

When you come across an accident, what should you do? Label the order of the 3 C's.

_____ **CALL:** Call 911. If there are people around, you can call out for help. If there aren't many people around and no one has access to a phone, send someone to get help.

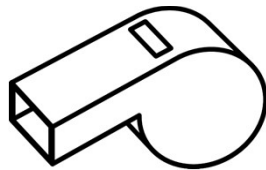
_____ **CARE:** Take care of the victim to the best of your ability until help arrives. Some of the ways we treat emergency situations requires special training, but there are things you can do as you wait for help to arrive.

_____ **CHECK:** Make sure the area is safe for YOU. If you get hurt, you won't be much help to the person in trouble. Next, check the victim to find out what's wrong. Are they breathing? Are they moving? Tap the victim's arm and ask if they're OK. Can they respond?

Circle the Cub Scout Six Essentials below.



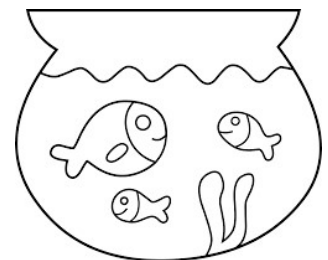
Flashlight



Whistle



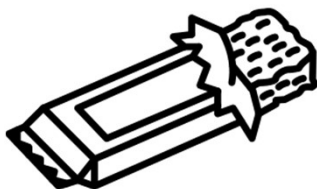
Empty
Water Bottle



Your Pet Fish



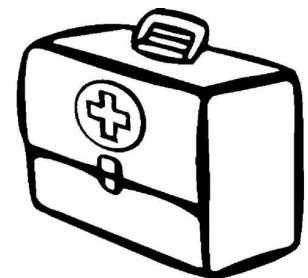
Filled
Water Bottle



Trail Food



Sunscreen



First Aid Kit

Match the injury with its treatment.

Cuts and scratches

The best treatment is prevention. Limit your exposure to the sun and wear sunscreen.

First-Degree Burn

Get the victim under medical care as soon as possible so that physicians can neutralize the venom. Encourage the patient to stay calm; reassure the person that he or she is being cared for.

Second-Degree Burn

Protect it with a doughnut bandage.

Third-Degree Burn

Put the burned area in cold water until the pain stops.

Sunburn

Wash the wound with soap and water. Then apply antibiotic ointment to help prevent infection. Keep the wound clean with an adhesive bandage.

Blisters on the hand or foot

Grasp it with tweezers close to the skin and gently pull until it comes loose. Don't squeeze, twist, or jerk the tick, as that may leave its mouth parts buried in the skin. Wash the wound with soap and water, and apply antiseptic.

Tick bites

Put the burned area in cold water until the pain stops. Gently dry the burned area. Cover it with a sterile gauze pad, and hold the pad loosely in place with a bandage.

Bee Stings

Lower the bite to a level below the heart to reduce the spread of venom. Use an ice pack wrapped in a cloth to reduce swelling, as well as topical antihistamine.

Chigger Bites

Try not to scratch. You may find some relief by covering a bite with calamine lotion or by dabbing it with clear fingernail polish or mud.

Spider Bites

Pinch the nostrils together for 10 minutes to maintain pressure on the flow and stop the bleeding. Apply a cool, wet cloth to the victim's nose and face above where you are pinching.

Venomous snakebites

Call 911 and have an adult evaluate the situation. Don't remove clothing from around the burn.

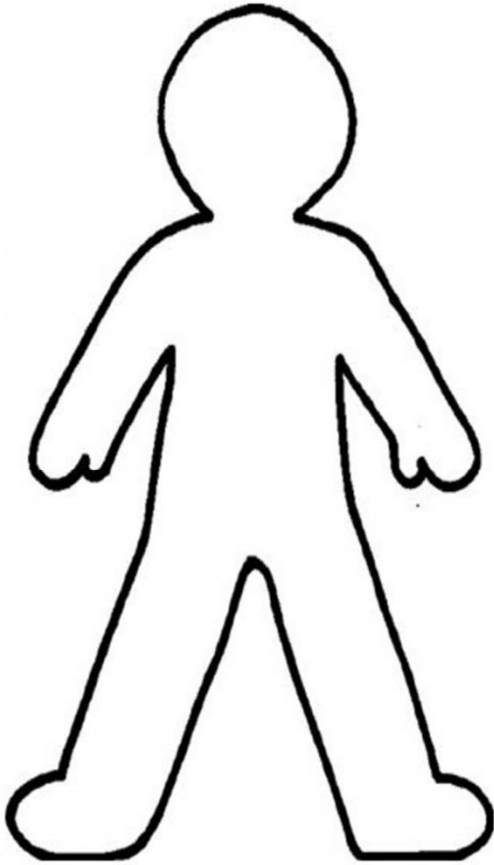
Nosebleed

Get the victim into a tent or other shelter, then warm the injury—and keep it warm. Avoid rubbing flesh, as that may damage tissue and skin.

