



THE *Scout* ASSOCIATION  
OF MALTA

**Xghajra Scout Group**

[xghajrascouts.org](http://xghajrascouts.org)

### 3.06. First Aid

- (a) Know what to do in an emergency: Explain what to say when calling for help.
  - (b) Learn basic first aid techniques: Understand the importance of cleanliness and show how to dress minor cuts and grazes using gauze, roller bandages, and adhesive dressings.
  - (c) Learn how to recognize a sprain or strain and how to treat it. Practice using an ice pack, elevating the injured area, and wrapping it with a bandage or cloth.
  - (d) Demonstrate how to make a patient comfortable, including how to place someone in the recovery position.
  - (e) Know how to treat wasp and bee stings, and how to safely remove a splinter.
  - (f) Know how to stop a nosebleed.
  - (g) Know how to treat someone who has fainted.
  - (h) Build a simple first aid kit with supplies you might need (like bandages, antiseptic wipes, and gauze). Explain why each item is important and when to use it.
- REMEMBER: Your own safety always comes first!**