

First Aid Baseball

Materials:

- First aid baseball question cards(see following pages)
- Something to put on the floor to represent home plate and three bases – could be as simple as pieces of paper labeled “Home”, “1st”, “2nd”, and “3rd”
- Pencil and a piece of paper to keep score

Players

- Two teams – these could be two patrols or one patrol divided in two. The number of people on each team should be approximately equal.
- The umpire - Troop Instructor, Senior Patrol Leader, Scoutmaster, or somebody neutral like that
- The scorekeeper

Instructions:

1. Line up one team (patrol) behind the home plate. The first person in line is the batter.
2. Have the batter randomly choose one of the cards.
3. The umpire asks the question on the card.
4. The batter answers the question, without help from his teammates.
5. The umpire reads the answer on the card so both teams know what the correct answer is.
6. The umpire decides if the question has been answered correctly or not. He can ask for clarification if he wants to. All decisions of the umpire are final. Some of the questions have multiple part answers. The umpire can decide to let the runner advance a base or two if he gets part of the answer.
7. If the batter answered correctly, he advances the number of bases indicated by the umpire. If he answered incorrectly, the scorekeeper records an out for his team and the batter returns to the end of the line.
8. The next person in line is the batter and steps 2 to 6 are repeated. If the batter answers correctly and there is somebody on base ahead of him, everyone on base advances the number of bases indicated on the card.
9. When a base runner gets to home plate, the scorekeeper records a run for that team and the base runner returns to the end of his team’s line.
10. When a team has three outs, then the other team “bats”.
11. Play two or three innings, making sure each team bats during each inning played.
12. The team with the most runs at the end wins.

<p style="text-align: center;">What is first aid?</p> <p>First aid is the first help given to the victim of an accident or other health emergency</p> <p style="text-align: center;">Single – advance one base</p>	<p style="text-align: center;">What are the three things first aid should do?</p> <ul style="list-style-type: none"> • Stop life threatening dangers • Protect the victim from further harm • Get proper medical help for the victim <p style="text-align: center;">Triple – advance three bases</p>	<p style="text-align: center;">When approaching an accident victim, what is the first thing you should check about the scene?</p> <p>Assess the area for safety so you don't get injured yourself.</p> <p style="text-align: center;">Single – advance one base</p>
<p style="text-align: center;">Name the things you should tell emergency services when calling for help</p> <ul style="list-style-type: none"> • Location of victim • Description of injuries or illness • What time did the injury occur • Any treatment which has already been administered • Number of people with the victim and their first aid skill level • Any special equipment or assistance which might be needed <p>Home Run – advance four bases</p>	<p style="text-align: center;">What are the four situations known as “hurry cases” which pose an immediate threat to the victim’s life?</p> <ul style="list-style-type: none"> • No heartbeat • Severe bleeding • Stopped breathing • Ingested poison <p>Home Run – advance four bases</p>	<p style="text-align: center;">If the victim is not breathing, what should you check first?</p> <p style="text-align: center;">Is his airway obstructed</p> <p style="text-align: center;">Single – advance one base</p>
<p style="text-align: center;">If the victim is not breathing and his airway is open, what should you begin to do?</p> <p style="text-align: center;">Rescue breathing</p> <p style="text-align: center;">Single – advance one base</p>	<p style="text-align: center;">During rescue breathing, what indicates that the air is reaching the victim’s lungs?</p> <p style="text-align: center;">His chest rises and falls</p> <p style="text-align: center;">Single – advance one base</p>	<p style="text-align: center;">When doing rescue breathing, you should continue until one of two things happens. What are those two things?</p> <p style="text-align: center;">A medic tells you to stop It becomes physically impossible for you to continue</p> <p style="text-align: center;">Double – advance two bases</p>

<p>You should only interfere with a conscience choking victim if he cannot do three things. What the these?</p> <p>He cannot speak, cough, or breathe.</p> <p>Triple – advance three bases</p>	<p>What is the first type of physical aid you should give to a conscience choking victim?</p> <p>Five back blows</p> <p>Single – advance one base</p>	<p>What is the universal sign for choking?</p> <p>Clutch your throat with your hand</p> <p>Single – advance one base</p>
<p>What are the five common signs of a heart attack?</p> <ul style="list-style-type: none"> • Uncomfortable pressure, squeezing, fullness, or pain in the center of the chest • Unusual sweating • Nausea • Shortness of breath • A feeling of weakness <p>Home run – advance four bases</p>	<p>Blood can be contaminated with blood borne viruses. What two precautions should you take when helping a bleeding victim?</p> <ul style="list-style-type: none"> • Use a protective barrier, such as gloves • Wash exposed skin with hot water and soap immediately after treating the victim <p>Double – advance two bases</p>	<p>What four items should be included in all first aid kits to protect the person providing first aid?</p> <ul style="list-style-type: none"> • Nonlatex gloves • A mouth barrier device for rescue breathing • Plastic goggles or safety glasses • Antiseptic for sterilizing exposed skin <p>Home run – advance four bases</p>
<p>What item which every scout owns can be used to make a bandage?</p> <p>A neckerchief</p> <p>Single – advance one base</p>	<p>What is the most common cause of accidental death among children?</p> <p>Poisoning</p> <p>Single – advance one base</p>	<p>What three steps should you take when giving first aid to a poisoning victim?</p> <ul style="list-style-type: none"> • Call a poison control center • Treat the victim for shock • Save any vomit <p>Triple – advance three bases</p>

