



## CUBS INTEREST BADGE:

### FIRST AID AND HEALTH



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

1. Show that you clearly understand:

	Date Completed
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:

	Date Completed
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.	

Parent/Guardian Signature: \_\_\_\_\_

Akela/Cub Leader: \_\_\_\_\_