

Woodinville Day Camp First Aid Progression by Grade

	ENTERING K/1	ENTERING 3 RD	ENTERING 5 TH	ENTERING 6 TH
Skills covered outside of First Aid station	Buddy System (in unit; reinforced at WS) Burn prevention and care – (at Fire Building)	Care of bleeding injuries (ie. Cuts, etc.) – (at Tools)		
@ first aid	Tick prevention Sunburn prevention Avoid dehydration Hygiene Stings (avoidance and treatment) Identify and treat nettle Group first aid kit	Blister care and prevention. Further management of bleeding wounds. Personal first aid kit How to help someone who gets hurt (providing general care/comfort)	Methods of moving an injured person. Diagnose and treat based on symptom cards	Back Country First Aid: ABCDE method Care for potential extremity injuries (RICE; wrapping; splinting)

1st Grade – 30 min session

First Aid – Need props for this (sunscreen, water bottle, hand sanitizer, tick tweezers)

- Sunburn protection – Ask: What can you do to prevent sunburn? Ask: leading questions to draw out more answers it needed (i.e. what kind of shirt could you wear, how could you shade your face) (apply and reapply sunscreen, wear a sun hat, long sleeves and long pants, sunglasses, chap stick with sunscreen in it)
- Avoid dehydration – Ask: Do you know what it means to be dehydrated? (Dehydration is the loss of water salts essential for normal body function). Ask: What can you do to avoid dehydration? (Drink water whenever you feel thirsty, and drink sometimes even before you get thirsty). Say more than half of our bodies are made out of water! When you run, play, and hike you use energy and that uses water. Kids use more energy than adults, so it is even more important for you to stay hydrated!
- Tick Prevention – Ask: Does anyone know what a tick is? (a small bug/parasite that attached itself to you and bites, they can carry diseases) Prevention: Wearing bug repellent with DEET in it, wearing long pants/shirts, checking for ticks after being outside in leafy, bushy areas. Ask: Does anyone know what to do if you find one? (Do NOT try to pull it out by yourself! Have an adult use tweezers so they can get the whole tick out)
- Hygiene – Ask: What does hygiene mean to you? (Washing your hands after you go to the bathroom and before you eat. Keeping yourself clean with regular baths/showers). Ask: How would you have good hygiene on a hike? (hand sanitizer before lunch and after going to the bathroom)

Stings - Avoidance and Treatment, Identify and treat nettle, Group First Aid Kit

- Ask What can cause a sting? (insects like bees, wasps, mosquitos. Plants like nettle, and others)
- What can you do to avoid being stung? (look for insects and avoid them, don't touch them or step on them. Look for plants like nettle and avoid them, don't touch them.) Identify nettle, show picture of plant.
- What can you do if you get stung? (for insect stings..... For plant stings.....)
- What goes in a group first aid kit carried by the adult in your group? (.....)

3rd Grade – First aid (Blister care and prevention), Wound Care, How to help someone who's hurt, Assemble personal first aid kits

First aid – blister care and prevention, management of bleeding wounds [20 minutes]

- Ask: what causes blisters? (Friction, heat and sweating). Can be a sock rubbing, a sock that is wet (cotton socks stay wet longer, and stretch out) a shoe that is too small, a piece of dirt in your shoe/sock.
- Ask: how can you prevent blisters? (wear shoes with at least ½" space from big toe to tip of shoe, keep feet dry, use blister band aids on hot spots or known trouble spots before a hike)

Put out 9 steps for caring for a large blister on table. Have them, as a group, arrange in the order they think it goes in. Double check. Explain that you don't pop a small blister and have them remove those steps.

Large Blister Treatment – use the following steps to minimize the chance of infection

1. Clean your hands
2. Clean the blister
3. Put on latex gloves
4. Sterilize the tip of the needle by soaking it for at least three minutes in the disinfectant solution or heating it until it glows red, then cools.
5. Make a small puncture at the base of the blister. Leave the root of the blister attached so it can continue to protect the skin
6. Use a gloved finger to gently push the fluid out.
7. Apply antibiotic ointment to piece of gauze or Band-Aid and cover the blister
8. Cut a hole the size of the blister in a piece of moleskin
9. Cover the blister with the moleskin so that the blister rests in the middle of the hole and the adhesive sticks to the skin around the blister
10. Replace the bandage daily and check for signs of infection: Heat, pain and swelling on or around the blister, pus, red streaks radiating from the blister, or fever.

