

# Cub First Aid and Health Badge

## Badge requirements



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

1. Show that you clearly understand:
  - The [limitations of your knowledge as a First Aider](#);
  - The importance of [summoning adult help](#) in the case of accidents.
  - The need to make sure that the area is safe for you, before you help someone else.
  - How to [activate the Emergency Medical Services in your neighbourhood](#); including emergency phone numbers from a cell phone and a landline.
  - Why it is important to use rubber gloves or plastic bags when dealing with open wounds.
  - Be able to identify the items in a first aid kit and give an example of what you can use them for.
  - Show where the first aid kit can be found in the Scout hall/Pack meeting place.
  - Explain what [CPR](#) is and when it is used.
  
2. Do the following:
  - Demonstrate how to [control bleeding by direct pressure](#) with the finger or hand using rubber gloves or plastic bags.
  - Demonstrate how to [stop a nose bleed](#).
  - Demonstrate [what to do if your clothes or another person's clothes catch fire](#).
  - Demonstrate how to [use your scarf for an arm sling](#) and how to use it to make a bandage.
  - Demonstrate how to put someone who is unconscious/not responding, but is breathing, in the [recovery position](#).
  - Demonstrate how to help someone who has [burned their hand](#) (e.g. on a kettle of water or a [hobo-stove](#)).
  - Explain two dangers to health of each of the following: [smoking, drinking alcohol](#).

[https://scoutwiki.scouts.org.za/index.php?title=Cub\\_Interest\\_Badges](https://scoutwiki.scouts.org.za/index.php?title=Cub_Interest_Badges)

