

Royal Rangers Skill Merit Series

FIRST AID SKILLS

Merit Activity Guide



Prepared by the
National Royal Rangers Ministries
Springfield, Missouri

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Content for this merit has been based in part on the following sources:

American Red Cross First Aid/CPR/AED Participants Manual, 2014

Cub Scout Webelos Handbook by the Boy Scouts of America, 2015

Community First Aid & Safety by the American Red Cross, 1993

WebMD.com

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Using This Guide

This First Aid Skills Merit Activity Guide provides content and suggested teaching outlines for leading an interactive study of basic First Aid Skills in a small group setting. This information may be used for teaching the official Royal Rangers First Aid Skills merit or for conducting a fun and engaging activity on this topic with no merit being awarded.

This material is intended for use within a Royal Rangers outpost meeting where separate discipleship or devotional material is used alongside it. Small group discipleship resources for boys are available separately from MyHealthyChurch.com. Such content is, therefore, not included here.

It is our hope that these materials will be a valuable resource as you provide fun activities that attract and engage boys while serving as a platform for guiding them into Christlike manhood.

OFFICIAL ROYAL RANGERS MERIT

This merit activity guide may be used to present all the required material for the official Royal Rangers First Aid Skills merit. Merits are Royal Rangers awards earned upon the completion of a specified list of requirements related to a specific topic. Boys earn merits and advancement awards as part of the Royal Rangers advancement system. Information on the Royal Rangers program can be found online at RoyalRangers.com.

The requirements for the completion of this merit can be found in the next section. Merit award patches may be purchased from MyHealthyChurch.com to provide recognition to boys who have completed the requirements for this merit.

MERIT BASED ACTIVITY

This material may also be used for an activity based on first aid skills with no merit awarded. Leaders can determine the scope of the content to be presented as well as any requirements that must be satisfied for the completion of this activity. Certificates may be presented to participants in recognition of their completion of this activity. Blank award certificates may be purchased from MyHealthyChurch.com or custom certificates may be created by you.



*First Aid Skills Merit
Award Patch
Item #157415
MyHealthyChurch.com*

HOW TO USE THIS MATERIAL

The material in this merit activity guide provides everything you need to present this content in a Royal Rangers meeting as a merit or as a fun activity.

MERIT REQUIREMENTS

This material may be presented as a path to earning the official Royal Rangers First Aid Skills merit or as a fun activity. For any individual in your group to earn the merit, the requirements must be met. If no one in your group is pursuing the merit, this list of requirements could be used merely as a suggested guide for the study of this topic.

LEARNING FIRST AID SKILLS

This section provides the core content for the study of first aid skills whether done as a merit or as an activity. Detailed content is provided for each of the merit requirements. The suggested lesson plans refer often to this content. Leaders are encouraged to read this material thoroughly to prepare for teaching this merit or leading this activity.

SUGGESTED LESSON PLANS

Lesson plans are provided to help you present this material in your Royal Rangers meeting. These five lesson plans cover all the content in this guide as well as each merit requirement. Leaders can modify these plans as needed to make them more suitable for their group while working within the time available.

BOY'S HANDOUTS

The First Aid Skills Skill Sheet is a three-page handout that provides boys with a summary of the content covered in this material. This sheet serves as a valuable reference tool when presenting this material to a group. The Merit Requirements Checklist provides boys with a list of the requirements that must be completed to earn the blue First Aid Skills merit.

TEACHING THIS MATERIAL

When leading a study of this content with a group of boys, it is recommended that the material be presented in an engaging and interactive way. Lecture sessions where the leader does all the talking should be avoided. Writing should also be avoided. Merit requirements that begin with words like “explain,” “describe,” or “list” can be completed orally as a group rather than asking boys to write them down. Requirements that begin with “demonstrate” should always be completed physically by the boys rather than in writing.

Every Royal Rangers meeting should be a place of learning and growth. However, keeping boys engaged in a fun and interactive environment is an essential part of promoting learning and growth among boys.

