



Emergencies

Stage 1 and 2



Basic Rules of First Aid

1. Stay Alive;

- yourself, others, and the victim. Especially yourself. If you are unable to help, then no one gets out alive.



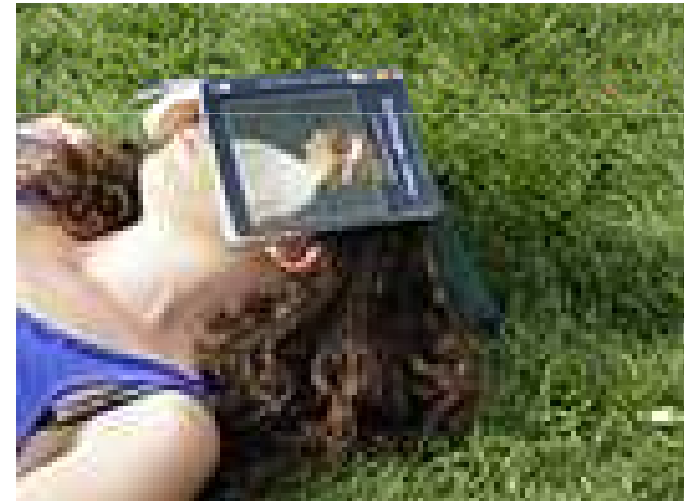


Basic Rules of First Aid

(Continued)

2. Responsiveness;

- Check for responsiveness: Shout "are you alright?" and tap the patient on the shoulder.





Basic Rules of First Aid

(Continued)

3. Send for help;

- Allocate someone

Firm but polite





Basic Rules of First Aid

(Continued)

ABC;

- Airway
- Breathing
- Circulation

**Will be covered
fully on another
night**





Basic Rules of First Aid

(Continued)

Stabilize Injury;

- stop the injury from doing further damage to the victim
- stop bleeding
- remove them from the cause



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Basic Rules of First Aid

(Continued)

Start Recovery;

- make the victim better. Fix the injury or ailment as much as possible



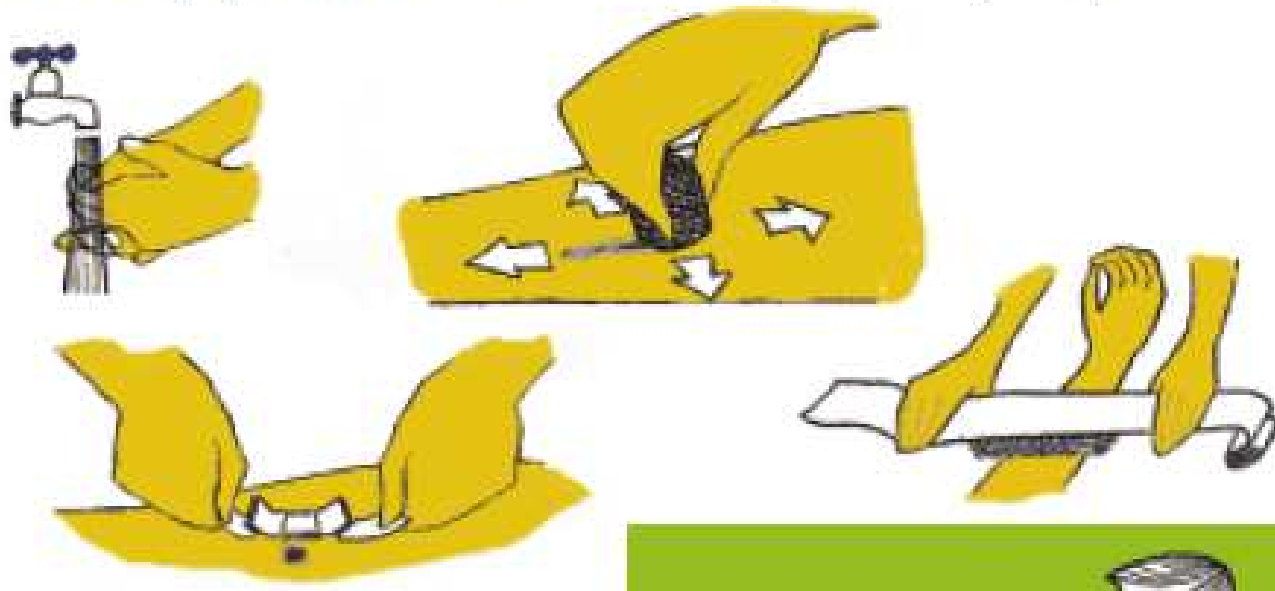


How to Treat Minor Cuts

Cuts and wounds

The first step is to stop the bleeding. This can be done by applying pressure to the wound. It is essential to have examination gloves in your kit for this purpose. Next, clean the

wound, working away from the cut. If it is a simple scratch or cut apply a band aid. If it is more severe, apply a compress bandage. If the cut is deep or a long gash seek medical advice, as stitches may be required.





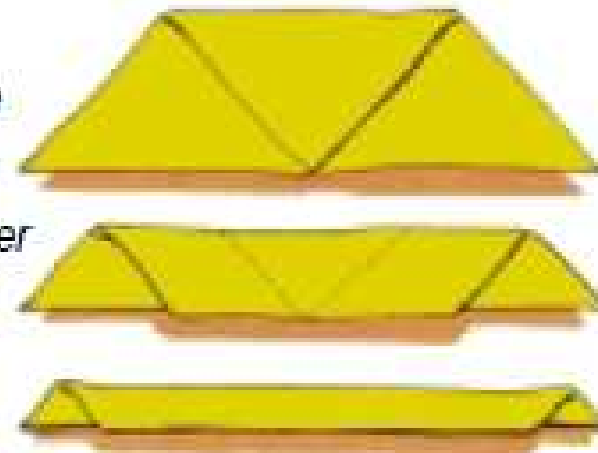
Scout neckerchief as a makeshift bandage

The triangular bandage or a Scout neckerchief

The triangular bandage, or a scout neckerchief, is an extremely versatile bandage and can be used in many situations. It can also be folded down to form a bandage or rolled into a doughnut shape to protect exposed and tender wounds. In all cases finish off your bandage with a reef knot tied away from the affected area.



The triangular bandage can be folded down as shown to create a number of different sized bandages





First Aid Kit



Every Scout should have his/her own personal first aid kit. This kit is packed into an old pencil case. The kit does not need to be very big so that it can be packed in your rucksack everytime you go out. As well as the standard items in this kit you should also make sure you have any personal medication you require such as inhalers etc.

Contents;

- Plasters
- Wound closures
- Plastic bag
- Cling Film
- Mole skin
- Antiseptic cream
- Small scissors
- Roll of Bandage
- Surgical tape
- Tweezers
- Steri-wipes
- Safety pins
- Sting relief



First Aid Kit

(continued)





First Aid Kit

(continued)





Contacting the Emergency Services

999/112

- Garda
- Fire Brigade
- Ambulance
- Coast Guard
- Mountain Rescue



Contacting the Emergency Services



Identify;

- first, say “THIS IS AN EMERGENCY CALL”
- give your name and your telephone number

Pass the message (ABC)

- say what has happened and exactly where it has happened
- say which emergency services are needed

Confirm understanding;

- ask for your message to be repeated
- stay in contact until nothing further is required



Awaiting Help

Find or Make Shelter

- Survival bag
- Group shelter
- Space Blanket





Awaiting Help

(continued)

Shelter

