



First Aid

Cub badge

1. Explain why people should lie down if they have had a big fright or have been injured.
2. Demonstrate how to keep someone warm and comfortable with one or two blankets.
3. Demonstrate how to apply a cold face cloth to a person suffering from a mild headache.
4. Demonstrate how to gently clean a cut or graze and apply a plaster.
5. Explain the limits of first aid and treatment and when it's important to call an adult,
6. Explain how to call an ambulance and the police and when this should be done.
7. Explain how to treat insect bites and stings

Youth name: _____

Parent/examiner: _____

