

**The Wolf Cub Books No. 4**

## **FIRST AIDER BADGE**

*By NUSHKA*

Illustrations by Rikk

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**Editor's Note:**

The reader is reminded that these texts have been written a long time ago. Consequently, they may use some terms or express sentiments which were current at the time, regardless of what we may think of them at the beginning of the 21<sup>st</sup> century. For reasons of historical accuracy they have been preserved in their original form.

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**FIRST AIDER BADGE**



1. Show that he knows the meaning of "First Aid" and the need for summoning adult help.
2. Show how to dress minor cuts and grazes and know the importance of cleanliness in treatment.
3. Demonstrate simple roller bandaging of a hand and a knee, and the large arm sling.
4. Know the common causes of burns and scalds in the home and their prevention; how to put out burning clothing; the simple treatment of burns and scalds.
5. Know the symptoms of and how to treat shock resulting from burns or accidents.

CHAPTER ONE  
TREATMENT OF CUTS AND GRAZES

As a First Star Cub, you will have learnt how to look after yourself, and why it is important to keep your body clean, both inside and out. If you have already earned your Second Star, you know something about germs too, and the danger of dirt in a wound. So the first part of First Aider Badge is not really at all difficult, and only needs plenty of practice to make sure that you can clean a cut or graze thoroughly and gently, and put on a bandage properly. Well, there are all your friends' legs and arms on which you can, I feel sure, practise from time to time, as well as your own!

I hope you will do this, because a First Aider who knows what to do but has never done it, is only half as good as one who has taken the trouble to try for himself, and of course the more you know about having your own cuts and scratches treated, either by yourself or someone else, the more careful you are sure to be not to hurt a patient any more than you can possibly help.

Some people will make much more fuss than others when they are hurt, but a First Aider gets used to this, and just does his best to find out what really is the matter, and tries very hard to keep his patient calm while he is attending to the injury. You cannot keep anyone calm, however, unless you are calm yourself, and the best way to be sure of this is to be prepared by knowing a few simple things.

*In your own house* - Know where the bandages, scissors, and antiseptics are kept - also safety pins, lint, and clean rags.

*Out of doors* - Always carry a clean handkerchief, and, if you can remember, one or two safety pins. Know where a doctor lives in your district, and try to notice, when you are out and about, where public phone boxes are placed. Remember that you can always go to the nearest house and ask for help.

A young girl was out to tea one day when her aunt cut her finger very deeply, while preparing the bread and butter. She stood looking at it and began to go very white. There were no other grown-ups present, but the small boy in the house knew where his mother kept her bandages, and the girl was a Guide. She was able to stop her aunt from fainting, stop the bleeding, and apply the right bandage. But she could not have managed so easily *if that small boy had not known where the first-aid things were!*

If anybody cuts his hand when you are about, there are two things to think about.

1. If the cut is bleeding badly, that is, if the blood is pouring out in spurts, you must try at once to stop the bleeding. Make him sit down and tell him to hold his hand well up, towards his head, while you get a clean handkerchief or a clean piece of rag (we call this a dressing). Place this on the cut and bind it firmly with another handkerchief, tying it with a reef knot of course.
2. Usually the blood will not be spurting out, but just flowing gently, and then you will have more time to prepare a dressing and also to clean the cut. Whenever the skin is cut, or even scratched, an opening is made into the body, and dirt gets taken in. Any dirt in a cut is dangerous, because it contains GERMS. These germs are smaller than the eye can see, and yet, if left in a wound, they can poison the blood so that the cut festers and becomes really serious.

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Sometimes it may mean the loss of a finger or a hand-so you see why you must be careful. Therefore you must always clean the smallest cut with very great care, getting rid of the germs by washing them out with warm water, or cold if there is nothing better. Try and remember to wash your own hands before touching the wound. If you are at home I hope you will know where Mother keeps the Dettol or T.C.P. These are called "antiseptics", meaning poison (or germ) killers. You put a few drops in the water that you use for washing out the wound. Then you take a clean bit of rag or small piece of cotton wool and gently wipe out any dirt that you can see. Wipe away from the cut and not over it. Then put the cleanest thing you can find over the cut - a pad of clean rag, or if you have not got this, the inside of a clean folded handkerchief, or even the inside of an envelope. Having covered the cut with something of this kind, you should add padding - more handkerchiefs or rag, and bind the whole thing up very firmly to stop the bleeding.



