ROYAL CANADIAN ARMY CADETS

RED STAR

INSTRUCTIONAL GUIDE

SECTION 4

EO M221.04 – PERFORM BASIC FIRST AID

Total Time: 30 min

PREPARATION

PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-702/PG-001, Chapter 4. Specific uses for said resources are identified throughout the Instructional Guide within the TP for which they are required.

Review the lesson content and become familiar with the material prior to delivering the lesson.

PRE-LESSON ASSIGNMENT

N/A.

APPROACH

A demonstration was chosen for TP1 and TP2 as it allows the instructor to explain and demonstrate the skills the cadet is expected to acquire.

A performance was chosen for TP3 as it provides an opportunity for the cadets to practice basic first aid under supervision.

INTRODUCTION

REVIEW

N/A.

OBJECTIVES

By the end of this lesson the cadet shall be expected to perform basic first aid for minor wounds and first-degree burns.

IMPORTANCE

It is important for cadets to be able to treat minor wounds and first-degree burns in a field setting. Basic first aid training gives cadets basic knowledge and skills which, if applied correctly, may prevent further injuries and discomfort to the injured.

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Knowing what to do during a first aid situation is important. However, cadets shall seek a qualified first-aider whenever an injury occurs.

Teaching point 1 **Identify and Treat Minor Wounds**

Time: 5 min Method: Demonstration

MINOR WOUNDS

Minor wounds are those that do not have severe bleeding. Bleeding wounds can be internal (inside the body) or external (outside the body). Some common external bleeding wounds are:

- abrasions and scrapes; and
- cuts.

Almost any external bleeding wound can be serious. There is always a risk of infection when the skin's top layer is broken. Knowing how to identify and treat minor wounds is essential to reduce the risk of infection or aggravation.

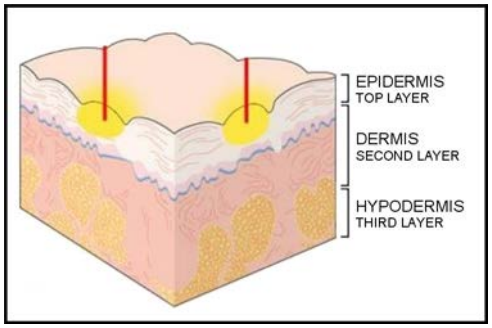

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Figure 1 Layers of Skin

Abrasions and Scrapes

Abrasions are located on the top layer of the skin. They occur when the skin is scraped or rubbed away and are often painful. The skin may bleed small amounts of blood.

Cuts

Cuts are breaks in the top or second layer of the skin. There is often some minor bleeding involved.



TheFatManWalking.com, Copyright 2006 by The FatManWalking.com. Retrieved 6 March 2007, fromhttp://www.thefatmanwalking.com/page/65492/;jsessionid=mni5xlvqdm9

Figure 2 Leg Scrape

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TREATMENT OF MINOR WOUNDS

Emergency care for treating minor wounds has three basic objectives:

- to control bleeding;
- to prevent further injury; and
- to reduce the risk of infection.



A cadet should help with a demonstration on the principles of cleaning and treating a wound.

Follow the principles listed below when cleaning and treating a minor wound, to avoid infection.

1. Wash hands with soap and water and put gloves on, if available.

2. Do not cough or breathe directly over the wound.

3. Fully expose the wound, without touching it.

4. Gently wash loose material from the surface of the wound. Wash and dry the surrounding skin with clean dressings, cleaning the wound with clean gauze wiping from the centre of the wound to the edge of the wound. (An antibiotic cream can be used on surface wounds and abrasions).

5. Cover the wound promptly with a sterile dressing.

6. Tape the dressing in place.

7. Remove and dispose of the gloves and wash your hands and any other skin area that may have been in contact with the casualty's blood.



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Figure 3 Washing the Wound

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Figure 4 Dressing and Taping the Wound

CONFIRMATION OF TEACHING POINT 1

QUESTIONS

Q1. Which layer of skin can be affected by a minor wound?