<p>Name four of the signs of shock</p> <ul style="list-style-type: none"> • Restlessness or irritability • A feeling of weakness • Confusion, fear, or dizziness • Moist, clammy, pale skin • Quick weak pulse • Shallow, rapid, irregular breathing • Nausea and vomiting • Extreme thirst <p>(Name any four)</p> <p>Home run – advance four bases</p>	<p>What five things should you do for a victim of shock?</p> <ul style="list-style-type: none"> • Try to eliminate the cause of the shock • Call for emergency help • Monitor the victim's breathing and keep the airway open • Have the victim lie down, raising the feet about 12 inches above the head • Keep the victim warm with blankets or coats <p>Home run – advance four bases</p>	<p>What should you do if you feel like you might faint?</p> <p>Sit down</p> <p>Single – advance one base</p>
<p>If a person who has fainted does not improve, what should you treat him for?</p> <p>Treat him for shock</p> <p>Single – advance one base</p>	<p>What three steps should you take for small wounds such as cuts and scrapes?</p> <ul style="list-style-type: none"> • Wash with soap and water • Apply antiseptic • Cover with a bandage <p>Triple – advance three bases</p>	<p>What four steps should you take for a victim with a large cut or wound</p> <ul style="list-style-type: none"> • Apply pressure to stop the bleeding • Keep the wound clean • Cover with a sterile pad or a clean cloth • Seek medical attention <p>Home run – advance four bases</p>
<p>What first aid should you provide for a splinter or puncture wound?</p> <ul style="list-style-type: none"> • Remove anything inside the wound with sterilized tweezers • Wash with soap and water • Apply a sterile bandage • Seek medical attention <p>Home run – advance four bases</p>	<p>Name two ways to sterilize a pair of tweezers</p> <ul style="list-style-type: none"> • Hold over a flame • Hold in boiling water <p>Double – advance two bases</p>	<p>What is the best thing to do if the victim has a fishhook snagged in him?</p> <p>Go to a doctor to have it removed.</p> <p>Single – advance one base</p>

<p>If you are in the backcountry and a victim has a fishhook snagged in him and you are unable to get to a doctor, what should you do?</p> <ul style="list-style-type: none"> • Push the hook further in so that the barb comes out of the skin. • Snip off the barb with a pliers or wire cutter. • Carefully pull the shank back out through the point of entry. • Wash and bandage the wound <p>Home run – advance four bases.</p>	<p>What first aid should you provide for a superficial (first degree) burn?</p> <p>Hold the burn under cold water or apply cool wet compresses until the pain goes away</p> <p>Single – advance one base</p>	<p>Should you apply butter, creams, or ointments to a partial thickness (second degree) burn?</p> <p>No!</p> <p>Single – advance one base</p>
<p>What are the signs of a partial thickness (second degree) burn?</p> <p>Blisters</p> <p>Single – advance one base</p>	<p>What is the treatment for a partial thickness (second degree) burn?</p> <ul style="list-style-type: none"> • Place the burn in cool water • Let the burn dry • Apply a sterile gauze pad to protect the blister <p>Triple – advance three bases</p>	<p>Should you break the blisters of a partial thickness (second degree) burn?</p> <p>No!</p> <p>Single – advance one base</p>
<p>What are the two signs of a full thickness (third degree) burn?</p> <ul style="list-style-type: none"> • Skin might be burned away or charred • Victim might not feel pain <p>Double – advance two bases</p>	<p>What is the treatment for a full thickness (third degree) burn?</p> <ul style="list-style-type: none"> • Do not disturb the burned area. Wrap the victim in a clean sheet • Seek medical attention immediately <p>Triple – advance three bases</p>	<p>Name two ways to prevent sunburn</p> <ul style="list-style-type: none"> • Wear a sunscreen with SPF 15 or higher • Cover exposed skin with a hat, long sleeved shirt, and long pants <p>Double – advance two bases</p>