*"Know where the bandages, scissors, and antiseptics are kept."*

If all your friends carry clean handkerchiefs when you go outdoors for games, trails or tests, then, should one of you have a fall, the rest of you will be able to provide enough bandage! If you are in uniform you will of course have your scarf for an outside bandage or sling, but an ordinary woollen scarf, or even a tie, can come in handy. A badly bleeding hand or leg should be kept raised after being bandaged, and you must remember that your help is only First Aid; so take the patient as soon as possible to a grown-up person who will attend to the cut more thoroughly.

A graze may not seem as bad as a cut because there is no alarming blood about, but probably much more skin has been scraped away from the surface, and it is usually covered with dirt and grit, and must be *well* cleaned.

Once again let me remind you to wash your own hands before you begin to wash any grazed skin. Use plain soap if you have any, not scented. Then gently wash out the dirt from the graze, taking care never to rub the skin. Just dab it. Your bowl of water should have some antiseptic in it, just the same as for cleaning cuts, and when all the dirt and grit is removed, cover the graze with a clean piece of rag, or lint (using the smooth side against the wound). Now bandage it firmly, but not too tightly or the graze will stick to the dressing, and it will be agony to pull it off later. Always use a reef knot because it will hold firm, and yet is easiest to undo. Don't forget to tidy up afterwards. Rinse out the bowl you have used, and destroy all the bits of rag or cotton wool with which you bathed the wound. Never leave anything like this lying about. Then wash your hands once more. This will show that you really have got the right idea.



## CHAPTER TWO

### PUTTING ON A BANDAGE

WE talked in the first chapter about bandaging cuts and grazes after cleaning them and putting on a dressing, but nothing was said about how this should be done. I expect you will already have practised a bit with pieces of roller bandage, but of course a First Aider more often than not has to use whatever he can find, unless someone happens to be carrying a first-aid outfit when an accident takes place. Old handkerchiefs and clean pieces of old linen, or towels, can easily be torn into strips and used as bandages, and it is a good idea to have a special place in your house for keeping some of these. Slings are best made from triangular-shaped pieces, and that is one of the reasons why Scouts and Cubs wear scarves which will fold into this shape.

Roller bandages are not easy to use. If you are at all flustered they are apt to drop out of your fingers and tie themselves in loops round your body. Then you have to roll them up again while the poor suffering patient waits in great discomfort.

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The Wolf Cut First Aider is expected to use roller bandages for fixing dressing on a finger, the hand, or the knee.

When a wound has been cleaned it must always have a dressing over it to stop bleeding and to keep germs away. A clean piece of lint is the most usual dressing, and the smooth side should be placed over the wound. Some cotton wool or a padding of soft rag should be put on next, and this will then have to be held firmly in place. To be quite sure that you do this properly, here are some hints –

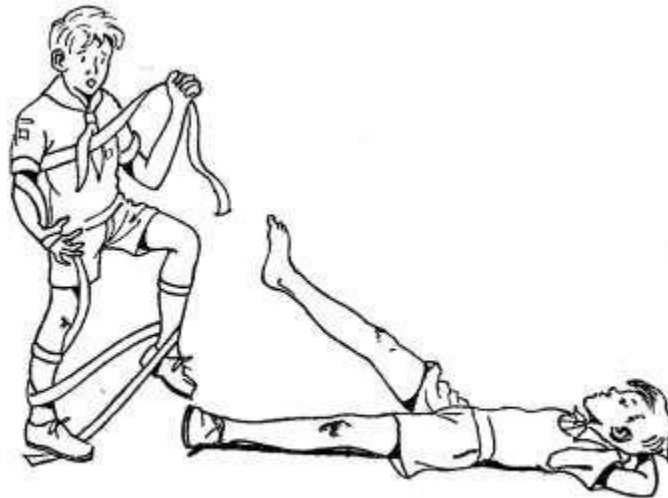
Make your patient sit down, and if his hand or finger needs bandaging support his elbow on something before you start.

