



# SCOUTS IN ACTION WEEK



## FIRST AID

26-30 APRIL 2010



### SCOUT TROOP PROGRAM PLANNER

<b>THEME</b>	First Aid 2	<b>DATE</b>		<b>ATTENDANCE</b>	
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Time	Minutes	Activity Type	Activity Description	Equipment	Leader
	5	Ceremony	Opening Parade	Australian Flag Prayer Book	
	10	Subs	Patrol Corners Collect Subscriptions	Nil	
	15	Game	Hand Seat Relay	Nil	
	20	Activity 1	Making Fake Blood	<ul style="list-style-type: none"> <li>• Water-soluble hair gel</li> <li>• Red &amp; Blue food colouring</li> <li>• Water</li> <li>• Sifted flour or cornstarch</li> <li>• Bottles with screw-on lids</li> </ul>	
	40	Activity 2	Fake Wounds Base 1 – Burns Base 2 – Leg Wound Base 3 – Arm Wound Base 4 – Head Wound	See detailed instructions	
	10	Activity	Parade of Wounded Scouts		
	15	Game	Duty Patrol Choice	As required	
	5	Ceremony	Final Parade Presentations Announcements	Australian Flag Prayer Book	
		Dismiss	Home		

Downloads include:  
This program

**Announcements**

To nights Program:

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Special events:

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Birthdays:

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### AWARD SCHEME

#### Pioneer - Citizenship 1 Ethics

b) Spiritual Awareness 1) Make up a prayer or similar item for use at a Scout meeting/activity.

#### Pioneer - Emergencies

5. Activity
- a) Learn two types of hand seats and know when each should be used
- d) With your Patrol, or other Scouts, assist in one mock emergency activity

#### Explorer - Emergencies

4. Activity
- a) By participating with your Patrol or other Scouts in two mock emergencies, demonstrate an understanding of the basic principles of first aid.

#### Adventurer – Emergencies

5. Lead your Patrol, or other Scouts, satisfactorily in dealing with two mock emergencies. Some suggestions are: traffic accident, rescue from a burning building, search for a lost child; near drowning in a backyard pool, electrocution, bushfire;

or some other mock emergency that will test the skills of Pioneer and Explorer Level Scouts



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<b>Game/Relay</b>	<b>Hand Seat Relay</b>	<b>15 min</b>
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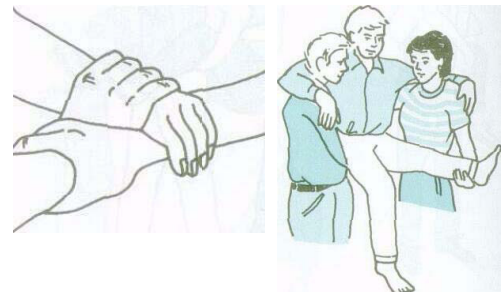
**Equipment:** Nil

**Activity:** Patrols line up in relay formation at one end of the hall  
 One Scout from each Patrol is nominated to be carried.  
 On 'go' two members of each Patrol carry their 'victim' to the other end of the hall and return to their Patrol demonstrating the correct hand seat (three handed or four handed).  
 All members must carry their victim.  
 EG. For a Patrol with six members  
 Patrol Member 1 & 2  
 Patrol Member 3 & 4  
 Patrol Member 5 & 1

### Three-handed seat

This is used for supporting either leg when the patient is able to help with one or both arms.

When the left leg is to be supported, helpers grip wrists as shown, with the helper on the left leaving their left hand free  
 Bend down so the patient can sit on helper's hand. The left helper supports the patient's left leg

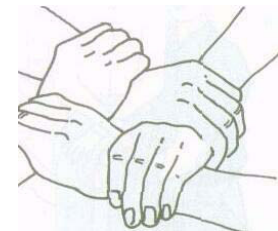


### Four-handed seat

This is used when the patient can help with one or both arms.

Each helper grips their own left wrist with their right hand.

Bend down so the patient can sit on helpers' hands as shown



<b>Activity</b>	<b>Fake Blood – Version 1</b>	<b>20 min</b>
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**Equipment:** Cornflour  
 Water  
 A nice Blood Red food colouring  
 Eye drop bottle (bagged free from chemist)

**Instructions:** Make a paste of flour and a little water and blend it into the rest of the water.  
 Slowly bring to a simmer and stir constantly until the mixture just begins to thicken.  
 The exact amount you will need will depend upon the number of Scouts you have.  
 The mixture should be used quickly as it will thicken on standing.  
 An eye dropper bottle was ideal storage, its lasts longer and is easy to apply.

