

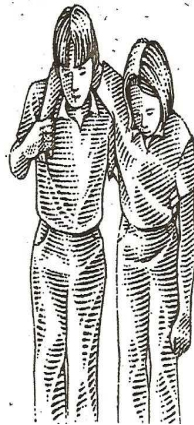
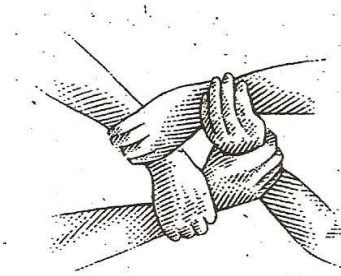
LEVEL 4

Camping scene

You have just finished your first High Adventure. Because everyone was without water for so long one of the girls is pale with cold sweat on her forehead, she feels cool and clammy from perspiration, her breathing is shallow, she feels nauseous, her pupils are dilated, she has a headache and is dizzy.

- Rest in the shade
- Place on back and raise feet
- Loosen clothing
- Fan her and put cool, wet clothes on her
- Give her sips of water
- This is heat Exhaustion.

You quickly transport her to the nurse.



- **Transportation of Injured People** Moving an injured person requires great care. A seriously injured person should be moved only in cases of extreme emergency—and then only after the patient has received first aid and has had possible fractures splinted. An accident victim suspected of having neck, back, or head injuries should be moved only under the guidance of qualified medical personnel. Use the following methods to move injured people.
 - **Walking Assist**; A person who has had a minor accident and feels weak may be assisted to walk. Bring one of her arms over your shoulder and hold onto her wrist. Place your free arm around her waist.
 - **One-person Carry**; This is best done by carrying the person piggyback. Kneel in front of her with your back to her stomach. Bring your arms under her knees to help lift her. When you stand up, keep your back straight and lift with your legs. Pull her hands over your shoulders and hold them in

front of your chest.

- *Two-person Carry*; Use this carry when a patient is unconscious. Two bearers kneel on either side of the patient. Each slides one arm under the patient's back and the other under her thighs. The bearers grasp each other's wrists and shoulders and rise from the ground with the patient supported between them.
- *Four-handed Seat Carry*; Two people can transport a conscious victim with this carry. Each bearer grasps her own right wrist with her left hand. The two bearers then grasp the other's wrist with their free hand as shown. The patient sits on their hands and places her arms around their shoulders.

Back at the cabin your feet are hot and sweaty, so you decide to take your shoes off for a couple of minutes while inside. You are walking in your bare feet and get a splinter-

- Remove the splinter
- Squeeze gently around the wound
- Wash the wound, with soap and water
- Apply a sterile bandage
- Does anyone know where the first aid kit is? Where are the band aids? Do you have a pair of tweezers?

The rangers cause a lot of excitement when they come to camp to warn that due unseasonable rains that the creeks may flood due to unseasonable weather.

- What should you do?
- Check with local authorities and become familiar with the actions to be taken in case of natural disasters common to your area such as earthquakes, fires, floods, hurricanes, or tornadoes. Make plans ahead of time for dealing with such emergencies. Plan escape routes from buildings or the campsite. Determine a central location in which campers can meet in case of an emergency. Establish the responsibilities of leaders in an emergency, and determine a way to account for all campers.

As the girls sit in their cabin waiting for the leaders to call them for the hikes there is a discussion about the environmental requirement. What can the Young Women do?

- Every setting in which a Young Women camp takes place should be used with respect, whether it is the mountains, desert, seacoast, snow country, jungle, or an urban site. All campers are responsible to help take care of the environment. Learn about the area where the camp will be held before you arrive. Local authorities could provide information about vegetation, wildlife, water sources, and fire or safety regulations. Practice and carry out camping and recreation practices that will safeguard the area. Before leaving the area, restore the campsite to its original state.
- Doing such things as the following will help campers learn to respect the environment:
 - Learning more about the beauty of the earth, its creation, and its Creator
 - Understanding that we have a responsibility to care for the Lord's creations (see D&C 104:13)
 - Assuming individual responsibility to protect the environment from pollution and misuse
 - Teaching others by example about care of the environment
 - Doing such things as the following will help campers protect and restore the environment:
 - Helping to preserve endangered plants or animals
 - Providing for proper disposal of refuse

- Rebuilding or marking a trail
- Helping to preserve the purity of a stream, pond, or lake
- Repairing camp facilities
- Planting trees
- Preventing erosion
- Helping with a research project on the environment
- Establishing a nature trail
- Providing safety markers for a boat harbor, waterfront, or beach
- Carrying out projects at a city park, botanical garden, or zoo Always consult with local officials and agencies and work in cooperation with them. Such agencies can suggest projects that are most needed and can instruct and support the young women.

