



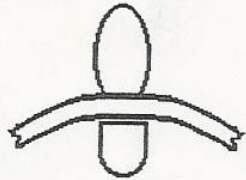
# BOY SCOUTS OF AMERICA

## Troop 146

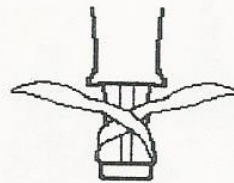
St. Francis Church  
308 Jefferson Street  
Hoboken, NJ 07030  
www.Troop146.org

### First Class Requirement 7a Bandages, Splints, and Slings

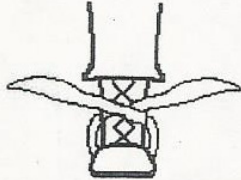
#### Sprained Ankle



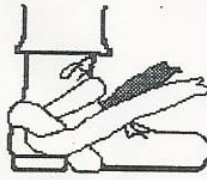
1. Start with a cravat in front of the boot heel...



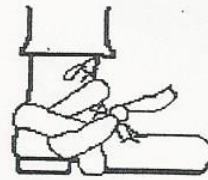
2. Cross the bandage in back of the boot...



3. Cross the bandage over the boot laces...



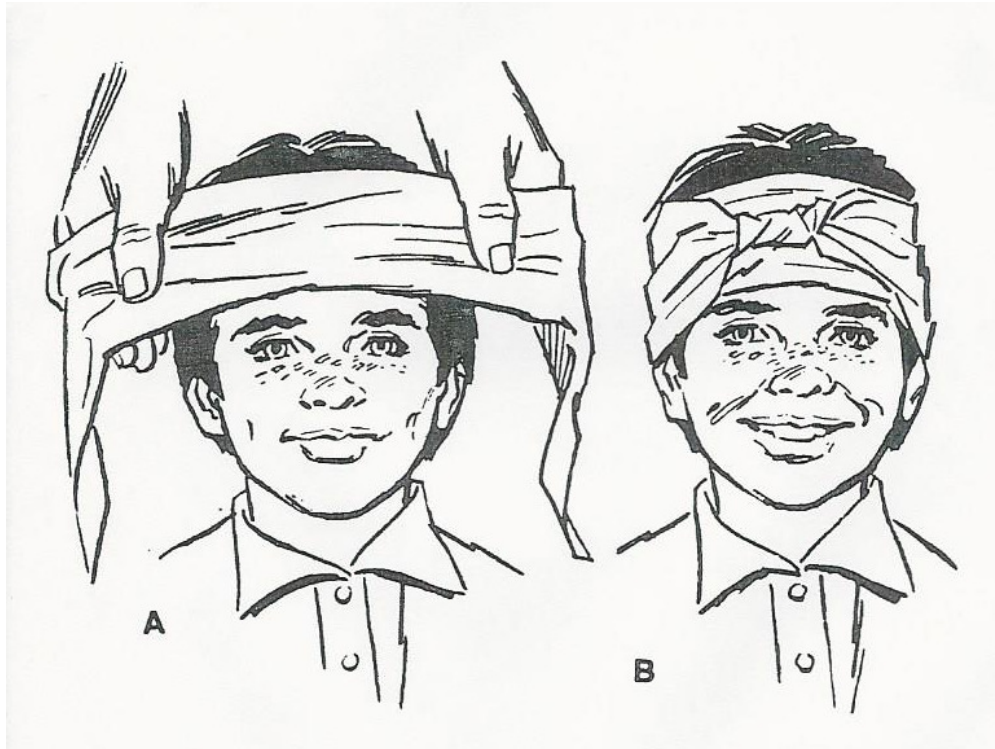
4. Loop the bandage around the "stirrup" (both left and right)...



5. Pull snug and end with a square knot over the laces.

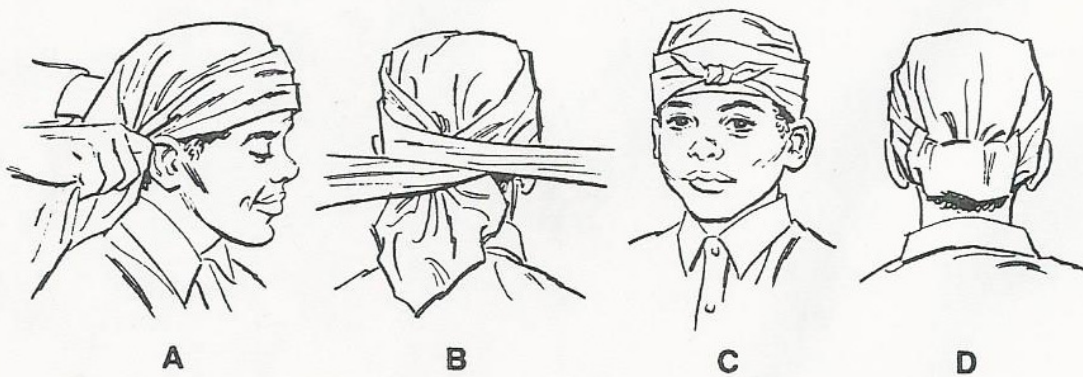
**You may have to continue your wilderness trek in spite of a sprained ankle. In that case, keep shoe on and tie sprained ankle bandage over it.**