Q2. What is the first thing to do before treating a minor wound?

Q3. When washing the wound, what motion should be used?

ANTICIPATED ANSWERS

A1. Epidermis or top layer can be affected by a minor wound .

A2. Wash hands with soap and put on gloves.

A3. Wipe away from the centre of the wound to the edge of the wound.

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Teaching point 2 **Identify Types of Burns and Treat First-degree Burns**

Time: 10 min Method: Demonstration

TYPE OF BURNS

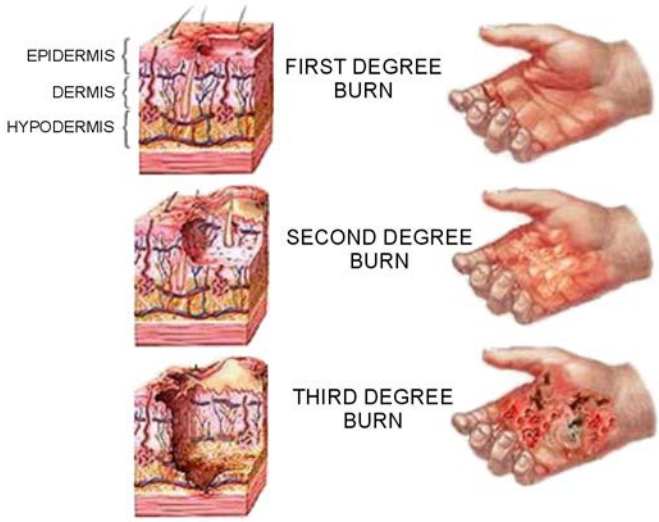

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Figure 5 Types of Burns



Ask cadets for the signs and symptoms of the various types of burns.

First-degree Burns

These are also called superficial burns and only affect the top layer of skin. Hot liquids, heat, and the sun are the main causes.

Signs and symptoms of a first-degree burn include:

- pinkish-reddish skin;
- slight swelling of the area;
- mild to moderate pain in the area; and
- sore, dry skin.

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Trip Report-World Championship in Japan. Retrieved 17 March 2007, from http://homepages.paradise.net.nz/mischief/cp_japan_trip_report.html

Figure 6 First-degree Burn

Cadets who have been sunburned have had a first-degree burn.

Second-degree Burns

These affect the second layer of skin. Hot liquids, the sun, chemicals, and fire are the main causes.

Signs and symptoms of a second-degree burn include:

- raw-looking, moist skin;
- skin colouring that may range from white to cherry red;
- blisters containing clear fluid; and
- extreme pain in the area.



Sickkids.ca. Copyright 1999 by The Hospital for Sick Children. Retrieved 6 March 2007, from http://www.sickkids.ca/plasticsurgery/section.asp?s=Burns&sID=4489&ss=About+Burns&ssID=4496

Figure 7 Second-degree Burn

Third-degree Burns

These affect the third layer of skin and can extend into the muscle. Contact with extreme heat sources (e.g. hot liquids and solids, direct flame, chemicals) and electricity are the main causes.

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Signs and symptoms of a third-degree burn include:

- dry, leathery skin;
- pearly white, tan, grey, or charred black skin;
- blood vessels or bone may be visible,
- little or no pain (nerves are destroyed);
- breathing problems; and
- shock.



Sickkids.ca. Copyright 1999 by The Hospital for Sick Children. Retrieved 6 March 2007, from http://www.sickkids.ca/plasticsurgery/section.asp?s=Burns&sID=4489&ss=About+Burns&ssID=4496

Figure 8 Third-degree Burn

TREATMENT OF FIRST-DEGREE BURNS



All burns should be brought immediately to a qualified first-aider.

A cadet should help with a demonstration on the principles of cleaning and treating a burn.

Heat Burns

These are the most common types of burns, and are caused by sources of heat such as flames from stoves, lanterns, and fires. A scald is a heat burn caused by hot liquid or steam.