They call everyone out to get ready to go as it is time for the hikes. You make sure you grab a pack with a first aid kit just in case, and a water bottle.



- Go over the kit.

As you are walking talking and laughing, someone clutches their throat with their hand.



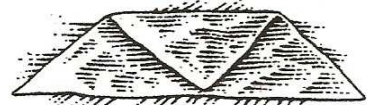
- Step behind victim and place your arms around their midsection
- Clasp hands together with the thumb just above the naval
- With a sharp, inward thrust, drive your hands up under her rib cage

Later on the hike, one of the girls slides and falls down hurting vher arm and she does not want to move it. As one of the other girls rushes over to help and she fall as well. Are there any broken bones?

- A closed, or simple, fracture is a broken bone that has not caused an open wound. The victim will complain of pain around the injury. She will not want to move the injured area. A broken arm or leg may look bent or shortened. Swelling may occur, and the victim may suffer from shock.
- An open, or compound, fracture has these same symptoms, but in addition, the sharp edges of the broken bone have cut through the flesh and skin. The great danger in treating fractures is that incorrect handling may turn a closed fracture into an open one or make an open fracture more serious. Serious fractures can cripple the person or even

endanger her life. It is important that you do the right things and even more important that you don't do the wrong things. Following are the things you should and should not do when giving first aid for fractures:

- DO let the victim lie with as little motion as possible right where you found her. Make her comfortable by tucking blankets, sleeping bags, or clothing under and over her.
- DO treat life-threatening cases, such as stopped breathing, no heartbeat, or severe bleeding. If blood is spurting from a wound, stop it with pressure against a pressure point rather than direct pressure over a broken bone.
- DO treat for shock.
- DO call a doctor, emergency personnel, or an ambulance immediately.
- DON'T put the victim into a car and rush her to the hospital. Doing so may result in a closed fracture becoming an open fracture.
- DON'T try to set it.



- **Cravat Bandage:** A cravat bandage is used to hold a pad or splint in place. Make it by folding a triangular bandage, bandanna, or scarf. You can also use a piece of cloth folded into a triangle. Fold the point up to the long edge. Finish by folding the bottom edge twice to the top edge.
- **Sling:** Make a sling from a large triangular bandage, bandanna, scarf, or piece of cloth folded into a triangle. Use it to support an injured hand, arm, or shoulder. You can tie an overhand knot in the large angle of the triangle to help support the person's arm. Place the bandage over the chest with the overhand knot at the elbow of the injured arm and one end over the opposite shoulder. Bring the remaining end up to the shoulder. Tie the two ends together behind the neck so that the hand is held slightly higher than the elbow.
- **Splint:** A splint is any stiff material that can be bound to a fractured limb to prevent the broken bone from moving and tearing the flesh. It should be longer than the bone that is fractured. Pad the splint with soft material. Use whatever materials you can find nearby. For the splint, use boards, tent poles, branches, hiking sticks, ski poles, shovel handles, heavy cardboard, folded newspapers, or magazines. For padding, use clothing, blankets, pillows, or crumpled paper. Padding makes splints fit better and eases the person's pain. Bind the splints with triangular bandages, bandannas, scarves, strips of cloth, or belts. Look around you. Determine what is within reach that you could use for splints, padding, and binding.
 - In cases of extreme emergency, you may have to move the victim before medical help arrives. In this situation, support the broken limb by making it immovable in a well-padded splint.
 - Put on the splint before you move her! Don't move the victim before the splinting is complete unless her location poses an immediate danger to her or the rescuers.
 - **Collarbone or Shoulder Fracture:** No splint is necessary. Place the forearm in a sling with the hand raised about three inches higher than the elbow. Tie the upper arm against the side of the body with a wide cravat bandage. Make sure the bandage is not so tight that it stops circulation in the arm.
 - **Lower Arm or Wrist Fracture:** Use splints long enough to hold the wrist, lower arm, and

elbow motionless. Place the splinted arm in a sling with the person's thumb up and the hand slightly higher than the elbow. Use a cravat bandage to tie the upper arm against the side of the body. The body itself will act as a splint.

- *Upper Arm Fracture:* Tie one splint to the outside of the upper arm. Place the forearm in a sling; then use a cravat bandage to tie the upper arm against the side of the body.
- *Lower Leg Fracture:* Apply two splints, each long enough to reach from the middle of the thigh to just past the heel. Place the splints on either side of the injured limb and bind them together in four or more places.
- *Thigh Fracture:* Apply one splint to the outside of the leg extending from heel to armpit, and one on the inside of the leg extending from heel to crotch. Bind the splints together. Use four or more binders around the splints and leg and three binders around the upper part of the outside splint and the body. The muscles of the upper leg are strong enough to pull the broken ends of the thigh bone into the flesh. Therefore, these procedures should be used only to take care of an emergency until medical care can be obtained. The patient should not be moved any great distance without a traction splint. Ambulances carry these splints, and they can be made by people with advanced first-aid training

Along the trail you find some black berries, some are a little green but you are too hungry to notice, so you eat them.



