**CHRISTIAN SERVICE BRIGADE**

**FIRST AID TEACHING FOR BATTALION**

**WEEK ONE/LESSON ONE**

**One thing to note is to be as interactive as possible when teaching this information. Use volunteers from the audience; even queue a leader to act like they have fainted at particular times in the teachings. Always have the items on hand to physically show them what you are doing. This should not be lecture time, but an interactive learning process.**

**Introduction:**

**What is First Aid?** *Ask the young men what they think it means.*

* First Aid is the immediate care given to a person with a sickness or injury prior to a professional’s arrival.

*Is there anything said about first aid in Scripture?* First Peter 2:24 ESV

“He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed.”

Peter was not saying Christ needed first aid, but he was saying that Christ suffered and had wounds. Jesus knows what it feels like to hurt; He died on the Cross so that each one of us may live for Him.

**Safety:**

**Needed Items: Gloves, goggles, mask, hand sanitizer**

Prior to providing first aid to anyone they need to understand safety.

1) If the victim is in an unsafe situation; do not try to enter the place without help. You do not want to jeopardize yourself. Example: You are hiking with a few people and one of them slips and falls into a ravine. You need to think about how to get them out safely and not jump down into the ravine with them.

2) You do not want to touch blood directly. Blood can contain many different types of organisms and carry disease. Always try to use gloves when dealing with body fluids. This is called **Standard Precautions**.

3) Only move the person if they are in danger. If you move an injured person; you may dislodge a fracture or cause more trauma to the injury.

4) Call For HELP so that they can call the EMS as soon as possible. If nobody is around make sure the person is safe then call yourself.

5) When calling EMS as specific as possible to where you are, what the situation is, and who is injured.

Hand Washing 101

***One effective way to teach this action is through acting out how to not wash your hands and have the young men correct you while you are doing it.***

1) Wet your hands 2) Apply soap 3) Rub hands vigorously together for 30 seconds 4) Rinse hands with running water 5) Dry hands using a paper towel/air dryer.

You can use hand sanitizer if running water is not available, but if you have anything visible on your hands you need to wash your hands with soap and water.

**Skill One: Wounds and Bleeding**

**Needed items: Bandages, tape, example of a butterfly bandage, tourniquet, gauze, antibiotic cream**

The body only has a certain amount of blood. It is able to replenish it, but if bleeding is not stopped the person can lose consciousness or even die.

The first thing to do prior to helping a person with bleeding or treating a wound is to put on gloves (Standard Precautions).

Steps to stopping bleeding:

1) With a dressing, apply direct pressure to the wound site with the flat part of your fingers or the palm of your hand.

2) If it does not stop add more bandages and continue the pressure. Keep doing this until the wound stops bleeding.

3) If this does not stop the bleeding you can tightly wrap gauze around the wound this provides direct pressure without you having to hold constantly. (Do not do this regularly; this is only for when you cannot hold the wound)

***Have the young men return demonstrate the above steps.***

Once the bleeding is stopped the wound needs to be cleaned with water and antibacterial cream applied with a bandage. The bandage may be a wrap with gauze and 4 x 4 pads or a bandaid. This is all depending on the type and size of the wound.

*Butterfly bandage* can be used to “approximate” a wound. This type of bandage is for wounds that are slightly open and do not need stitches.

*Stitches* are needed if a wound is deep and wide. This requires taking the person to the doctor or Emergency room. (Or if you having a sewing kit you can try it yourself, just kidding)

*Tourniquets* are used to stop bleeding that cannot be controlled with pressure. This tool is applied about 2 inches above the wound and it stops the bleeding prior to getting the person to the hospital.

*Nosebleeds* are common and can be controlled with direct pressure to the nostrils with the person leaning forward. Constant pressure for a few minutes is the key; do not let up to see if it will start again. If this does not work after 15 minutes then the person should see a doctor.

*Impalement:*  If a person falls and something enters their eye or any other part of their body, do not remove the object. Call 911 immediately and secure the object.

**Skill Two: Bite and Stings**

**Needed Items: Sting ointment**

There are so many things that want to bite or sting us in this world.

*Animal Bites:* Put on gloves, clean the wound with running water and soap; stop the bleeding; and if the skin is broken have the person see a doctor. (The animal could have had rabies.)

*Snake Bites:* The person needs to stay calm and not move the part of the body that was bitten; remove tight clothing and gently wash the bite area with running water and soap. Leave the snake alone and try to identify the type of snake the bit the person (look at markings, shape of head, color). Get the person to a doctor so that they can be assessed.

*Insect/Spider bites:* Some people are highly allergic to insects. If a person is bitten ask them if they are allergic or look for signs of allergies which are:

1) severe itching, swelling, redness at the site

2) face/tongue swelling

3) difficulty breathing

4) signs of shock: confusion, dizziness, agitation, cold/clammy, pale skin

If you see any of these signs call 911 immediately and keep the person safe. If the person has an epinephrine pen immediately administer the medicine. Usually this means taking off the cap and thrusting the needle into the person’s thigh and holding for 10 seconds.

***Have the young men verbally demonstrate the knowledge above through open ended questions directed to them.***

**Skill Three: Burns and Electricity**

Small Burn:

1) Wear gloves

2) Cool the burn immediately with cool water until the pain stops

3) Can be covered with a non stick dressing

Large Burn or a person is caught in a fire:

1) Call 911

2) If they are on fire Stop, Drop, and Roll then cover them with a wet blanket to completely put the fire out.

3) Remove clothing stuck to the skin.

4) Cover the person with a dry blanket this keeps the persons core temperature up.

5) Check for signs of Shock (see earlier)

Electrical:

Electricity can stop a person’s heart or give the person a abnormal heart beat.

If someone is exposed to electricity:

1) Make sure they are safe/ Call 911

2) Do not touch them if they are still attached to active electricity; when safe give CPR if necessary.

3) This is a situation that the person needs to go to the hospital and get assessed by an ER physician ASAP. Electricity causes small entrance and exit wounds, but can do major damage inside a person’s body.

***Have the young men verbally demonstrate the knowledge above through open ended questions directed to them.***