



BOY SCOUTS of AMERICA

QUICK GUIDE TO FIRST AID

“BE PREPARED”

“No one expects you to have the wisdom of a medical doctor. However, Scouting’s history is filled with stories of Scouts who used their training to help others, sometimes even saving lives. Learn all the first aid you can and review it often. Perhaps one day you will be able to do just the right thing at a time when your actions make all the difference.” The Boy Scout Handbook

Home First Aid Kit

- 2-inch Roller Bandage
- (2) 1-inch roller bandage
- Roll of 1-inch adhesive tape
- (24) alcohol swabs
- Box of assorted adhesive bandages
- (12) sterile, 3- by-3 inch gauze pad
- Moleskin
- Tube of Antibiotic Ointment
- A small bar of soap, or a travel-sized
- Bottle of antibiotic soap
- Scissors
- Tweezers
- (12) Safety Pins
- 6 pairs of nonlatex disposable gloves
- Pencil and Paper

FIRST AID METHOD

1. Check the Scene
2. Call for Help
3. Approach Safely
4. Provide Urgent treatment
5. Protect from further injury
6. Treat every victim for Shock
7. Make a thorough examination
8. Plan a course of Action

In any poisoning emergency, call:
POISON CONTROL CENTER
1-800-222-1222

First Aid for Shock

Never leave a victim, unless you have no other choice.

Step 1: Call for Help

Step 2: Restore breathing and Circulation, control bleeding, treat wounds

Step 3: Have the victim lie down, raise the feet about 12 inches

Step 4: Keep the victim warm and comfortable

TROOP 562

“Best of the Best, Sir!”

www.bsatroop562.org