LEARNING AT HOME

This Royal Rangers merit may be earned by studying this material and completing the requirements at home with friends or parents if approved by the boy's outpost leader. Requirements completed at home must be verified by a parent or leader, according to the outpost's advancement approval process.

FACILITIES AND RESOURCES NEEDED

The following facilities and materials are recommended when teaching this material.

Facilities:

Room large enough for boys to be able to split into groups of two for hands-on experience (see lesson plans).

Materials:

- First Aid Skills Skill Sheets—one for each boy
- First aid kits of different sizes and types
- Props to help with ways a person might become injured (lesson 1)
- Refer to each lesson materials for any other items needed

Supplemental Resources:

The following materials were included as resources for the development of this merit activity guide and may serve as valuable supplemental references when teaching this material.

- *American Red Cross First Aid/CPR/AED Participants Manual*, 2014
- *Community First Aid & Safety* by the American Red Cross, 1993
- *Cub Scout Webelos Handbook* by the Boy Scouts of America, 2015
- *WebMD.com*

Merit Requirements



The following merit requirements must be successfully completed for a boy to be awarded the official Royal Rangers First Aid Skills merit. Content relating to each requirement may be found in the next section of this guide.

1. Explain what first aid is and what you should do after an accident.
2. Explain how to recognize and respond to each of the following conditions:
 - a. Heart attack
 - b. Heat exhaustion
 - c. Frostbite
 - d. Hypothermia
3. Demonstrate the proper care for each of the following conditions.
 - a. Minor cut, scrape, or puncture
 - b. Serious bleeding
 - c. Nosebleed
 - d. Blister
 - e. Splinter
 - f. Insect sting or bite
 - g. Snakebite
 - h. Burn
 - i. Poisoning
 - j. Choking
 - k. Damaged joint or bone
4. Assemble a personal first aid kit suitable for use on Royal Rangers outings.

Learning First Aid Skills

If you've ever been in an accident or faced an emergency situation, you probably already know the importance of first aid. Although you probably try to conduct your activities as safely as possible, accidents and unexpected illnesses are likely to occur from time to time. If you've never faced a situation when first aid was needed, it's likely that you will someday.

According to the Centers for Disease Control (CDC), each year about 40 million people in the United States seek medical treatment for an accidental injury.¹ In many of these situations, some type of first aid may be needed to prevent further injury or death before the victim reaches a medical facility.

Due to the likelihood of facing a medical emergency, everyone should know whom to call and what care to provide until professional help arrives.



1. "Accidents or Unintentional Injuries," *Centers for Disease Control*, last updated January 20, 2017, accessed June 16, 2020 <https://www.cdc.gov/nchs/fastats/accidental-injury.htm>.

RECOGNIZING EMERGENCIES

The first step in taking appropriate action is to recognize if an emergency actually exists. Signs like unusual noises, unusual smells, or unusual appearances can be good indicators. If something doesn't look normal, take a closer look to determine if help is needed.

For example, imagine you encounter one of the following situations:

- A vehicle is stopped on the roadside with a door open
- You smell smoke or something burning
- You hear a loud crash and a scream
- You enter a room and find someone lying on the floor unconscious

Any of these situations could represent an emergency, or there could be an alternate explanation where no help is needed. But it's always a good idea to take a closer look.

RESPONDING TO EMERGENCIES

Once you recognize an emergency condition exists, it's important to take the appropriate steps to ensure your own safety while providing the right care. This could involve providing first aid.

MERIT REQUIREMENT #1

Explain what first aid is and what you should do after an accident.

First aid is the first help someone gives to an injured person until professional help takes over. When you encounter an accident or emergency, follow these “emergency action steps”—*Check, Call, and Care.*²



2. American Red Cross, *Community First Aid & Safety*, (St. Louis: Mosby Lifeline, 1993), 13-27.

CHECK

Check the scene and the victim. Look around and try to determine what happened. What needs to be done to help the victim? Stay calm. If the scene isn't safe, don't help. Otherwise, you might become a victim yourself, requiring additional help from others. Check the victim by looking him over to see if any injuries are visible. If he's awake, ask him what happened and if he feels any pain anywhere.

CALL

Call for help or send someone else to call if possible. In most communities, dial 911 for emergency services.

