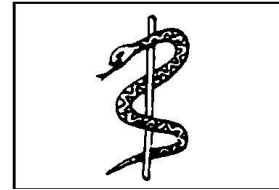


FIRST AID AND HEALTH

(You must have passed your 10th birthday before you start on this badge)



1. Show that you clearly understand:
 - a) the limitations of your knowledge as a First Aider;
 - b) the importance of summoning adult help in the case of accidents;
 - c) how to activate the Emergency Medical Services in your neighbourhood; OR know and explain how and where to obtain help in an emergency.
 - d) why it is important to use rubber gloves or plastic bags when dealing with open wounds.
2. Do the following:
 - a) Demonstrate how to control bleeding by direct pressure with the finger or hand using a rubber glove or plastic bag.
 - b) Demonstrate how to stop a nose bleed.
 - c) Demonstrate what to do if your clothes or another person's clothes catch fire.
 - d) Demonstrate how to use your scarf for an arm sling and knee or elbow bandage.
 - e) Using a one-way valve, explain and show what you would do if an accident victim has stopped breathing. This includes knowing how to help someone who is choking on inhaled food.
 - f) Explain two dangers to health of each of the following: smoking; drinking alcohol.
 - g) Explain how to help a child who appears to have drowned.