<p>How can you prevent blisters?</p> <ul style="list-style-type: none"> • Wear shoes or boots that fit • Avoid wearing damp or wet socks • Pay attention to how your feet feel <p>Triple – advance three bases</p>	<p>What is the treatment for blisters?</p> <ul style="list-style-type: none"> • Cut moleskin patches and fit them around the blister • Apply a gel pad <p>Double –advance two bases</p>	<p>What is the treatment for a sprained ankle?</p> <p>Wrap a bandage or neckerchief around it to provide support</p> <p>Single – advance one base</p>
<p>What first aid should you provide for a bee or wasp sting?</p> <ul style="list-style-type: none"> • Scrape the stinger away with the edge of a knife • Apply an ice pack to reduce pain and swelling <p>Double –advance two bases</p>	<p>Why shouldn't you squeeze a bee or wasp stinger out?</p> <p>It will force venom into the wound</p> <p>Single – advance one base</p>	<p>How should a tick be removed?</p> <ul style="list-style-type: none"> • Grasp the tick with a pair of tweezers • Gently pull it until it comes loose <p>Double – advance two bases</p>
<p>How should chigger bites be treated?</p> <p>Calamine lotion or apply a small dab of clear fingernail polish</p> <p>Single – advance one base</p>	<p>How should a spider bite be treated?</p> <ul style="list-style-type: none"> • Wash with soap and water • Apply a cold pack • Seek medical attention <p>Single –advance one base</p>	<p>What first aid should be provided for an animal bite?</p> <ul style="list-style-type: none"> • Scrub the area with soap and water • Cove the wound with a sterile pad • Seek medical attention <p>Triple – advance three bases</p>

<p>Should you try to catch the animal which caused an animal bite?</p> <p>No! Don't put yourself at risk by trying to catch the animal.</p> <p>Single – advance one base</p>	<p>What first aid should be provided for a nonvenomous snakebite?</p> <ul style="list-style-type: none"> • Wash with soap and water • Apply an antiseptic <p>Double –advance two bases</p>	<p>What first aid should be provided for a venomous snakebite?</p> <ul style="list-style-type: none"> • Seek medical attention as soon as possible • Remove rings which might cause problems if swelling occurs • Have the victim sit down and position the bitten part lower than the rest of his body. • Treat for shock. <p>Home run – advance four bases</p>
<p>Should you try to suck the venom out of a snakebite?</p> <p>No!</p> <p>Single –advance one base</p>	<p>Should you apply ice to a snakebite?</p> <p>No!</p> <p>Single – advance one base</p>	<p>What should be done for a person with something in their eye?</p> <ul style="list-style-type: none"> • Have the person blink • Try to flush out the particle with clean, running water <p>Double – advance two bases</p>
<p>What should be done for somebody who is hyperventilating?</p> <ul style="list-style-type: none"> • Try to get them to stay calm and breath slowly • Have them breath into and out of a paper bag • Seek medical attention <p>Triple – advance three bases</p>	<p>What should you do if you suspect a neck or spinal injury?</p> <p>Support the victim's head and neck in the position found.</p> <p>Single – advance one base</p>	<p>Should you move a victim if you suspect a broken bone?</p> <p>No!</p> <p>Single – advance one base</p>

<p>What should you do if you come into contact with poison ivy, poison oak, or poison sumac?</p> <ul style="list-style-type: none"> • Change your clothes • Wash the exposed area with soap and water • Apply calamine lotion <p>Triple – advance three bases</p>	<p>What are the five symptoms of heat exhaustion?</p> <ul style="list-style-type: none"> • Pale, clammy skin • Nausea and fatigue • Dizziness and faintness • Headache and muscle cramps • Rapid pulse <p>Home run – advance four bases</p>	<p>How should heat exhaustion be treated?</p> <ul style="list-style-type: none"> • Have the victim lie down • Remove excess clothing • Apply wet, cool cloths • Fan the victim • Give the victim water to drink • If he doesn't improve immediately, seek medical attention <p>Home run – advance four bases</p>
<p>What are seven the signs of hypothermia?</p> <ul style="list-style-type: none"> • Feeling cold and numb • Fatigue and anxiety • Uncontrollable shivering • Slurred speech • Confusion or irritability • Stumbling and falling down • Loss of consciousness <p>Home run – advance four bases</p>	<p>What is the treatment for hypothermia?</p> <ul style="list-style-type: none"> • Have the victim drink warm liquids • Get the victim to shelter • Have the victim change into warm dry clothes • Apply bottles filled with warm fluid to the armpits and groin • Monitor the victim, but do not move him <p>Home run – advance four bases</p>	<p>What is the first aid for frostbite?</p> <ul style="list-style-type: none"> • Get to shelter • Warm the area with the palm of the hand or in an armpit • Hold the area under warm water • Cover the area with a warm, dry blanket • Seek medical attention <p>Home run – advance four bases</p>