Small blister treatment – Use the following steps to minimize the chance of infection

1. Clean your hands
2. Clean the blister
3. Apply antibiotic ointment to piece of gauze or band-aid and cover the blister
4. Cut a hole the size of the blister in a piece of moleskin
5. Cover the blister with the moleskin so that the blister rests in the middle of the hole and the adhesive sticks to the skin around the blister
6. Replace the bandage daily and check for signs of infection: heat, pain and swelling on or around the blister, pus, red streaks radiating from the blister, or fever.

First Aid – How to help someone who gets hurt [30 minutes]

First Aid – How to help someone who gets hurt (providing general care/comfort), care for potential extremity injury (RICE; Rest, Ice, Compression, Elevation)

Ask: What would you do if someone got hurt on the trail, let's say a PA fell down and scraped up her hands and hurt her ankle? (provide comfort – physical (like giving her a sweatshirt to sit on) and mental (it's going to be OK), wound care (clean and bandage hands), RICE for ankle. Amount of rest depends on how severe the injury is. IF she can put weight on it and can walk out with help, then do so.

Ask: What would you do if she couldn't put weight on the ankle? (get to a place where you have phone access/coverage and call 911. They will either send out paramedics to help, or get Search and Rescue into action to come and help the injured person. The person calling will need to be able to give information about where they are and how to access the injured person).

Ask: Why it is best to hike in groups if you had to send 2 people for help?

First-Aid Practice [5 minutes]

Give each girl a step with a prop and have them line themselves up in the order they think is needed. Have them use props (unopened to "treat" a mock wound on someone (Adult or PA)

Care for bleeding wounds: Guidelines for treating cuts and scrapes

1. Stop the bleeding (washcloth)
2. Clean the wound (wound wash)
3. Apply an antibiotic cream (Neosporin tube)
4. Dress or cover the wound (large Band-Aid)
5. Seek medical-professional help if stitching is needed (picture of a phone to call doctor)
6. Watch for signs of infection (large eye on paper)

Assemble First-Aid kits [5 minutes]

5th Grade – 30 Minutes – Shelter building

Supplies needed – Tarps and ropes

Hit the trail (behind meadow along river) and find a place to setup tarp shelters. Turn them loose with minimal instructions (don't trample plants or break limbs off of trees). Only walk for about 5-10 minutes so they have time to build and take down shelters and return.

LNT – Be kind to other visitors – Make sure the FUN you have in the outdoors does not bother anyone else. Remember that other visitors are there to enjoy the outdoors. LISTEN TO NATURE. Avoid making loud noises or yelling. You will see more animals if you are quite.

Explain why shelter building is part of First Aid: Without shelter in the wilderness campers and hikers would experience exposure – cold, heat, sun, rain, snow – that would lead to illness or injury.

5th Grade – 30 minute (First Aid, methods of moving an injured person), Symptoms and Diagnosis Flash Cards

Supplies – Photos of first aid carries (magnetic board and titles/descriptions of carries)

First Aid – Methods to move an injured person-(supply girls with problem, symptoms, and pictures, ask them to arrange them together how they think they go.

There are various assists that can be used to move an injured person. You should NOT attempt to move someone who:

- Is in shock
- Is having a heart attack
- Has head, neck or back injuries
- Has frostbitten or burned feet
- Has bone or joint injuries to the hips or legs

Walking assist – If the victim is conscious, has only minor injuries and is able to move, you can safely help the person walk. Put one of the victim's arms around your neck and hold their arm with your hand. Place your other arm around the person's waist. If there are two of you to assist, put one of the victims arms around each of the helpers necks and hold arm, and two of you place your other hand around victim's waist.