- Send for help
- Treat for shock
 1. Have victim lie down, on her back
 2. Raise her feet 10-12 inches
 3. If she is vomiting, place her on her side
 4. Maintain normal body temp, provide shade or blankets as needed
 5. Never leave her alone, and keep her calm
 6. Loosen tight clothes
- Save a sample for what was eaten
- Get to a Doctor

On your way back into the camp you notice one of the girls sitting by herself. Your friend's face is very hot and red, she has very small pupils, her breathing is slow and noisy, her pulse is rapid and strong, she is going in and out of consciousness. You yell for help!!

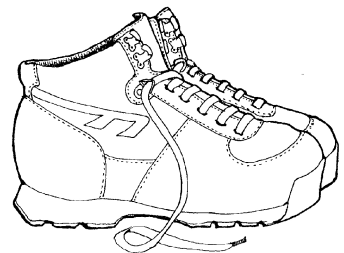
- Move her to a cool shady spot
- Place her on her back with her head and shoulders raised
- Undress her to her underwear
- Cover her, especially her head, with dripping wet material
- Keep the covering cool and wet
- Be ready at any time to begin rescue breathing

- Rescue Breathing

- Open the airway
- Take a deep breath, seal their mouth and nose and blow, look for the chest to rise.
- Remove mouth take another breath, watch to see their chest fall.
- Repeat 2 and 3 until help comes or they start breathing

The camp Director calls for an ambulance, as the nurse takes over care of the girl. Later that night she returns from the hospital, she was suffering from Heat Stroke.

Your friend does not seem to be doing so well. She borrowed a pair of boots for the hike, and now she is paying the price.



- Blisters

- before the blister forms, wash area, cut a donut shaped mole skin to place over the area, cut several more moleskins to cover and protect
- If you think the blister will break, sterilize a pin with a flame and prick it, press out liquid protect with the moleskin donut and a clean bandage

Everyone had a great time dipping the matches a rainbow of colors. You ask the craft lady if you can help clean up. While removing the pot of wax from the burner you touch the side of the pot.

- 2nd degree, blister form
 - Do not break blisters,
 - If unbroken place in cool water to relieve pain
 - Apply moist dressing and cover loosely
 - Do not apply any creams, ointments or sprays

While you are in the nurse's cabin having your burns checked she is called into the camp kitchen. Someone has fallen on the floor. You rush with her to see what is going on and are asked to help her with CPR while the Camp Director calls for help.

- CPR

- Put them on their back
- Clear airway
- Give 2 rescue breaths
- Feel for pulse
- Find bottom of sternum

- Place heel on sternum, 2 fingers above the bottom of the sternum
- Place your other hand on top of the first
- Kneel and press straight down, smooth and even about 1 to 2 inches
- Count aloud "one and two and three and four"
- After 15 compressions give a rescue breath
- After 4 cycles check for a pulse

Continue until help arrives or you have a pulse and breathing

At lunch time someone steps on a bee.

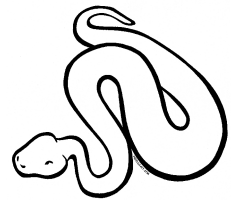


- Insect stings or bites,
 - Find out if they are allergic
 - Ask for their medicine
 - Send for help
 - Keep them breathing, do rescue breathing if needed
 - On an arm or leg immediately tie a constricting band above the bite
 - Keep arm or leg lower than body
 - Put on a cold compress or ice pack
 - Treat for shock
 - Apply ice water or a cold towel to affected areas
 - Flick away the stinger with your finger nail or the edge of a knife

Later that afternoon you and your friend see something crawl out from under your cabin. You get a little closer to see what it is. And your friend get too close to a raccoon.

- Animal bites
 - Give first aid, wash bite with soap and water and cover with a sterile bandage
 - Get medical help
 - Call authorities to capture animal

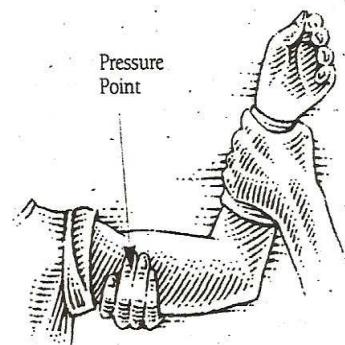
While everyone is watching the park ranger hunt for the raccoon, one of the girls is bitten by a green garden snake.



