

# Webelos First Aid

Visual aids:  
First aid kit  
First aid tape  
Gauze  
CPR Mannequin

## Bleeding

- Scratches and scrapes- clean with soap and water, bandage if necessary to keep clean
- Dripping blood- direct pressure, get a grownup
- Squirting blood- direct pressure, CALL 911

## Nose Bleeds

- Bend over and pinch the soft part of nose for 10 min
- Can put ice pack on bridge of nose

## Burns and scalds

- Cold water immediately, and get a grownup
- If burned in a large or sensitive area, or blisters anywhere CALL 911
- **Stop Drop and Roll**

## Breaks and sprains

- Big bones or joints- Don't move them, get help
- Fingers or toes- buddy splint
- Check circulation w/ cap refill

## Choking

- Heimlick maneuver

## Hands only CPR

- Sudden loss of responsiveness
- No normal breathing- check for 5 seconds

## Signs of stroke- FAST

- **F**acial drooping
- **A**rm weakness
- **S**peech Difficulty
- **T**ime to call 911