Track 1: Outdoor Skills and Survival

SESSION 2: BASIC FIRST AID

Overview: Basic First Aid introduces youth to essential emergency response skills that can make a critical difference in outdoor and everyday situations. This session focuses on recognizing common injuries, responding appropriately, and practicing simple first-aid techniques. Through hands-on activities and role-playing, youth gain confidence in their ability to help others, stay calm under pressure, and understand the importance of preparedness and safety.

Objectives

- Learn how to treat minor injuries such as cuts, scrapes, burns, and sprains.
- Understand how to respond to common outdoor emergencies.
- Practice basic first-aid techniques including bandaging and splinting.
- Develop awareness of when to seek professional medical help.

Supplies for First-Aid Practice

- First-aid kits (or assembled supplies)
- Gauze pads, bandages, and adhesive tape
- Antiseptic wipes or solution
- Elastic wraps (Ace bandages)
- Splinting materials (sticks, foam, and cardboard)
- Gloves (non-latex)
- CPR face shields (optional)
- Scenario cards (for role-play)

Advisor Notes

- Review the contents of a basic first-aid kit with youth.
- Emphasize safety and hygiene (for example, wearing gloves, avoiding contact with blood).
- Demonstrate each technique before youth practice.
- Use role-play to make learning engaging and realistic.
- Reinforce the importance of staying calm and getting help when needed.

SESSION OUTLINE

Welcome and Icebreaker Activity: Injury Improv (5-10 min)

- Youth pair up and take turns acting out minor injuries (for example, twisted ankle, bee sting, and scraped knee). See handout for suggested scenarios.
- Their partner must respond with a first-aid action or question.
- Advisors can jump in with tips or corrections and highlight good responses.

Safety Moment: When to Call for Help (2-3 min)

- Discuss signs that an injury is serious (for example, heavy bleeding, unconsciousness, and broken bones).
- Reinforce the importance of calling 911 or seeking adult help when needed.
- Emphasize staying safe while helping others.

First-Aid Stations (30-40 min)

- Set up 3–4 rotating stations:
- Cuts and Scrapes. Clean and bandage a wound.
- Sprains and Strains. Wrap an ankle or wrist with an elastic bandage.
- Burns and Blisters. Learn how to cool and cover minor burns.
- Splinting Basics. Practice making a simple splint using sticks and tape.
- Youth rotate through stations in small groups.
- Advisors guide and supervise each station.

Emergency Response Role-Play (15-20 min)

- Present youth with outdoor emergency scenarios (for example, "Someone falls while hiking," "A camper gets stung by a bee and feels dizzy.").
- Youth work in teams to respond using what they've learned.
- Advisors observe and offer feedback.

Resources and Notes

- Handout: Injury Improv Scenario
- Basic First-Aid Instructions
- Optional: Link to Red Cross or local EMS resources
- Smartphone: First-aid app demonstration (for example, Red Cross First Aid App)

REFLECTION SECTION

Advisor note: These are sample questions. They are designed to help the participants apply what they have learned to their own interests. You are welcome to use these questions or develop your own questions.

Focusing Questions

- What first-aid skill did you enjoy learning the most?
- What surprised you about treating injuries?

Analysis Questions

- How did your team decide what to do during the role-play?
- What supplies were most useful at each station?

Generalization Questions

- How can basic first aid help in everyday life?
- Why is it important to stay calm during emergencies?

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PRINTABLE HANDOUT: INJURY IMPROV SCENARIOS

Instructions: Youth pair up and take turns acting out minor injuries. Their partner must respond with a first-aid action or question.

Scraped knee from falling on gravel	**Twisted ankle while hiking**	**Bee sting on the arm**	**Blister from wearing new boots**	**Small cut from a pocketknife**
Sunburn after a day outside	**Nosebleed during a game**	**Splinter from touching a wooden fence**	**Burn from touching a hot pan or campfire ring**	**Bug bite that's itchy and swollen**
Bruised elbow from tripping	**Finger jammed during sports**	**Mild allergic reaction to food (rash or itchiness)**	**Dizzy spell from dehydration**	**Minor head bump from hitting a low branch**
Sand or dirt in the eye	**Chapped lips or cracked skin**	**Small puncture wound from a thorn or nail**	**Cold fingers from exposure to chilly weather**	**Sore muscles after a long hike**

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PRINTABLE HANDOUT: BASIC FIRST-AID STATION INSTRUCTIONS

Cuts and Scrapes: Clean and Bandage a Wound

- Put on gloves to protect yourself and others.
- Clean the wound gently with water or antiseptic wipes.
- Dry the area with a clean gauze pad.
- Apply a bandage or sterile dressing to cover the wound.
- Secure the bandage with tape or adhesive strips.
- Dispose of used materials properly and wash hands.

Tips for Cuts and Scrapes

- Avoid touching the wound directly.
- If bleeding doesn't stop, apply gentle pressure with gauze.

Sprains and Strains: Wrap an Ankle or Wrist

- Support the injured area (ankle or wrist) in a comfortable position.
- Start wrapping with an elastic bandage below the injury.
- Wrap upward, overlapping each layer by half.
- Keep it snug, but not too tight. Check for circulation.
- Secure the end with clips or tape.

Tips for Sprains and Strains

- Ask the person if the wrap feels too tight.
- Elevate the limb, if possible, to reduce swelling.

Burns and Blisters: Cool and Cover Minor Burns

- Cool the burn with cool (not cold) water for 10–15 minutes.
- Pat dry gently with a clean cloth.
- Do not pop blisters. Leave them intact.
- Cover with a sterile, non-stick dressing.
- Secure loosely with tape or gauze.

Tips for Burns and Blisters

- Never use ice, butter, or ointments on fresh burns.
- Seek help if the burn is large or on the face or hands.

Splinting Basics: Make a Simple Splint

- Find a rigid object (stick, foam, or cardboard) longer than the injured limb.
- Place the splint along the injured area to keep it straight.
- Pad the splint with cloth or gauze for comfort.
- Secure with tape or bandages, above and below the injury.
- Check circulation. Fingers or toes should stay warm and pink.

Tips for Splinting Basics

- Do not try to straighten a bent limb.
- Keep the person calm and still until help arrives.