Stand facing him - it is much easier this way.

See that the bandage is tightly and evenly rolled before you use it.

Apply the outer side of the bandage, and see that each layer overlaps the one underneath sufficiently to hold firm.

Bandage from below upwards and from within outwards.



*"... tie themselves in loops round your body".*

The bandage should be firm without feeling too tight. You can only learn by practice how to put one on just firmly enough to be comfortable. Should the hand or finger begin to look blue the bandage must be loosened at once.

When you are practising, use a piece of rag or lint to act as a dressing. (These are the bits that tease you by slipping about, and that is the very reason they need a bandage to keep them in place.)



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Now suppose you are bandaging a cut hand. Having cleaned the wound and put on a dressing, you fix the bandage with a turn round the wrist. Now carry it across over the back of the hand to the side of the little finger, bring it round the palm, back over all the fingers, round the hand again and back to the wrist. (*See diagram.*) You have made a figure of 8, and you repeat this, overlapping by about two-thirds each time, until the hand is covered, with the dressing in place. Finish off round the wrist and fix with a pin.

If you are bandaging only one finger you use a narrower bandage (1 inch) than for the hand, but start the same, with a turn round the wrist then up over the hand to the base of the injured finger. Take one turn round the finger to the base of the finger nail (*See diagram*) and then cover the finger and dressing with simple turns till you reach the hand, then carry the bandage across the back of the hand again and take one more turn round the wrist before fastening off.



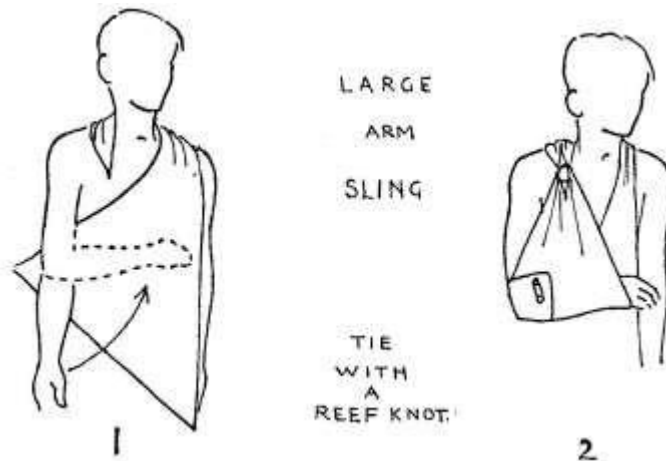
If you have to cover the finger tip you run the bandage right over the top of the finger and halfway down the inner side of it, then back again, keeping the bandage in place with your free hand. Do this twice more, once each side of the first bandage, then cover the finger by simple turns as before, starting as high up as possible. This will need lots of practice.

Suppose you have to fix a dressing on a cut knee. Strips of rag will, of course, keep a dressing in position, but a proper 2½ - 3 inch roller bandage is the best, as you need plenty.

To begin with, make the patient sit down and bend his knee. Then, facing him yourself, lay the outer side of the bandage against the inner side of the knee and take one straight turn over the knee-cap. Bring the bandage round the knee, just below and then just above, and do this several times, always covering by two-thirds where you have been before, until the hole knee is covered. Secure the bandage with a final turn round the thigh.

Never tie a knot, or put a pin over an injury itself-always to one side, or above or below.

To return to the hand injuries. If the hand has a bad cut which may still be bleeding a little, you will need an arm sling to keep the hand up and the arm in a restful position.

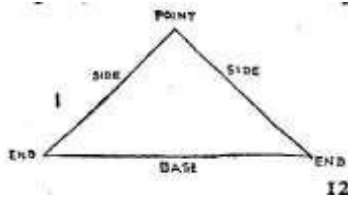


This is how you use a triangular bandage as an arm-sling. Open the bandage right out, and lay it across the patient's chest so that the point comes under the elbow of the injured arm. One of

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the ends will then be over the good shoulder. Take hold of the other end and bring it up over the bad shoulder, round the neck, and tie it in a reef knot at the side of the neck. Never tie your knot at the back of the neck-it is so uncomfortable for the patient. Now fold the point of the bandage over the elbow and pin it neatly. See that the arm is in a comfortable position, with

the hand a little bit higher than the elbow.