Blanket Drag Assist – To move a person to safety, roll them onto a blanket, coat, tablecloth, etc. and drag from behind the head.

Clothes Drag Assist – For short distances and to move a person who may have head, neck or back injuries, uses their clothes to drag. Grab the persons clothing behind the shoulder and neck areas and pull headfirst. ASP: When would you move a person with these injuries? (if they are exposed to fire, smoke, water, dangerous weather or other live threatening issue – ONLY MOVE THEM ASFARE AS YOU HAVE TO AND WAIT FOR HELP, DO NOT PUT YOURSELF AT RISK)

Ankle Drag Assist – If someone must be moved out of a dangerous place (like a smoky room) and is too heavy to move any other way, grab both ankles and drag.

Pack-Strap carry – This is a way you can carry someone that is not larger than yourself. Put your back to the victim's front, place both her arms over your shoulders, lift with your knees and carry them.

Two-Handed carry – Use this method only if the victim is conscious and not seriously injured. With one other rescuer place one of each of your arms on each other's shoulders, then link your free arms by grasping each other's hands. Ask the injured person to sit on your arms. Move your other arms down from each other's shoulders to support the victims back

Four Handed seat – When no rescue equipment is available, the four handed seat is the easiest two rescuer carry. It is safe ONLY if the victim is conscious and can hold.

Supplies Needed – Symptom cards and board

Provide the girls with problems, symptoms, treatment and prevention methods. Ask them to sort them the way they think they belong, check answers [15 minutes]

Ask: What is hypothermia?

- It is when the bodies core temperature drops

Ask: What do you think the signs of it are?

- They feel cold and numb
- They become tired and unable to think straight
- Shiver uncontrollably
- Make poor decisions
- Become irritable
- Stumble and fall, or lose consciousness

Ask: What do you think could cause it?

- Not being dressed warm enough
- Having wet clothes
- Note: It does not need to be below freezing to get it, a hiker caught in a rain shower without rain gear on a cool, windy day can get it. So can a swimmer or a boater who capsizes in chilly water.

Ask: How do you prevent it?

- By having warmer layers than you think you will need
- Wind, rain, hunger and dehydration increase the danger of it.

Ask: How do you treat it?

- Move the person into shelter to get out of wind and rain – a tent or emergency blanket, remove any wet clothes and get her into warm dry clothes. Wrap the person in a sleeping bag. Blankets, jackets or anything handy that can be used.
- If they are fully conscious and able to swallow, have the person drink warm liquids (soup, fruit juice, water)
- Put towels or t-shirts around water bottles filled with warm water then put the bottles in their armpit and groin areas.
- Watch the person closely for any change in condition. Call for help if needed.

Ask: What is heat exhaustion?

- When the body's cooling system becomes overworked and struggles to keep up. Dehydration can be a factor in bring this on. Hot weather, exertion, or hot stuffy room can also be factors.

Ask: What do you think signs of it are?

- Skin that is pale and clammy from heavy sweating
- Nausea and tiredness
- Dizziness and fainting
- Headache, muscle cramps and weakness

Ask: What is heat stroke?

- If heat exhaustion is left untreated, it can turn into heat stroke. The person's core temperature can rise to life threatening levels (105 degrees)

Ask: Do you know the signs of heat stroke?

- Skin that is very hot to the touch
- Skin that is red and either dry or damp with sweat
- Rapid pulse and quick, noisy breather
- Confusion and unwillingness to cooperate with treatment
- Unconsciousness

Ask: How do you prevent it?

- By treating heat exhaustion, before it ever gets to heat stroke

Ask: How do you treat it?

- Move the person to an air conditioned or shady area
- Loosen tight clothing and further cool the skin by fanning and applying wet cloths
- If you have ice packs, wrap them in a t-shirt or towel and put them under their armpits and against neck and groin
- If the person is able to drink, give them small amounts of cool water
- Watch the person condition – be prepared to provide further first aid or get help if their temperature goes up, or they start vomiting

Ask: What is shock?