- Give your name and the phone number you are calling from.
- Explain the situation, giving as many details as you can, such as a description of what happened, the number of people injured, and the types of injuries they have received.
- Give your exact location, to the best of your ability. A street address or an intersection can be very helpful.

Stay on the line and don't hang up until the emergency services personnel tell you to. Calling your local emergency number is the most important thing you can do in a crisis.

CARE

Care for the victim until help arrives. Tell him you've had training in first aid and ask his permission to help. Don't try to move him unless he is in danger of additional injury. Care for the most serious, life-threatening injuries first.

Take action to prevent shock. Shock is a serious medical condition resulting from inadequate blood flow throughout the body due to some form of serious injury or illness. To prevent shock, keep the victim comfortable. Have him lie down and elevate his feet to promote blood flow to his brain. However, DON'T elevate his feet if there's an indication that his legs or back may be injured.

MERIT REQUIREMENT #2

Explain how to recognize and respond to each of the following conditions:

- a. Heart attack*
- b. Heat exhaustion*
- c. Frostbite*
- d. Hypothermia*

EMERGENCY CONDITIONS

When providing first aid, it's important to recognize the condition of the victim based on the symptoms displayed. The following are some of the more common emergency conditions you may encounter. For each one, a description of the symptoms and appropriate responses are included.³

HEART ATTACK

A heart attack occurs when damage to the heart causes it to stop working properly. Symptoms may include pain in the center of the chest; pain that radiates to arms, back, or jaw; unusual sweating; or feeling weak, dizzy, or nauseous. When these conditions occur, call 911 immediately. Have the victim

3. Red Cross, *Community First Aid*, 58, 216-223.

sit or lie down and monitor his condition to provide more information to emergency responders when they arrive.

HEAT EXHAUSTION

Heat exhaustion occurs when the entire body gets overheated. Symptoms may include muscle cramps; cool, moist, and pale skin; headache; nausea; dizziness; or weakness. When these conditions occur, help the victim find a cool place to rest, give him water to drink, loosen any tight clothing, apply cool wet cloths to his forehead and the sides of his neck to help cool him down.

FROSTBITE

Frostbite occurs when body parts become frozen. Symptoms may include a loss of feeling in affected areas and cold discolored skin. When these conditions occur, move the victim to a warm location. Gently warm the affected area by soaking in warm water. If the skin is broken or blisters form, bandage loosely.

HYPOTHERMIA

Hypothermia occurs when the entire body has cooled beyond its ability to keep warm. Symptoms may include shivering, numbness, glassy stare, apathy, and loss of consciousness. When these conditions occur, call 911. Take steps to gradually warm the body. Remove any wet clothing, apply heating pads or blankets, and encourage the victim to drink warm liquids. DO NOT immerse in warm water as warming too quickly can cause heart problems.

MERIT REQUIREMENT #3

Demonstrate the proper care to be given for each of the following conditions.

- a. *Minor cut, scrape, or puncture*
- b. *Serious bleeding*
- c. *Nosebleed*
- d. *Blister*
- e. *Splinter*
- f. *Insect sting or bite*
- g. *Snakebite*
- h. *Burn*
- i. *Poisoning*
- j. *Choking*
- k. *Damaged joint or bone*

CARING FOR INJURIES

The following list represents common injuries. Appropriate responses are included for each. When treating wounds, be sure to wear disposable, latex-free gloves and eye protection. Wash your hands thoroughly with soap and water before and after treating any wounds.⁴



4. Boy Scouts of America, *Cub Scout Webelos Handbook*, (2015), 67.

MINOR CUT, SCRAPE, OR PUNCTURE

Care must be taken to prevent infection. Before treating, wash your hands and wear disposable gloves. Apply direct pressure to stop bleeding. Then, gently wash the wound with soap and water. Apply antibiotic ointment. Apply adhesive bandage or gauze pad and tape. Change the bandage daily.

SERIOUS BLEEDING

Cover with a clean dressing and apply direct pressure. Elevate the wound above the heart if no bones are broken. Apply pressure to the artery feeding the wound. (This is a pressure point.) If the dressing becomes soaked with blood, do not remove it. Apply an additional dressing over it and continue applying pressure.