I hope you will practise these different ways of bandaging until you feel perfectly sure of them, and let your friends tie you up too, because it is just as well to know what it feels like to be "the patient". Remember when you are only practising, and there is nothing really wrong, to make the "patient" sit down while being attended to. Then you will not forget this when you come across someone who is really in pain, and should not be kept standing about.

A real accident, even if it is only a little one, gives the body a shock, so that it needs rest and care for a little while. We will talk more about this later on.

## CHAPTER THREE

### TREATMENT FOR SHOCK AFTER BURNS OR ACCIDENTS

HAVE you ever fallen off your bicycle, or out of a tree, or perhaps off a pair of steps? I should think most certainly you have done one of these uncomfortable things, or something like it, more than once. Perhaps you were lucky and only grazed a knee or bumped yourself a bit, but I expect you remember how shaky it made you feel for some little while afterwards. I was knocked down by a cyclist once. Neither of us was hurt, only surprised. But hours later I found that I could not control my pen when trying to write a letter. My hand was all jerky.

Any fall is a shock to the body, and if you can remember your own feelings, it will help you to understand, when you may have to give First Aid at any time, that however slight the injury, a person should be kept quiet and comfortable afterwards-just to make sure he or she feels all right before going home. If anyone has had a bang on the head, it is best to walk home with them, and not send them off by themselves.

If an injury is a more serious one, like a burn, or a bad cut that has bled rather heavily, the patient will most likely show definite signs of feeling the shock. The face becomes very pale, the skin is cold and clammy, and perhaps the patient feels sick. Sometimes people feel so queer that they cannot stand up. They become faint and giddy.

A First Aider must be prepared for this, and not let it frighten him. All he has to do is to remember these three important things:-

1. Make the patient sit; if he feels faint he should lie quite flat.
2. Keep him warm.
3. Give him a drink of water, or better still a cup of warm, sweet tea.



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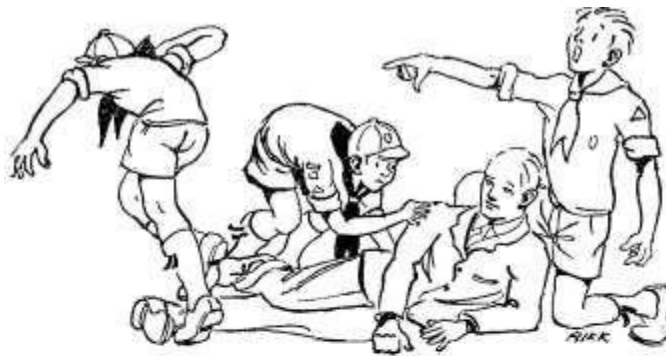
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Some people feel sick and giddy at the sight of blood.

They cannot help this, and it is best to take them away from the scene of an accident and keep them calm, making them sit down and putting something warm round them. Be sure to put something warm underneath them, if they have to lie on the ground.

But if you have learnt even a little simple first aid, it will help you to keep your head when something unexpected happens to you or anybody else, and your calmness will certainly make a great difference. Think of it-just by keeping calm and clear-headed, you might even save someone's life. It's worth it, isn't it?



