



BOY SCOUTS OF AMERICA
Troop 146
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Second Class Requirement 6c

"Tell what you can do while on a campout or hike to prevent or reduce the occurrence of the injuries listed in Second Class requirements 6a and 6b."

Name

1. **Prevention: Object in the eye**

Complete this sentence: Wear safety glasses or goggles when...

2. **Prevention: Bite of a warm-blooded animal**

a. Name some animals in the wild that might have rabies and that might infect you from their saliva if they bite:

_____ _____
_____ _____
_____ _____

b. Another form of protection is to protect the next guy, by catching and confining the animal in question. What can you do to make that happen?

3. **Prevention: Puncture wounds from a splinter, nail, and fishhook**

a. What can you wear to prevent getting a splinter when you're handling wood?

b. What can you wear to prevent getting a puncture wound when you step on a nail?

c. What's a good way to prevent the fisherman next to you from getting hooked by your fishing line?

4. **Prevention: Serious burns (partial thickness, or second-degree)**
- a. How can the cook prevent himself from getting burned by boiling water?

 - b. How can the cook prevent himself from getting burned by spattering grease?

 - c. How can Scouts prevent themselves from getting burned by a stray spark from a campfire?

 - d. Name one way to reduce the chances of a campfire throwing off stray sparks:

5. **Prevention: Heat exhaustion**
- If you're outside working under a hot sun and start to feel dizzy, name three things you can do to prevent from collapsing from a case of heat exhaustion:
- _____
- _____
- _____

6. **Prevention: Shock**
- a. It turns out that the treatment for a victim displaying shock symptoms is the same as treatment for preventing shock. Do these two things:

 - b. Best not to raise the victim's legs if you suspect a broken bone. A suspected broken arm is not a problem, but name some suspected breaks that could make things worse if you try to raise the victim's legs:

7. **Prevention: Heatstroke**

Heatstroke is a super-bad-call-911 version of heat exhaustion, so prevention is the same. If you're outside working under a hot sun and start to feel dizzy, name three things you can do to prevent from collapsing from a case of heat exhaustion, or worse, from heatstroke:

8. **Prevention: Dehydration**

Preventing dehydration is pretty straightforward: Drink water! But here are some aspects of drinking that you might not have thought of. True or false:

- a. T ___ or F___: Plain water is much better than coffee or tea or Coke or other caffeinated drinks.

- b. T ___ or F___: Being thirsty is the best indicator. If you're not thirsty, there's no need to drink.

- c. T ___ or F___: Dehydration is strictly a hot weather problem. Nobody gets dehydrated in cold weather.

- d. T ___ or F___: The color of your urine is a good indicator of dehydration. Close to colorless is good, dark is bad, really dark = get medical attention!

9. **Prevention: Hypothermia**

Preventing hypothermia is pretty straightforward: Get out of the cold and get into the warmth! But here are some aspects of hypothermia that you might not have thought of. True or false:

- a. T ___ or F___: Wet or damp clothing is a problem. Get out of damp clothing and put on something dry.

- b. T ___ or F___: Drinking hot liquids is good. Make the victim drink even if he's really dizzy or semi-conscious.

- c. T ___ or F___: If you can improvise a heating pad, such as a bottle of warm water wrapped in a T-shirt, the best place to put it is in the victim's armpit or groin.

10. **Prevention: Hyperventilation**

Hyperventilation is when someone gets really nervous or anxious and starts breathing too fast. This can mess up the amount of oxygen and other gasses dissolved in the bloodstream, and can cause dizziness. Preventing hyperventilation is pretty straightforward: Tell the victim to slow down his breathing! But here are some aspects of hyperventilation that you might not have thought of. True or false:

a. T ___ or F___: Make the victim count. Breathe, then count to five, then breathe again and count to five again.

b. T ___ or F___: Make the victim breathe less. Tell him he is only allowed to breathe through pursed lips. Or tell him that he is only allowed to breathe through his right nostril while pinching the left nostril shut.