EMERGENCIES STAGE 1

I know what	demonstrate what should be in their personal first aid				
should be in my personal first aid kit.	kit.				
	be able to list items required: gloves, antiseptic wipes, triangular bandages, sticking plasters, scissors, etc.				
	be able to pack the personal first aid kit properly.				
	know where to get supplies when an item runs out.				
I know the basic rules of First Aid.	discuss the basic rules for dealing with emergencies. • This can be teased out with the Scouts to see how they would react in various situations. The Scout should be comfortable with these rules and be able to recall or cite them with ease.				
I can treat minor cuts, bruises and remove splinters.	be able to deal with simple cuts, bruises and sprains and demonstrate this ability in a simulated environment				

EMERGENCIES STAGE 1

				I	
I know the	be aware of the emergency services available in				
different	different situations and how and when to get in contact				
emergency	with them, e.g. ambulance, fire service, lifeboat.				
services that are	This can be simulated in the Scout Den as practice.		 	 	
available and how and when to call	know the emergency telephone numbers.				
them.	know how to radio from a vessel on the water.			 	
	know what to do when talking to an Emergency Operator.		 	 	
I know how to use the buddy system	know how to put the buddy system into practice				
	know why the buddy system is important.	 	 	 	
I can get help and	be able to say how they might keep calm, don't panic				
make a report	and seek help immediately. They should also be able to				
properly if someone is hurt.	explain to someone in a clear way what has happened				
I can be responsible for my	be able to take care of themselves while scouting				
own health and safety.	know how to get help in times of difficulty.				
	possess the skills required to be safe at all times.	 	 	 	
	possess the knowledge required to always be healthy.				
	know how to get assistance if required	 	 	 	