## Injuries on the head - 1



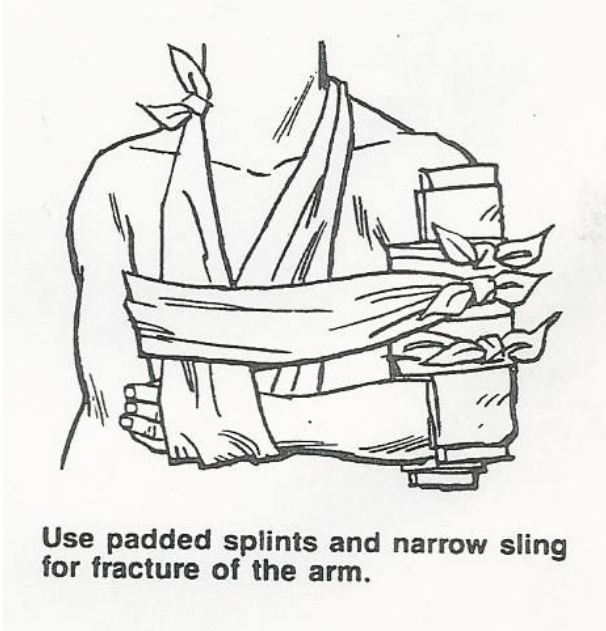
## Injuries on the head - 2

### Triangular bandage for the head



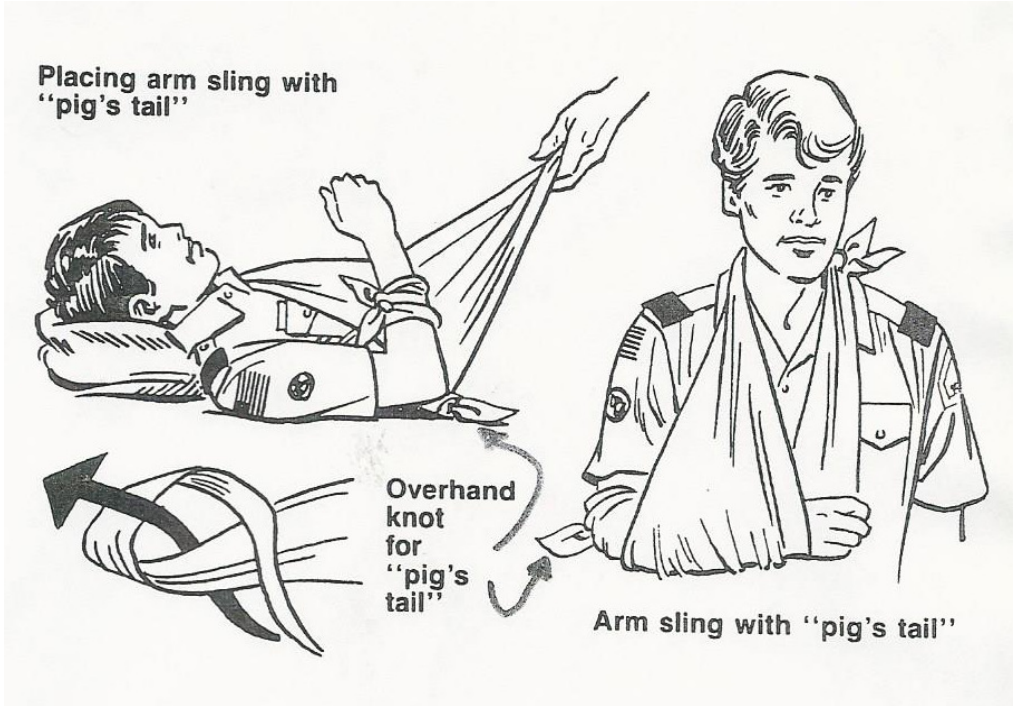
Use when entire scalp needs to be covered.

**Broken bone - Upper arm**



Okay to improvise a splint using a magazine or newspaper.

**Broken bone - Forearm**



## Broken bone - Collarbone

Broken  
collarbone



Note: Just a sling plus a stabilizing wrap. No splint is possible.