- Snakebites
 - Wash with soap and water
 - Let the wound dry
 - Apply an sterile bandage

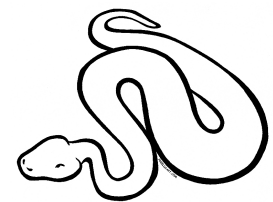
It is almost dinner time. As you and your friend stir up the fire she cuts her arm on the edge of the campfire ring. There is a lot of blood. Begin First Aid.

- Stop life-threatening dangers
- Keep the victim safe from further danger
- Get proper medical help
- First 4 steps
 1. Most serious cases are stopped breathing, no heart beat, severe bleeding, choking, and poisoning by mouth.
 2. Send someone for help
 3. Treat for shock
 4. Examine victim for other injuries that require first aid
- To stop the bleeding
 - Place a pad on the wound and press firmly on the wound
 - Do not remove any pad placed over the wounds, just add more
 - If severe use pressure points on the pelvic bone for the legs or under the arm
 - Keep the bleeding area above the body to help control bleeding



- This is part of self reliance, so that you can be prepared. And stay calm.

Your leader asks you and the other girls to prepare for a night walk. While in the woods setting up for the night walk you come upon a copperhead snake, someone is bitten.



- Snakebites
 - Have the victim lie down and rest the bitten part
 - Keep her calm and quiet
 - Put a constricting band 2 - 4 inch above the bite
 - Treat for shock
 - Get help immediately

As the sun sets the air cools so you and your friend grab blankets and head for the fire to warm up. At the fireside the blanket your friend is wearing catches on fire. The burns on her arms and side are

bad.

- 3rd degree, severe, may have charring
 - Do not remove clothes, or apply any creams, ointments, or sprays
 - Wrap in a clean sheet, and if cool a blanket
 - Rush to Hospital



At the close of the day your skin begin to feel tight and uncomfortable, your friend notices you are sun burnt.

- Minor burns or 1st degree, sun burns
- Place cool water on area until no pain
- Apply moist dressing and cover loosely

Standing in the doorway of the nurse's cabin you watch the sky get darker. Lightning strikes nearby.

- Check with local authorities and become familiar with the actions to be taken in case of natural disasters common to your area such as earthquakes, fires, floods, hurricanes, or tornadoes. Make plans ahead of time for dealing with such emergencies. Plan escape routes from buildings or the campsite. Determine a central location in which campers can meet in case of an emergency. Establish the responsibilities of leaders in an emergency, and determine a way to account for all campers.
- In case of electrical storms, take the following precautions:
 - Seek shelter in a dense wood, grove of trees (avoid isolated tall trees), cave, depression in the ground, deep valley or canyon, or the foot of a steep cliff. Avoid areas that may be dangerous during a flash flood.
 - Sit or lie down, especially if you are on a ridge or high place.
 - Get under a steel bridge, but do not touch the steel or sit on damp ground.
 - Get in an automobile, one of the safest places you can be during an electrical storm.
 - If you have a choice of buildings for shelter, choose in this order:
 - Large metal or metal-frame buildings. (Don't allow body contact with walls or metal parts.)
 - Buildings with lightning protection.
 - Large unprotected buildings.
 - Small unprotected buildings.
 - Avoid tops of ridges, ledges, outcroppings of rocks, sheds, and exposed locations.
 - Keep away from wire fences, telephone lines, and metal tools. 8. Keep away from

horses and other animals.

- If you are swimming or boating, get to land as soon as possible.

The storm has passed and the camp has gone to sleep. You and your friends decide to watch for stars as the sky clears but you need something to lie on.

Bedrolls

- You do not need to have a sleeping bag to camp out. Many campers prefer to make their own bedrolls.
- To make a bedroll, you will need a large waterproof covering, as many blankets as desired, and a sheet or sleeping blanket.
- Follow the instructions below to put the bedroll together.
- Place the waterproof covering flat on the ground. Place the first blanket so that it covers two-thirds of the waterproof covering.
- Place the second blanket so that its edge is at the middle of the first blanket.
- Alternate the placement of the remaining blankets in the same way until all are down. Fold the sheet or sleeping blanket in half, and place it in the middle of the bedroll.
- Starting with the last blanket you put down, fold the blankets one at a time over the sheet or sleeping blanket.
- Fold the waterproof covering over the blankets. Get into the bedroll from the top. You should be lying inside the folded sheet or sleeping blanket.
- When you are packing, put your night clothes and toilet articles inside the bedroll and roll it from the bottom.
- Tie ropes around the bedroll.

Which constellation did you find?