NOSEBLEED

Have the injured person sit up and lean forward to prevent the blood from draining into his throat. Tilt his head slightly forward and pinch the nostrils together to stop the bleeding. If needed, apply a cool damp cloth to the face and nose to help stop the bleeding. If bleeding continues more than 15 minutes, call for additional help.

BLISTER

Wash and cover with a donut bandage by cutting a piece of moleskin or similar material into a round shape with an opening in the middle like a donut. Tape the donut over the blister so that the blister is in the middle of the opening. To prevent pressure on the blister, stack additional donuts on top of the first one. Do not pop blisters as this will increase chance of infection.



SPLINTER

Remove the splinter with tweezers. Wash and cover to prevent infection. If the splinter is in someone's eye, do not attempt to remove it. Call 911 for additional help.⁵

INSECT STING OR BITE

For bee or wasp stings, remove the stinger (if still attached) with tweezers, the edge of a card, etc. Be careful not to squeeze the stinger as that may force more poison into the skin. Wash and cover. Apply a cold pack to reduce swelling if needed. Watch for allergic reactions or signs of poisoning from spiders, scorpions, or ticks.

Gently remove ticks with a pair of tweezers and wash the bite with soap and water. Then, apply an antibiotic ointment.

Chiggers are much smaller and harder to see. They can typically be removed only by taking a bath or shower and scrubbing your skin with soap and water. Likewise, wash your clothes and any other clothing items that may have chiggers with soap and hot water. Then, treat bites with an anti-itch ointment, such as calamine lotion or hydrocortisone.⁶

**SNAKEBITE**

Bites by nonvenomous snakes should be treated like any other puncture wound—wash with soap and water, apply antibiotic ointment, and cover with an adhesive bandage. Bites by venomous snakes can cause sharp, burning pain or swelling, or they can become discolored. If you observe any of these symptoms or suspect a person has been bitten by a venomous snake, call 911 immediately. Then, do the following:

- Keep the person calm and still

5. Red Cross, *Community First Aid*, 149.

6. Stephanie S. Gardner, "How to Prevent & Treat Chigger Bites," *WebMD*, reviewed January 21, 2020, accessed June 16, 2020, <https://www.webmd.com/skin-problems-and-treatments/prevent-treat-chigger-bites#1>.

- Immobilize the bitten area and keep it lower than the heart to help slow the spread of venom
- Remove any jewelry or other items from the bitten area that could cause pain in the event of swelling
- Wash the wound with soap and water and apply a clean bandage
- DO NOT apply ice, a tourniquet, or try to cut the wound and suck out the venom⁷

BURN

Stop the burning. Then, cool the burn with cool water until the pain stops. Gently dry the burned area and cover with a clean, dry, loose dressing. If blisters form, take care not to break them as this may lead to infection.

For more serious burns where the skin is burned away or charred, the victim may feel little pain due to the nerves in the skin being destroyed. Call 911 immediately. Don't attempt to remove clothing from the burned area. Try to keep the victim as comfortable as possible until help arrives.⁸

POISONING

Try to identify the source of the poisoning. If the person is unconscious, has difficulty breathing, or is unable to tell you what happened (such as a very young child), call 911 immediately and wait for instructions. If the person is conscious and alert, call the National Poison Control Center hotline at 1-800-222-1222 and follow their instructions.⁹



7. Boy Scouts, *Webelos Handbook*, 79-80.

8. Boy Scouts, *Webelos Handbook*, 76.

9. American Red Cross, *American Red Cross First Aid/CPR/AED Participant's Manual*, 4th ed., (2014), 77.

CHOKING

If a person appears to be choking, ask if you can help. If he can breathe and cough, encourage him to continue coughing. If he is unable to speak or breathe, ask someone to call 911 immediately. Ask the choking person to lean forward. Then, give back blows between his shoulder blades with the heel of your hand. If the item is not dislodged, give abdominal thrusts.