*The wrong way.*



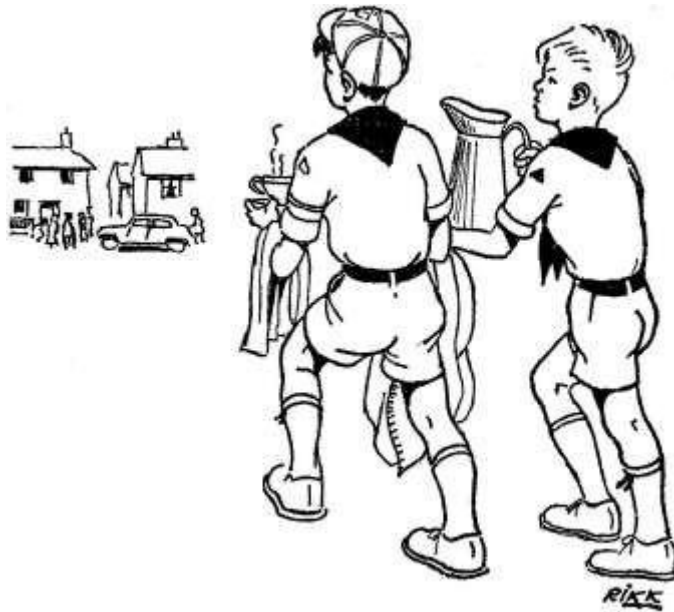
*The right way.*

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We had an accident at our Pack Meeting one night. A new young Cub fell out of the window. It was only a ground-floor window, but he gave his head a nasty blow, and was very frightened. While I was bathing the sore spot, all the Pack, anxious to help, made him a bed out of their coats and caps. They were very keen for him to try it, but I think it made him feel he was going to die, because he took fright and cried more than ever! I noticed that his teeth were chattering, although it was quite a warm day. That is one of the signs of shock, and that is why you want to find something warm with which to cover your patient as soon as you can. But do it quietly, or he may take fright like my poor Cub, and that makes matters worse.



When someone has had a bad fall, and perhaps cannot even get up for a few moments, he may feel all choked, and unable to breathe comfortably. And it does not help him at all if lots of anxious (or curious) people crowd in upon him to see what's wrong. His collar should be loosened to help him to breathe, and his belt too, if it is at all tight, and no body except the one chosen to help should be allowed near. He should be kept quiet and given as much air as possible. He might like a drink of water, but never try to make a patient drink unless you are sure he can take it himself. If he has had a blow on the head, or feels faint from shock, you might choke him by trying to give him water before he can swallow properly.

A cup of tea is always a comfort to a person suffering from shock, and you should try to give it to him with sugar in it, if possible, even if he doesn't like it sweet. (Though most of us do, I think!) The sugar is warming for him, and he needs that warmth at a time like this, as well as a blanket to cover him.

Naturally you will not always have these useful things handy when you meet with an accident, but I hope you will remember to go, or send someone, to the nearest house or shop, and tell them the trouble, and ask for their help.

CHAPTER FOUR  
TREATMENT FOR BURNS AND SCALDS

WHAT kinds of accidents happen that cause burns and scalds? You often hear of kettles being knocked over and people's legs getting scalded. Then sometimes Baby, being inquisitive, touches Mother's hot iron, or puts her hand on the top of the stove. Or poor Mother, hurrying to have the meal ready for everyone, burns her hand on a baking tin. There are people too, who like a really nice hot water bottle, and so they fill theirs with boiling water. This is always dangerous, because if the bottle bursts when they are in bed they may be badly scalded. Such an accident as this can be avoided by never using boiling water in a hot water bottle. Nor should boiling water be poured straight into a glass jar, because the heat will crack the glass and the water may well come shooting out over your feet.



*"Guy Fawkes Night is an exciting time ..."*

It is fun to light a bonfire, but here care should be taken that it does not get out of control. When you are a Scout you will learn more about lighting fires in the open, but if you remember not to put too much on your fire, and never to throw any oil on it, you are less likely to get into trouble this way. Guy Fawkes Night is an exciting time isn't it? Out come all those carefully collected fireworks, and everyone is playing with fire. The flames look fine in the dark-but how busy the fire-engine always is, too! Often boys get burnt through holding their fireworks so that the sparks drop on their feet, and also because they go too near the one that doesn't "go off" and prod it to see what is the matter! You should never wave a firework near

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anyone's face, either, nor throw lighted sticks about. Fireworks are meant to be enjoyed, and if you keep these few rules you are much more likely to enjoy yours without any casualties! And now we must talk about the treatment of a burn when it does happen.