- When a person is injured, or under great stress, the circulation system might not provide enough blood to all parts of the body. This is known as shock and is life threatening. It can cause organ failure

Ask: What are the symptoms or shock?

- Restlessness or irritability
- Weakness
- Confusion, fear or dizziness
- Skin that is moist, clammy,, cool and pale
- A quick, weak pulse
- Shallow, rapid and irregular breathing
- Nausea and vomiting
- Extreme thirst

Ask: How do you treat for it?

- Never leave the victim alone unless you have no other choice, fear can hasten shock. In a calm voice, assure them everything is being done to care for her. Someone who appears unconscious may still be able to hear you. So keep letting them know you are there for them
- Call for help, or send someone, staying calm
- Try to eliminate the causes of shock by treating “hurry cases”, check airway, restore breathing and circulation, control bleeding and treat wounds while talking to them calmly.
- Help the injured person lie down. Elevate their feet if you don’t suspect broken bones. Keep calming them.
- Keep them warm with blankets or coats

6th grade – 30 minutes Back Country First Aid

Assessing the Situation: ABCDE Method of Diagnosis

After assessing the scene, your goal is to identify and treat any immediate threats to life. If you discover a threat, stop and attend to it. You should be asking questions. A patient who cannot respond requires your immediate

Identify yourself, if necessary, and your level of training. Then ask for consent to provide care. Say something like “Hi, my name is _____ and I’ve been trained in first aid. Can I help you?” A patient who responds positively, or who does not respond negatively, has agreed to your treatment.

Control the patient and gather information. Say something like “Please do not move until I know more about you. Can you tell me who you are and what happened?” The patient may identify a chief complaint, saying something such as “I twisted my knee, and it really hurts.” If no chief complaint is identified, ask what the patient thinks is wrong. If the information you gather leads you to suspect a spine injury, place a hand on the patient’s head and remind the patient to remain still.

Assess using the ABCDE method.

- (A) Check the patient’s airway. A patient who is speaking has an open airway, but ask if he or she has any problem breathing.
- (B) Assess breathing. If breathing is difficult, you need to figure out why and fix the problem.
- (C) Perform a quick scan for major bleeding. If you find bleeding, immediately expose the wound and use direct pressure to control the bleeding. However, using a tourniquet on a limb may be the first bleeding control measure necessary if direct pressure will not be effective. Assess circulation. Check for a pulse at the wrist.
- (D) Assess for disability. If you suspect a spine injury, keep a hand on the patient’s head or ask someone else to take control of the head. Tell the patient they shouldn’t move any parts of their body.
- (E) Assess any threats in the environment. Prolonged exposure to environmental extremes can cause changes in body core temperature that may threaten the patient’s life. The most common threat is cold. To avoid changes in body core temperature, a patient should be protected from the environment.

Sprains and Strains: RICE method

Injuries to muscles and joints can be used within the limits of pain—in other words, tell the patient if it hurts, do not do it. RICE can be helpful:

- (R) The patient should rest the injured area. Have him or her avoid movement that causes pain.
- (I) Immobilize the injured area. Immobilization can lessen pain and prevent further damage.
- (C) Apply cold to the injured area. Applying ice or a cold pack can help reduce swelling and ease pain.
- (E) Elevate the injured area above heart level to reduce swelling. Serious injuries to the limbs may preclude this.

RICE should be applied after an initial evaluation of the injury. The primary goal of the evaluation is to determine if the joint is usable or not. Get the patient at rest and relaxed, and take a look at the injury. Look for deformities, swelling, and perhaps discoloration. Have the patient actively move the joint and evaluate the amount of pain involved. Finally, if the joint appears usable, have the patient test it with their body weight. A usable joint can remain active within certain limits. Unusable joints may require a splint.

Getting the patient to help

Your goal in any serious back country injury or illness is to get the patient to appropriate help. If you have a phone or walkie-talkie signal, call for help or call 911 and follow their directions. If you are unable to contact others for help, you may need to transport the patient back to where help is available. Help the patient to walk out or build a transport device using materials you have or can find like a litter or a stretcher.