- Position yourself behind the person with your arms wrapped around his waist.
- Make a fist with one hand and place it just above the person's belly button, covering your fist with your other hand.
- Make a series of quick thrusts inward and upward to force the air in his lungs to push the object out.

Alternate between back blows and abdominal thrusts until the item is dislodged, the person becomes unconscious, or help arrives.¹⁰



DAMAGED JOINT OR BONE

Do not move or attempt to straighten the injured area. Immobilize the injury in the position it is in if the person needs to be moved or transported to receive medical care. Apply cold to the injury for up to 20 minutes at a time by filling a plastic bag with ice water or wrapping ice in a damp cloth. Elevate the injured area to reduce swelling only if it does not cause more pain.¹¹

10. Boy Scouts, *Webelos Handbook*, 73.

11. Red Cross, *First Aid/CPR/AED Participant's Manual*, 121-122.

FIRST AID KITS

MERIT REQUIREMENT #4

Assemble a personal first aid kit suitable for use on Royal Rangers outings.

First aid kits are valuable tools for being prepared for any emergency. The content to be included may vary depending on the size of the group it is intended to serve and the types of activities the group is involved in.

PERSONAL FIRST AID KITS

The American Red Cross recommends the following items for a personal first aid kit.¹²

- Adhesive bandages, assorted sizes
- Antibiotic ointment
- Disposable gloves
- Antiseptic wipes
- Gauze pads and roller gauze bandages, assorted sizes
- Medical tape
- Small scissors
- Chemical cold pack
- Plastic bags
- Small flashlight with batteries
- Tweezers
- Emergency blanket
- Triangular bandage



12. Red Cross, *Community First Aid*, 22.

Suggested Lesson Plans

The teaching material has been divided into five lessons of similar length to help the leader present this material in a small group meeting. Since meeting lengths vary between groups and the time needed for other parts of the meeting, some sessions may need to adjust to the time available in a single meeting. Leaders can modify the lesson plans as needed to accommodate the time available.

When teaching this material, the lesson plans serve as a guide for presenting the content. Leaders can modify the lessons plans as needed to fit their schedule and setting. However, for a participant to qualify for an official merit, all requirements must be met.

NOTE: *These lesson plans do not represent the entire Royal Rangers outpost meeting but are intended to represent only the Program Feature segment of the meeting. Other parts of the meeting, such as opening ceremonies, Bible studies, recreation ideas, and devotions, can be found in the Weekly Meeting Guides found on TRaCclub.*

First Aid Skills Lesson 1

This lesson plan covers material required for the completion of the Royal Rangers First Aid Skills merit requirement 1. Refer to the Learning First Aid Skills section of this merit activity guide and the First Aid Skills Skill Sheet for details.

MATERIALS AND PREP

- Make copies of the First Aid Skills Skill Sheet, one per boy
- Gather materials and props to illustrate various hazardous situations or possible causes of an accident

TEACHING OUTLINE

1. **Get Them Thinking:** Begin by asking the boys questions that provide relevance and context to this activity. Write their answers on a white board if one is available. Example questions include the following:
 - a. Why is it important that to learn about first aid?
 - b. What are some examples of situations when you might need to use first aid?
 - c. Have you ever needed to give first aid to someone?
2. **Introduction:** Give a brief introduction to the material to be covered in this session. Refer to the Learning First Aid Skills section of this merit activity guide and the First Aid Skills Skill Sheet for details.
 - a. In this lesson, we'll learn what the term "first aid" means.
 - b. We'll also learn about the "emergency action steps" we can follow when responding to an emergency situation to help us remember how to respond to emergencies.
3. **REQUIREMENT #1: Explain what first aid is and what you should do after an accident.**
Refer to the Responding to Emergencies portion of the Learning First Aid Skills section.

SUGGESTED ACTIVITY

Ask for a volunteer to act as an injured person. Have him lay on the floor as if unconscious. Then have another boy act as a person coming to help, using the "emergency action steps" as a guide. As you go through the process, substitute alternate situations to get the boys thinking about how they should respond to each. Place various items around the room that may give clues as to what might have happened to cause the accident.