A burn or a scald hurts very much more than a bump or even a deep cut, as I expect you have found out for yourself some time or other. So if at any time you have to come to the rescue of somebody who has had an accident with fire or boiling water, here are the four most important things to remember: -

1. Cover the burn as soon as you can, to keep the air out.
2. Do not apply lotions of any kind.
3. Do not remove burnt clothing, and do not break blisters.
4. Treat the patient for shock, making him sit or lie down, and covering him warmly.

The surface of a burn is fearfully tender and cannot bear anything at all hard. It becomes sticky, too, and therefore whatever dressing you put on it must of course be very clean, and placed over the burnt part with great care. So do not press on the dressing with your fingers, just lay it on and bandage lightly.

Here again the clean handkerchief comes in very useful, and should be turned inside out, thus having the very clean inner fold against the burn.

A Cub is not expected to know how to treat bad burns - only minor ones such as those we have been discussing, where it is sufficient to cover the burnt place with something clean, to keep the air out, and treat the patient for shock. Ointments are not now recommended, because they are often difficult to clean off, and this causes more pain than is necessary, and for the same reason First Aiders are not advised to use lotions or wet dressings. So all you have to do is to keep the air from the burn by covering it up with some soft clean rag or handkerchief. Then put some cotton wool, or a pad of soft cloth on top, and bind all in place with a bandage. Bandage a burn or a scald lightly, though, because pressure on the burnt part is so very painful. And by the way, do you know the difference between a burn and a scald? Fire burns - but water, oil, and anything hot and wet, scalds. A scald is pretty sure to form blisters, and you must be particularly careful not to prick or break these. You see, it would let in the air and germs, which is just what we want to prevent. A scald, like a burn, has to be covered up as quickly as possible; put a clean rag on it if you have nothing else. But clean rags and bandages

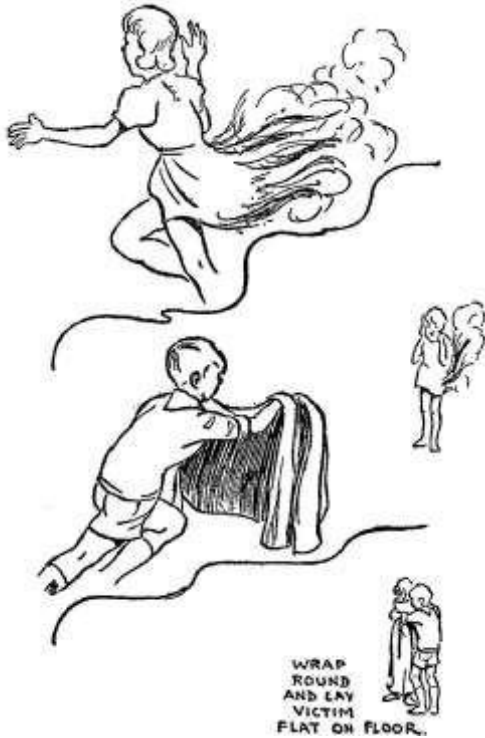
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are not much help if put on with dirty hands, so do be sure to see that your own hands are clean before you touch any of the dressings.

When you have put the bandage on, which is called "dressing the wound" remember to make sure that the burnt part, be it arm or leg is *kept still*. An arm or hand should be put in a sling and anyone who has burnt his leg or foot should not walk on it just at first.



Now suppose anyone's clothes catch alight. It can happen rather easily, and is very alarming. But if you keep calm you should be able to put out the flames before they reach the body. Sometimes a paraffin stove upsets, or a child goes too near an open fire in its nightdress. Or in a motor accident the petrol may begin to burn before people can get out of the way. On occasions such as these a Cub may be a great help by keeping his head and knowing exactly what to do, and doing it promptly.

The best way to stop the flames spreading is get a big blanket, rug, overcoat or anything thick that is handy, and wrap it all round the person, pressing it close to him, and making him lie down. This will keep the air from reaching the flames, and extinguish them at once. It is air that feeds the flames - you know yourself how one blows a dying fire to make it brighter! That is why you must act quickly to keep the air from fanning a fire that has started in the wrong place. Some people fling open doors and windows when there is a fire, and this makes it worse at once. Water,

of course, is Fire's greatest enemy, but if methylated spirit or paraffin has caught fire, sand or earth are the best things with which to put out the flames.