Frostbite

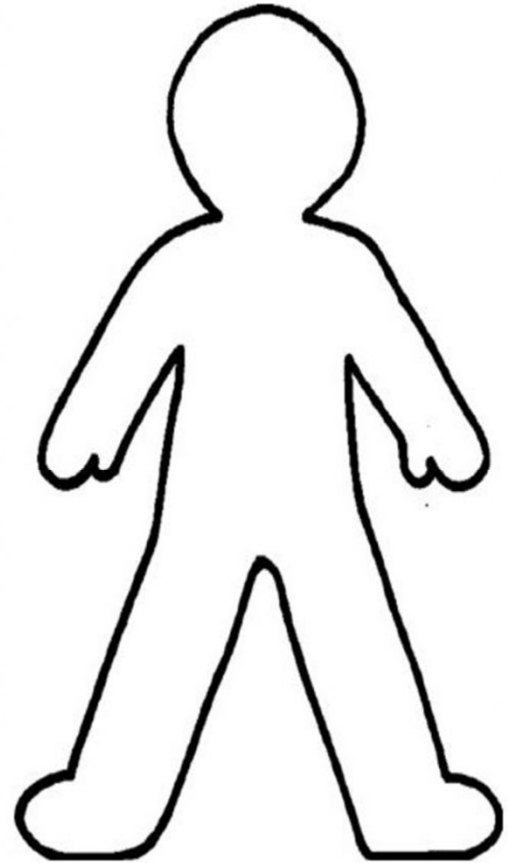
Scrape away the stinger with the edge of a knife blade. Don't squeeze the sac attached to the stinger—that might force more venom into the skin. Use an ice pack to reduce pain and swelling.

Choose from the list and draw what you would wear in a cold and warm weather.



Warm Weather

- T-shirt or lightweight short-sleeved shirt
- Hiking shorts
- Socks
- Lightweight long-sleeved shirt
- Lightweight long pants
- Sweater or jacket
- Brimmed hat
- Bandannas
- Rain gear
- Appropriate warm weather hiking footwear



Cold Weather

- Long-sleeved shirt
- Long pants (fleece, wool, or synthetic blend)
- Long underwear
- Warm hooded parka or jacket
- Stocking hat
- Mittens or gloves
- Wool scarf
- Appropriate cold/wet weather footwear

Label the definitions below with the following words: Tinder, Kindling, Fuel Wood

_____ Anything that burns as soon as you light it. It can include twigs, dry leaves, etc.

_____ Small sticks, no bigger than a pencil that burn quickly

_____ Bigger pieces of wood that will burn a long time

Make a list of four qualities you think a leader should have in an emergency and why they are important.

1. _____

2. _____

3. _____

4. _____

After completing adventures at Ruby – Survival Shack, do you feel more prepared for future outings in Scouting?

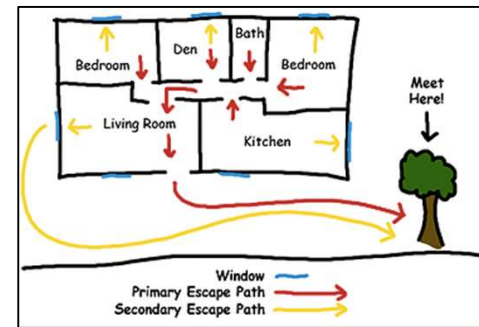
RUBY: SURVIVAL SHACK

Design your own shelter! Choose a shelter type, materials needed to construct it, and draw your design below. Then go build one outside or in your basement.

Materials Needed

Create and practice an emergency readiness plan for your home.

Use the space below to sketch a floor plan of your home. Figure out possible escape routes from each room, and draw them on your floor plan. See the example to the right.



Then practice what you would do in an emergency with your family.

EMERGENCY PHONE NUMBERS

EMERGENCY: 911

My Mom's Name Is: _____

Her Phone Number Is: _____

My Dad's Name Is: _____

His Phone Number Is: _____

My Phone Number Is: _____

If you have a house phone number

My Address Is: _____ (street)

_____ (city) _____ (state) _____ (zip)

Who else could you call in an emergency?

Contact #1: _____

His/Her Phone Number is: _____

Contact #2: _____

His/Her Phone Number is: _____