Examples may include the following:

1. Place an overturned ladder next to a person lying on the floor unconscious.
2. Place an electrical cord in the hand of an unconscious person near an electrical outlet.
3. Have a conscious person place his hand on his arm, holding it tightly with something simulating blood on his arm and fingers. Simulated blood could be represented by a red washable marker drawn on the skin of the victim. Place a knife nearby.

First Aid Skills Lesson 2

This lesson plan covers material required for the completion of the Royal Rangers First Aid Skills merit requirement 2. Refer to the Learning First Aid Skills section of this merit activity guide and the First Aid Skills Skill Sheet for details.

MATERIALS AND PREP

- Make copies of the First Aid Skills Skill Sheet, one per boy

TEACHING OUTLINE

1. **Get Them Thinking:** Begin by asking the boys questions that provide relevance and context to this activity. Write their answers on a white board if one is available. Example questions include the following:
 - a. Have you ever been with someone who you thought might be having a heart attack? If so, how did he act?
 - b. Have you ever been really cold with your fingers or toes feeling like they were frozen?
 - c. Have you ever been so hot you felt sick, dizzy, or had a headache?
2. **Introduction:** Give a brief introduction to the material to be covered in this session. Refer to the Learning First Aid Skills section of this merit activity guide and the First Aid Skills Skill Sheet for details.
 - a. In this lesson, we'll learn about four common emergency conditions. We'll discuss what causes each of them and how to recognize when each one is occurring. We'll also learn how we can respond to prevent the condition from getting worse.
3. **REQUIREMENT #2: Explain how to recognize and respond to each of the following conditions.**
 - a. **Heart attack**
 - b. **Heat exhaustion**
 - c. **Frostbite**
 - d. **Hypothermia**

Refer to the material in the Emergency Conditions portion of the Learning First Aid Skills section for information.

SUGGESTED ACTIVITY

Test the boys on their knowledge of this material by asking them to identify the condition represented by each of these situations. Then, ask them what the appropriate response would be.

PERSON 1

- **Situation:** A man is very cold and experiencing a loss of feeling in his hands and feet. His skin is cold and discolored, but he appears to be thinking clearly.
- **Condition:** Frostbite
- **Response:** Gently warm the affected area by soaking in warm water. If skin is broken or blisters form, bandage loosely.

PERSON 2

- **Situation:** A woman has been working in her yard. She begins experiencing pain in the center of her chest that soon radiates to her arms, back, and jaw. She is sweating hard and complains of feeling weak and dizzy.
- **Condition:** Heart attack
- **Response:** Call 911 immediately. Have her sit or lie down and monitor her condition to provide more information to emergency responders when they arrive.

PERSON 3

- **Situation:** Several boys play basketball on a hot afternoon. One of them complains of feeling dizzy, muscle cramps, and a growing headache. You notice his skin is cool, moist, and pale.
- **Condition:** Heat exhaustion
- **Response:** Help him find a cool place to rest. Give him water to drink and encourage him to loosen any tight clothing. Apply cool wet cloths to his forehead and the sides of his neck to help cool him down.

PERSON 4

- **Situation:** A man fishing from the bank of a river on a cold day slips and falls into the water. You assist him with climbing out and notice that he is shivering heavily. You ask him if he's okay, but he mumbles a response, seems to be confused and disoriented, and has a glassy stare.
- **Condition:** Hypothermia
- **Response:** Call 911. Take steps to gradually warm the body. Move him to a warmer area. Remove any wet clothing, apply heating pads or blankets, and encourage him to drink warm liquids. DO NOT immerse him in warm water as warming too quickly can cause heart problems.

First Aid Skills Lesson 3

This lesson plan covers material required for the completion of the Royal Rangers First Aid Skills merit requirements 3a through 3e. Refer to the Learning First Aid Skills section of this merit activity guide and the First Aid Skills Skill Sheet for details.

MATERIALS AND PREP

- Make copies of the First Aid Skills Skill Sheet, one per boy
- Gather first aid supplies: adhesive bandages, antibiotic ointment, disposable gloves, antiseptic wipes, gauze pads, medical tape, small scissors, and tweezers (Have enough on hand for boys to practice each skill in 2-person groups. To reduce cost, some items could be simulated, such as using petroleum jelly in place of antibiotic ointment.)