Remember that it is a great shock to receive a burn, so keep your patient sitting or lying after treatment, and wrap him up warmly until help comes. Give him a nice warm drink if possible.

## CHAPTER FIVE SENDING FOR HELP

"WARNING.- You are not a doctor; as a First Aider you should send for a doctor at once except for minor cuts, etc. Your job is to prevent the patient from getting worse before medical attention can arrive."

These words are taken from *Scouting for Boys* which was written by Lord Baden-Powell when he first started Boy Scouts, and was telling them how to help other people. I think these words are just as important for any Wolf Cub who is thinking of trying to win his First Aider Badge, because they show the real meaning of first aid.

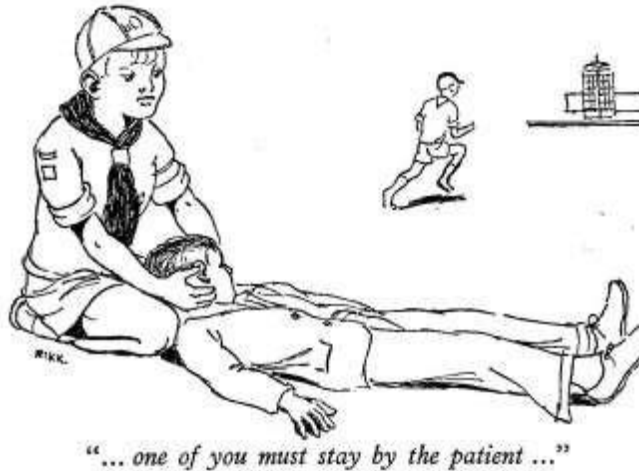
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No First Aider should try to do the doctor's job for him, although there are some people-not only boys-who think because they know a little bandaging, that they can manage to look after a patient all by themselves. Often they actually make the patient worse by doing the wrong thing!

Accidents are so very different. Some are just falls and bumps, with a few cuts and bruises, which a Cub can look after by himself, though no scratch is too small to be careful about. As soon as our skin is broken germs can get in, and so, without being fussy, you should always clean a scratch and put a small dressing on it. Those elastic plaster dressings are very useful, being cut specially for covering small injuries.



When it comes to anything more serious, however, like stopping bad bleeding, or finding anyone unconscious, no boy can manage by himself, and he should not try. He should look around for help at once. Perhaps there is only one other boy about. Then one of you must stay by the patient, and the other must run for help. Before dashing off, notice as much as you can, so that you can explain things properly when you find someone to help you. Notice first just what has happened to the patient. He may be conscious and able to tell you where the pain is, and what happened, but if he is unconscious, try to find out whether he has a head injury, whether he is bleeding, and how he is lying. Sometimes when an arm or leg is broken you can tell by the odd way it may be twisted. And in case a bone is broken where you cannot see, it is never wise to try and move the patient. You probably couldn't in any case, but it is best not to try. A doctor must examine him first.



There are one or two things, though, which you must do for an unconscious patient *before even running for help*. Loosen his collar to help him breathe, put something under his head, and see that his head is turned to one side. It is easy to choke if one lies unconscious with the head back. I am sure you can understand this.

Now whoever is going for help had better make sure that he knows where he is first, so that he can bring helpers back to the right place! If you are not in your own town, notice the name of the street, or anything special that will help you find your way back. If you are in the country, and not sure of the way, keep to any path

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there is, so that you do not lose yourself before finding anyone else! You might tie something to a tree to mark your trail. I am sure you would be able to find some good way, without wasting too much precious time. In any case you would look for the nearest house, or telephone box, and if you are a Two Star Cub you know already how to telephone for help. If you still have only one "eye" open, see that the next test you pass is message carrying, and using the telephone. That will help you to gain First Aider Badge, and your Second Star at the same time!



The best First Aider is the one who keeps his head when there is an accident. We have talked about keeping calm already, and I mention it again because it is so important. There is so little a young boy can do in a bad accident, that he may as well do that "little" thoroughly. So learn to keep calm and notice things, and to call for help in a prompt and clear-headed way. No one will ask more of you than this.



