

# FIRST AID OUTPOST ADVENTURE

## Achievement Sampler #3

Use this sampler to complete some CSB Achievement at home. Your parent, another relative or a family friend can help you with the memory verses and the individual Achievements. When you are done, show your completed work to your Stockade Ranger. He can help you get the entire Outpost Adventure and earn the Patch and Honor Star.

**Print this pdf as a “Booklet” or “Multiple” using Adobe Reader.**

**You can obtain FIRST AID from:**  
**CSB US - [store.csbministries.org](http://store.csbministries.org)**  
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### **Builder Memory Verse: James 1:22**

“But be doers of the word, and not hearers only, deceiving yourselves.”

### **Sentinel Memory Verse: James 5:14**

“Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord.”

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# FIRST AID ITEMS



What items are needed in a First Aid Kit? Use the information in the CSB Resource Pages to help you connect the name of each item below to its picture. Draw a line between them.

**Adhesive  
Tape**

**Band-Aids**

**Roller Bandage**

**Gauze Pads**

**Antiseptic  
Wipes**

**Tweezers**

**Scissors**

**Fanny Pack**

**Emergency  
First Aid Guide**



**Tell your Ranger what each item is and how it's useful.**

# FIND DANGERS IN THE HOUSE



A big part of first aid is preventing injuries in the first place. List eight of the dangers that you see in the picture below. Then make a safety inspection of your home. See if you can find any dangers in it. **Tell your Ranger what you can do to correct them.**



**CIRCLE THE DANGERS IN THIS PICTURE AND LIST THEM BELOW**

1 \_\_\_\_\_

5 \_\_\_\_\_

2 \_\_\_\_\_

6 \_\_\_\_\_

3 \_\_\_\_\_

7 \_\_\_\_\_

4 \_\_\_\_\_

8 \_\_\_\_\_

# FIRST AID TREATMENT

Cuts, even very small ones, can become infected and make you very sick if not cared for at once. Know how to treat cuts and blisters.

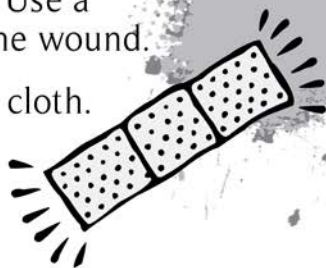


## CUTS:

**Step 1** Rinse the cut with clean water. Use a soapy washcloth to clean around the wound.

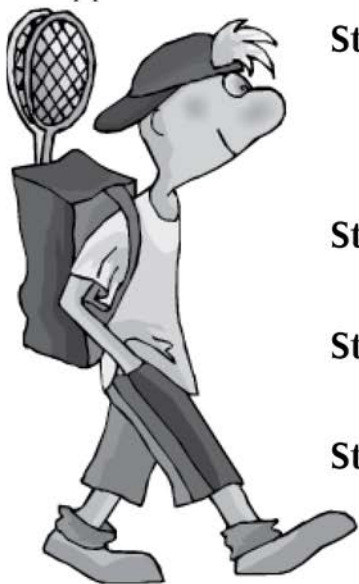
**Step 2** Pat it dry with a tissue or clean cloth.

**Step 3** Apply a sterile (clean) bandage.



## BLISTERS:

It's easy to get a blister when hiking. It will usually appear on the hands or feet. Here's how to care for it:



**Step 1** Examine the blister carefully. Try to learn the cause. Sometimes a hole in your sock will cause a blister on your foot.

**Step 2** Wash the blistered area with soapy water. Pat dry with a cloth.

**Step 3** Apply a sterile bandage over the blistered area.

**Step 4** Protect your hand or foot at the place where the blister occurred.

**Speak to your Ranger about how you would handle a cut and a blister.**

# When it's Just You in an Emergency

# 911



The best way to handle an emergency is to be prepared for it. Knowing what to do ahead of time can help you stay in control so that you can help. Here are four suggestions on how to be ready to help in an emergency:

- ① **When you are outdoors, make sure you're in an area where you can call out for help even if you don't have a phone with you.**
- ② **Know how to properly dial 911, or your local emergency number.**
- ③ **If you have one, carry a mobile phone or know how to use one.**
- ④ **Learn first aid. Look for basic first-aid classes at your local Community Center, Red Cross, YMCA, hospital, or other service organization. Ask your school or church to host a first aid course.**

It's sad to think about someone getting hurt, but accidents happen to everyone. They happen when people are being careless and when they are being careful. Often, kids are the ones getting hurt. Sometimes, it's grown-ups. But whoever it is, they may need someone who knows how to respond with emergency medical help. Even though you're a boy, you can make a big difference by quickly doing the right thing.

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# STOPPING BLEEDING



When your skin is cut or scraped, you begin to bleed. This is because blood vessels in the area are damaged. Blood cleans out the wound, its platelets plug the damaged vessels, and the scab is a protective barrier. However, too much bleeding can cause your body to go into shock.



