

Hi Cadettes! Complete this guide as you watch Twig's first aid video. :)

## **The Components of a Basic First Aid Kit:**

Items (9)

Purpose or Use

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

& rope, matches, pins, a pencil, & a needle with thread

## **Strokes**

What is a Stroke?

\_\_\_\_\_

\_\_\_\_\_

Think

F: \_\_\_\_\_

Question: \_\_\_\_\_

A: \_\_\_\_\_

Question: \_\_\_\_\_

S: \_\_\_\_\_

Question: \_\_\_\_\_

T: \_\_\_\_\_

## **Heat Stroke, Hypothermia, and Frostbite**

What three things should you do to help someone with heat stroke?

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

What three things should you do to help someone with hypothermia?

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

Frostbite occurs when: \_\_\_\_\_

## **Poisonous Plants**

What phrase can you use to identify which plants are poisonous?

\_\_\_\_\_

What can you do to protect yourself from poisonous plants?

\_\_\_\_\_

## **Shock**

Shock is when...

\_\_\_\_\_

If a person's shock is from an allergic reaction, you should look for:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_

and call 911.

If a person's shock is not from an allergic reaction, you should:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_