Often I have read of Scouts and Cubs being awarded medals for saving life, or at any rate doing their best in times of great danger. Have you ever seen something like this in the paper? "A medal has been awarded to John Brown for showing great presence of mind and saving a little girl from serious burns when her clothes caught fire."

Presence of mind is the very opposite to being absent-minded. We all know what it is to be absent-minded. Lots of jokes are told of absent-minded professors who go about looking for their spectacles when they are wearing them all the time! Sometimes, sad to say, it is these people who are knocked down by cars and bicycles, because they cross the road thinking of something else, and are not looking where they are going.



But presence of mind will save you from many an accident, and should help you to help other folk when they are in trouble.

I heard the other day of a boy who showed that he had presence of mind, and actually saved a life this way. It was in the war when no bright lights were allowed in the streets, and two army lorries collided in a country lane. They both were turned over on their sides and lay right across the road. Very fortunately the drivers were able to scramble out uninjured. But a boy from a nearby cottage had heard the crash and came out to see what had happened. Seeing that the road was blocked by the two lorries, and hearing in the distance that something was

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approaching, he stood and waved his torch from side to side. A dispatch rider who was coming along pretty fast saw this strange, forbidden light, and slowed down-only just in time to avoid running straight into the wreckage!



*"... he stood and waved his torch from side to side."*

No one can make hard and fast rules about what to do when there is an accident. That boy was splendid because he prevented a worse accident, although he broke a rule about lights. The First Aider must use his commonsense. He has to know that it is not wise, for instance, to move a patient before discovering how badly he is hurt, but if that patient is lying with his head in a stream or near an open fire which will soon burn him, he must be pulled away, by all means, before anyone runs for help. That is what Lord Baden-Powell meant when he wrote to his Scouts (and Cubs) "Your job is to prevent the patient from getting worse before medical attention can arrive."

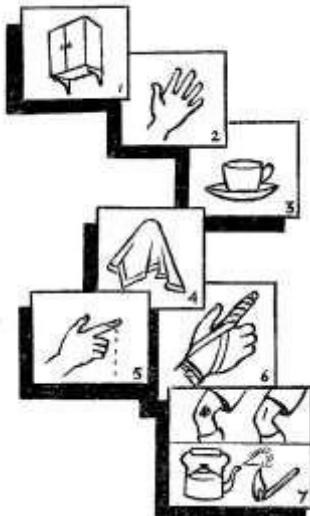


CHAPTER SIX  
SOME IMPORTANT THINGS TO REMEMBER

THIS last chapter is to help you to remember the most important points about giving first aid. They are set out in the lists on the next two pages. Everything in those lists has been mentioned in the other five chapters, so they will already seem familiar to you. Read these instructions carefully, and if there is still anything that you do not feel sure about, or have not practised, try to find it again in one of the chapters, and practise it until you can do it, or ask someone to help you. I am sure Akela or one of your Old Wolves will be glad to talk it over with you, because they will be pleased that you are trying to get this useful badge. Perhaps several Cubs in your Pack are working for it together, and that is better still. Akela might allow you all to give a little First Aid display, with some bandaging, at your next Parents' Evening. Or you might manage to act a small play. What about writing one yourselves, bringing in the things that you have to learn for First Aider Badge?



A GOOD FIRST AIDER: -



1. Knows what to use, and where to find it in his own home.
2. Works with clean hands, and tidies up afterwards.
3. Can make a cup of tea.
4. Carries a clean handkerchief.
5. Knows the importance of stopping bleeding.
6. Can put a simple bandage on so that it will not slip.
7. Knows the difference between: -
  - (a) A cut and a graze.
  - (b) A burn and a scald.

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## First Aider Badge

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A GOOD FIRST AIDER: -

1. Remembers to keep his patient cheerful, calm, and warm.
2. Knows when to send for help.
3. Keeps his head, and shows presence of mind.
4. Notices details and reports them carefully.
5. Can use a telephone.

Good luck to you when you go in for this badge, and may the knowledge you have gained prove useful to you always.