TEACHING OUTLINE

1. **Get Them Thinking:** Begin by asking the boys questions that provide relevance and context to this activity. Write their answers on a white board if one is available. Example questions include the following:
 - a. Have you ever had a cut that really hurt or seemed to bleed a lot? What did you do?
 - b. Have you ever had a nosebleed? What did you do?
 - c. Do you know what a blister is? Have you ever had one?
 - d. Have you ever seen someone bleeding a lot? What slowed the bleeding?
2. **Introduction:** Give a brief introduction to the material to be covered in this session. Refer to the Learning First Aid Skills section of this merit activity guide and the First Aid Skills Skill Sheet for details.
 - a. In this lesson, we are going to begin practicing how to give care to people with common types of injuries. We will learn about minor cuts and scrapes, serious bleeding, nosebleeds, blisters, and splinters.
3. **REQUIREMENT #3a: Demonstrate the proper care for a minor cut, scrape, or puncture.**
 - a. Refer to the material in the Caring for Injuries portion of the Learning First Aid Skills section for information.
4. **REQUIREMENT #3b: Demonstrate the proper care for serious bleeding.**
 - a. Refer to the material in the Caring for Injuries portion of the Learning First Aid Skills section for information.
5. **REQUIREMENT #3c: Demonstrate the proper care for a nosebleed.**

- a. Refer to the material in the Caring for Injuries portion of the Learning First Aid Skills section for information.
- 6. **REQUIREMENT #3d: Demonstrate the proper care for a blister.**
 - a. Refer to the material in the Caring for Injuries portion of the Learning First Aid Skills section for information.
- 7. **REQUIREMENT #3e: Demonstrate the proper care for a splinter.**
 - a. Refer to the material in the Caring for Injuries portion of the Learning First Aid Skills section for information.

SUGGESTED ACTIVITY

Group the boys into pairs. Have them take turns practicing each of the skills by demonstrating the proper care to each other. Observe to make sure they are demonstrating each skill correctly.

First Aid Skills Lesson 4

This lesson plan covers material required for the completion of the Royal Rangers First Aid Skills merit requirements 3f through 3k. Refer to the Learning First Aid Skills section of this merit activity guide and the First Aid Skills Skill Sheet for details.

MATERIALS AND PREP

- Make copies of the First Aid Skills Skill Sheet, one per boy
- Gather first aid supplies: disposable gloves, antibacterial wipes, antibiotic ointment, adhesive bandages, gauze pads, medical tape, scissors, burn crème, triangular bandages for slings and splints (Have enough on hand for boys to practice each skill in 2-person groups. To reduce cost, some items could be simulated, such as using petroleum jelly in place of burn cream.)

TEACHING OUTLINE

1. **Get Them Thinking:** Begin by asking the boys questions that provide relevance and context to this activity. Write their answers on a white board if one is available. Example questions include the following:
 - a. Briefly discuss the first aid skills learned last week.
 - b. What other common injuries should we be prepared to provide first aid for?
2. **Introduction:** Give a brief introduction to the material to be covered in this session. Refer to the Learning First Aid Skills section of this merit activity guide and the First Aid Skills Skill Sheet for details.
 - a. Today, we are going to learn how to administer first aid to people who might have other injuries, such as insect stings or bites, burns, or damage to a bone or joint.
3. **REQUIREMENT #3f: Demonstrate the proper care for an insect sting or bite.**
 - a. Refer to the material in the Caring for Injuries portion of the Learning First Aid Skills section for information.
4. **REQUIREMENT #3g: Demonstrate the proper care for a snake bite.**
 - a. Refer to the material in the Caring for Injuries portion of the Learning First Aid Skills section for information.
5. **REQUIREMENT #3h: Demonstrate the proper care for a burn.**
 - a. Refer to the material in the Caring for Injuries portion of the Learning First Aid Skills section for information.

