** Warn the boys to not-get-behind on their memory verses. They must know them to earn their patch!

Lesson 4: “Blisters”

Read the first two paragraphs. Then go back to Lesson 1 and ask your crew this question, “**Who may get a blister here?**” (Actually, all of them can – look ahead and see if you can tell for yourself.) You may want to say, “**A blister can be caused by impact, rubbing, fire or other heat like electricity. Even to someone who is on their cell phone all day long! Is it possible to get ‘ear blisters, too’!**” (a little humor)

Now carefully go through the Do-This-First and the Do-This-Next advice (stress that the advice on ‘popping’ a blister is for adults or older boys to help with.) It is not mentioned here, but tell the boys that whenever the skin is broken open you must prevent germs from getting in by using first aid crème or ointment. A band-aid or bandage may be needed, too.

Have boys recite the new memory verse. Then let anyone willing to stand and ‘show-off’ that they already know Proverbs 3:23 and when “Wipe-Height-Ice” is used. This is what the Bible is referring to when it says, “Provoke one another unto good works.” [Hebrews 10:24]

Lesson 5: “Burns”

It is certainly hoped that none of your boys will ever get burned, especially during one of your Site’s outings or camping experiences. It can result in permanent scarring! Take your crew through the first half of this lesson with sincere seriousness. Be sure they understand what the term “sterile gauze” means, one that is clean and intended for medical purpose. The wrong kind of cloth or paper will get into the wound and make healing slower and complicated, perhaps leaving permanent scarring. Explain this to your boys as simply as you can.

Now continue at the ‘warning sign’. Go with boys to Lesson 1 once more. Let them tell you the two obvious fire/heat injuries [boy-n-stove & Bar-B-Q] but there can be one more [an electrical shock – especially if it also catches the house on fire!! Stress this important concern.] Finish up with, “**Never take chances and you won’t get hurt! NEVER PLAY WITH FIRE!!**”

Describe a third degree burn as being when skin is burned away and even muscles (maybe bones, too) are damaged. It may be charred black (like charcoal) or dry and white. The injured person may be struggling to breath or already be unconscious. Tell your crewmen not to try removing burnt clothing because it will hurt them more!! And make sure any fire is out, but don’t pour water on the victim - use a towel, blanket, or other clothing to snuff it out. Be as clear in your explanation as you can. Make sure they understand that if someone is on fire you must **act fast**. Rolling them on the ground may be the best or only way to save them!!

‘Slow Burns’ (pictured here) are sunburns. And though people of darker complexion are less susceptible than those who are lighter, all skin can be damaged by too much sun. If the sun damage is serious enough it will hurt and be at risk of more serious problems. Remember: Don’t take chances! Talk to your boys about clothing protection, and sun blocks or sunscreens!

Before wrapping up be sure to review memory verses - don’t let them get behind!!

Lesson 6: “Breaks”

‘Breaks’ (like ‘bleeds’) will require an adult or older, experienced youth with training to provide aid. But, as is often the case, your crewman may have been playing rough with friends (or worse, by himself) when this kind of serious injury occurred. If it happens, let’s not let a bad situation become worse! Put this concern into your own words as you open the lesson.

Read to the crew the first two paragraphs. Stress with your voice any words in **bold** or are underlined. Be firm as you tell the boys how important it is to not play or go ‘exploring’ by yourself - why they need a friend nearby in case they get badly hurt!

Go over the Do This part carefully and make sure the boys are paying attention!!

Have boys read aloud with you **“Make it so you won’t break it”** (and then under each photo) **“Don’t Play High - Don’t Play Blind - Don’t Play Too Rough With The Other Guys”** You may want to have them do it with you several times. These are good guidelines for keeping safe! Go to Lesson 1 and ask, **“Which of these guys is gonna break something??”** Once again, it could be “everybody”!! If time allows, talk about ‘what could happen’.

There is one more memory verse (short, simple, but just as important!) Go over it with them now, having crew repeat after you. Remind the boys that, if they ever get hurt, Jesus is right there – ask Him for help first (even before ‘first aid’.) Call Jesus your **“FIRST First Aid”!** [Remind boys to practice all three scriptures, that these are necessary for getting their award]

Lesson 7: “Review”

It is suggested that you have a review meeting with your boys, to go over things of importance one more time but also to let those who may have missed a meeting or two to ‘catch up’. Always remember that every part of each lesson may one day be life-saving and should not be overlooked. This Skill is a very important achievement for your crew members. Help each one get the most from all six lessons (even if that means adding a meeting or two to reinforce any areas of your concern!) Boys can get the full benefit of these lessons on their own if they will review them often, even after the Skill is completed. Remind them to do this because they, or someone else, may one day need it!!

Use the Skill Evaluation as a basis for your review, asking crew either the same or similar questions (mix things up a little and make it challenging.) Add some other questions of your own. Allow them to look over each related lesson and ‘find’ the answer if they need to (though they may just call it out!) Sometimes it is during the review that some important points finally ‘stick’. Make this review a learning experience and the blessings will just keep flowing.