**Activity:** Dab the fake blood on arms, faces etc with a foam paintbrush or makeup brush. Scoop a lot onto the brush and let it drip down naturally for a realistic look.  
 Allow the fake blood to cool before use.



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<b>Activity</b>	<b>Fake Blood – Version 2</b>	<b>20 min</b>
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**Equipment:** 1 cup clear water-soluble hair gel  
10 – 15 drops of red food colouring  
6 – 8 drop of rd food colouring  
1 tsp water  
1 tsp sifted flour or cornstarch  
Bottle with a Screw on lid

**Method:** Mix the gel, water and food coloring together in a bottle.  
Put the lid on and shake gently  
Add more red or blue food colouring as desired to get the right deep-red shade of fresh blood  
Add the cornstarch or sifted flour to the mixture and shake the bottle thoroughly. If there are lumps gently pour them out. This will give a thick consistency to the blood for ooze effect.

**Activity:** Dab the fake blood on arms, faces etc with a foam paintbrush or makeup brush. Scoop a lot onto the brush and let it drip down naturally for a realistic look.  
Allow the fake blood to dry, about 10 minutes. It will remain a little sticky but will stay glossy and red for several hours.



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Activity	Fake Wounds	40 min
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Set up bases with a range of equipment for each Patrol to practice making fake wounds. Let the Scouts use their imagination and have fun!

- Base 1 – Burns
- Base 2 – Leg wounds
- Base 3 – Arm wounds
- Base 4 – Head wounds

**Equipment:** Water colours – cheap one will do from Big W or a \$2 shop  
 Vaseline  
 Tissues – plain white and thin  
 Butter knife  
 Double-sided fabric plaster (cheap stuff in rolls)  
 Skin toned foundation powder  
 Stuff to stick in wounds (nails, sticks, screwdriver etc)  
 Bones of various sizes (chicken, lamb work well)  
 Scissors

You will need to make fake flesh (see below) and fake blood (see above). Quantities will vary depending on Troop size.

### **Fake Flesh**

Makes a ball of basic putty – make several batches before Troop night  
 2 cups self raising flour  
 1 cup salt  
 4 teaspoons of Cream of Tartar  
 2 cups of water  
 2 tablespoons of cooking oil  
 Food colouring or liquid foundation

### **Instructions**

Put all the ingredients into a pan, stir and cook until the mixture is a soft ball

### **Fake Burns**

Burns are great fun to play with. Not only do they look realistic but the blister will burst if handled too roughly.

- Redden the area using a damp fingertip and red watercolour
- Apply a dollop of Vaseline to the area and shape it into a blister shape
- Place a piece of tissue over the Vaseline and very carefully rub it until the Vaseline soaks in and turns the tissue transparent
- Very carefully, tear away the excess tissue and smooth the ragged edges into the Vaseline

#### Tips

- Play around with the red paint before adding the Vaseline to produce a really nasty burn.
- Don't add too much Vaseline, most blisters don't stick up like half a ping-pong ball





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### ***Fake Wounds***

Cut a piece of double-sided fabric plaster to the approximate size and shape of the wound and stick it down to the arm or leg or whatever. (Don't forget to make sure that they are not allergic to it!)

- Using small pieces of flesh, build up flesh on the bandage
- Carefully blend the flesh with the real skin
- Use make-up to blend the skin tones together
- Now for the wound.....
- Decide on the type of wound you want and simulate it in the flesh
  - Incised Wounds - these are clean cuts from knife slashes or glass; make these by cutting the flesh with a blunt butter knife.
  - Lacerations - these are made by blunter objects like barbed wire. Simulate these by dragging a pencil point through the flesh.
  - Punctures - a stab wound made by a knife, nail etc. Use a blunt pencil to make this by working it in slowly widening circles in the flesh until the desired hole size is made.
- Next you need to dress up the cut. Use the paint box to redden the inside and the edges of the wound
- Add a few drops of blood inside the wound.
- You can have fun by inserting foreign objects such as nails or wood into the wound.



Scouts can use their imagination to make up a range of fake wounds that will look realistic and gory.

<b>Activity</b>	<b>Parade of Wounded Scouts</b>	<b>15 min</b>
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Have the Scouts show of their wounds to each other and if a camera is available get some great photographs for first aid activities where Scouts need to identify the type of wound and describe the best first aid treatment.