To treat a heat burn:

1. Immerse the burn in cool water (if this is not possible, flush the burn with cool water and cover it with a clean, wet cloth).
2. Cool the burn until the pain is reduced.
3. Avoid the affected area.
4. When the pain has lessened, cover the burn with a clean, lint-free dressing.
5. Seek medical attention, if necessary.

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Figure 9 Cooling the Burn



Medline Plus, Medical Encyclopedia, Copyright 2007 by US National Library of Medicine. Retrieved 19 March 2007, from http://www.nlm.nih.gov/medecineplus/ency/presentations/100213_1.htm

Figure 10 Dressing the Burn

Sunburns. These are also called radiation burns. Sunburns are caused by over-exposure to sunlight and can be prevented by wearing sunscreen of a high sun protection factor (SPF), long sleeves, and wide-brimmed hats. Sunburns range from mild to serious.

SPF indicates the time a person using sunscreen can be exposed to sunlight before getting a sunburn. For example, a person who would normally burn after 12 minutes in the sun would expect to burn after 120 minutes if protected by a sunscreen with SPF 10.

The higher the SPF, the more protection a sunscreen offers against ultraviolet radiation (UV).

To treat a minor sunburn:

- seek shade;
- gently sponge the area with cool water;
- cover the area with a cool wet towel;
- repeat as needed to relieve pain;
- pat the skin dry;
- apply medicated sunburn lotion (ointment); and
- seek medical attention, if necessary.

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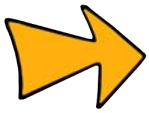

Blisters caused by sunburns should not be broken.

Fevers and vomiting indicate serious sunburn and medical attention should be sought immediately.

CONFIRMATION OF TEACHING POINT 2

QUESTIONS

Q1. What is the most common first-degree burn a cadet can suffer?

Q2. Name two signs or symptoms of a third-degree burn.

Q3. What is the first thing to do in a case of heat burn?

ANTICIPATED ANSWERS

A1. Sunburn.

A2. Dry, leathery skin; pearly white, tan, grey, or charred black skin; blood vessels or bone may be visible; little or no pain (nerves are destroyed); breathing problems and shock.

A3. Immerse the burn in cool water, flush the burn with cool water or apply a wet cloth. The burn should be cooled until the pain is reduced.

Teaching point 3 **Perform Basic First Aid**

Time: 10 min Method: Performance

ACTIVITY

OBJECTIVE

The objective of this activity is to allow cadets to practice performing basic first aid on simulated minor wounds and burns.

RESOURCES

- Gauze;
- Gloves;
- Scissors;
- Sterile dressing; and
- Tape.

ACTIVITY LAYOUT

N/A.

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ACTIVITY INSTRUCTIONS

1. Divide cadets into pairs.

2. Have one cadet perform first aid for a minor wound (arm or hand) and after, have the other cadet perform first aid for a burn (arm or hand).

3. Rotate through the pairs and make corrections as required.

4. Upon completion, review procedures for treating a minor wound and a first-degree burn.

SAFETY

N/A.

END OF LESSON CONFIRMATION

The cadets' participation in the in-class activity in TP3 will serve as the confirmation of this lesson.

CONCLUSION

HOMEWORK/READING/PRACTICE

N/A.

METHOD OF EVALUATION

N/A.

CLOSING STATEMENT

On expeditions, injuries can occur quickly and without warning. The ability to react quickly by providing on-site help will reduce the discomfort level of the injured person until medical attention is available.

INSTRUCTOR NOTES/REMARKS

N/A.

REFERENCES

C0-102 (ISBN 1-894070-56-9) St. John Ambulance. (2006). *First Aid Training: First on the Scene Student Reference Guide*. Ottawa, ON: St. John Ambulance.

C0-123 St. John Ambulance Canada. (2004). *Seasonal Safety Tips: September 2004 Be Casual, Not a Casualty*. Retrieved 27 February 2007 from http://www.sja.ca/English/safety_tips/September.asp .

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