6. **REQUIREMENT #3i: Demonstrate the proper care for poisoning.**
 - a. Refer to the material in the Caring for Injuries portion of the Learning First Aid Skills section for information.

7. **REQUIREMENT #3j: Demonstrate the proper care for choking.**
 - a. Refer to the material in the Caring for Injuries portion of the “Learning First Aid Skills section for information.

8. **REQUIREMENT #3k: Demonstrate the proper care for a damaged bone or joint.**
 - a. Refer to the material in the Caring for Injuries portion of the “Learning First Aid Skills section for information.

SUGGESTED ACTIVITY

Group the boys into pairs. Have them take turns practicing each of the skills by demonstrating the proper care to each other. Observe to make sure they are demonstrating each skill correctly.

First Aid Skills Lesson 5

This lesson plan covers material required for the completion of the Royal Rangers First Aid Skills merit requirement 4. Refer to the Learning First Aid Skills section of this merit activity guide and the First Aid Skills Skill Sheet for details.

MATERIALS AND PREP

- Gallon sized resealable plastic bags for first aid kits
- First aid supplies for assembling personal first aid kits, one kit per boy (See list of suggested supplies in the Learning First Aid Skills section. To reduce cost, it may be necessary to include only some of the more essential items.)
- Determine what first aid kits are commonly available to your group during Royal Rangers events and where they are located.

TEACHING OUTLINE

1. **Get Them Thinking:** Begin by asking the boys questions that provide relevance and context to this activity. Write their answers on a white board if one is available. Example questions include the following:
 - a. Do any of you have a first aid kit at home? Do you know where it is? Do you know what materials are in it?
 - b. Where are our church and outpost first aid kits located?
 - c. What kits do we have access to during outpost events and activities away from the church?
2. **Introduction:** Give a brief introduction to the material to be covered in this session. Refer to the Learning First Aid Skills section of this merit activity guide and the First Aid Skills Skill Sheet for details.
 - a. In the previous lessons, we learned about the care to be given to sick or injured people in various situations. In this lesson, we will assemble our own first aid kits so we can be ready to help when emergencies arise.
3. **REQUIREMENT #4: Assemble a personal first aid kit suitable for use on Royal Rangers outings.**
 - a. Refer to the material in the First Aid Kits portion of the Learning First Aid Skills section for a list of suggested supplies.

SUGGESTED ACTIVITY

Provide each boy with first aid supplies so he can assemble his own personal first aid kit. Give each boy a gallon-sized plastic resealable bag to keep his supplies in. See the suggested supplies list in the Learning First Aid Skills section. Give each boy a complete list of recommended supplies. To reduce cost, it may be necessary to only include some of the more essential items. Inform the boys that they may add additional items themselves as they choose.

Boy's Handouts

The following pages may be distributed to the boys as handouts to use as references during the completion of this merit.

- First Aid Skills Merit Requirements Checklist
- First Aid Skills Skill Sheet



First Aid Skills

Merit Requirements Checklist

The following merit requirements must be successfully completed for a boy to be awarded the official Royal Rangers First Aid Skills merit. Each requirement must be approved by the boy's group leader or his designee. Content relating to each requirement may be found in the Learning First Aid Skills section of this First Aid Skills Merit Activity Guide.

#	Requirement	Leader's Initials
1.	Explain what first aid is and what you should do after an accident.	
2.	Explain how to recognize and respond to each of the following conditions: <ul style="list-style-type: none"> a. Heart attack b. Heat exhaustion c. Frostbite d. Hypothermia 	
3.	Demonstrate the proper care for each of the following conditions. <ul style="list-style-type: none"> a. Minor cut, scrape, or puncture b. Serious bleeding c. Nosebleed d. Blister e. Splinter f. Insect sting or bite g. Snakebite h. Burn i. Poisoning j. Choking k. Damaged joint or bone 	
4.	Assemble a personal first aid kit suitable for use on Royal Rangers outings.	
	MERIT COMPLETED —Date:	

The First Aid Skills merit patch (item #157415), representing the completion of this merit, may be purchased from MyHealthyChurch.com and worn on the official Royal Rangers awards vest.

Visit RoyalRangers.com/uniforms for details.