## Steps to Stopping Bleeding:

- **Help the person to remain calm.** If cut is large, have them lie down. If wound is on an arm or leg, raise the limb above the heart to slow bleeding.
- **Remove obvious debris from the wound,** such as sticks or grass. If the object is embedded in the body, do NOT remove it.
- **If the cut is small, wash it out with soap and water.** Do NOT clean a large wound.
- Wear latex gloves if you have them, and **apply firm pressure to the wound** with a folded cloth or bandage for about 10 minutes. Do not remove the bandage to look at the wound, as you may restart bleeding. If blood soaks through, add another cloth or bandage.
- When bleeding has stopped, **tape a clean bandage over the wound.**



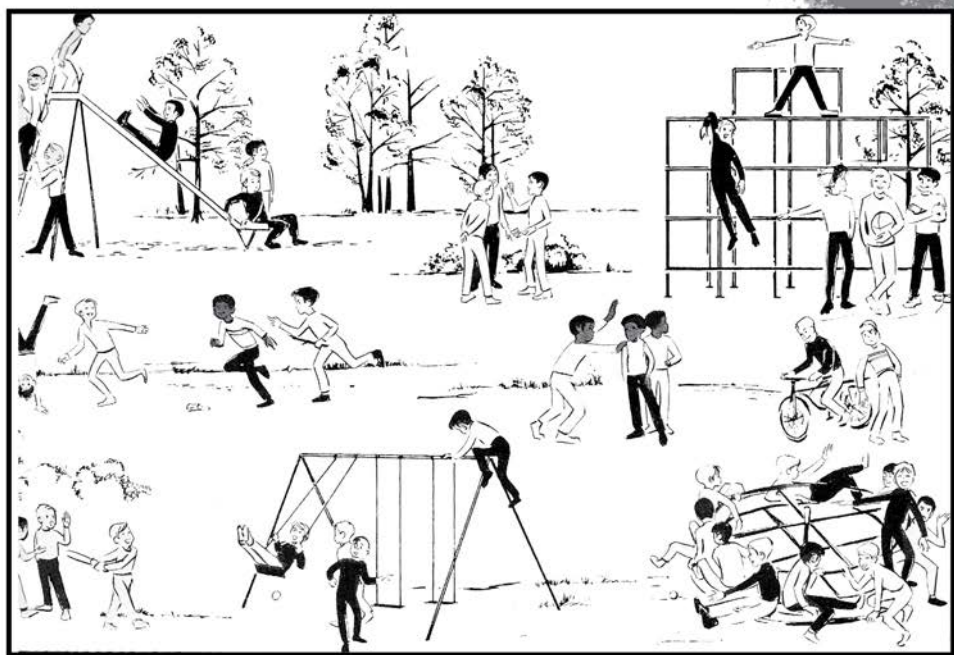
**Demonstrate how to stop bleeding on your Ranger.**

# FIND DANGERS OUTSIDE



The men who lived on the frontier had to protect themselves and other people around them. They had to know what to do, not only to keep people safe, but care for them if hurt. Many people depended on them to act wisely in an emergency.

This picture shows many things or actions that are not safe. **Circle and show your Ranger things or actions that are not safe.**



Carefully look at the area where you play (yard, playground, vacant lot) and list any danger which you find.

**Possible Dangers:**

**How to Correct Them:**

**Tell your Ranger how you would correct any problems.**

# HELPING OUTDOORS



When you are on a hike or campout, it is good to know what to do when there is trouble on the scene. First aid means “knowing what to do until help arrives.”

*Remember*

## The Three C's!

- ① **CHECK** the surroundings
- ② **CALL** for help
- ③ **CARE** for the person

**CHECK THE SURROUNDINGS.** Evaluate the situation. Are there things that might put you at risk of harm? Are you or the victim threatened by fire, toxic smoke or gasses, live electrical wires, or other dangers? Do not rush into a situation where you could end up as a victim yourself.

**CALL FOR HELP.** Call 911 or send someone for help. Tell others what they can do to assist you until help arrives. Never leave the injured person alone unless absolutely necessary. Pray - ask God for His help.

**CARE FOR THE PERSON.** Caring for someone who has just gone through serious trauma includes both physical treatment and emotional support. Never treat someone unless you know what you are doing. Stay calm and be reassuring.

### How would you apply The Three C's in the following situations?

1. You and your friend are on a hike and your heel begins to hurt. When you take your shoe and sock off, you find that a large blister has formed. What do you do?
2. On your campout, a friend is chopping wood for a fire. The axe slips and cuts his leg badly. You are about three miles from the closest house. What do you do?
3. You suddenly realize that you have just crawled through thick brush that is fully of poison ivy. You are just getting started on your hike. What do you do?

Explain your actions to your Ranger.