



2017 MERIDIAN DISTRICT CAMPOREE

April 28th – April 30th Rancho Los Mochos

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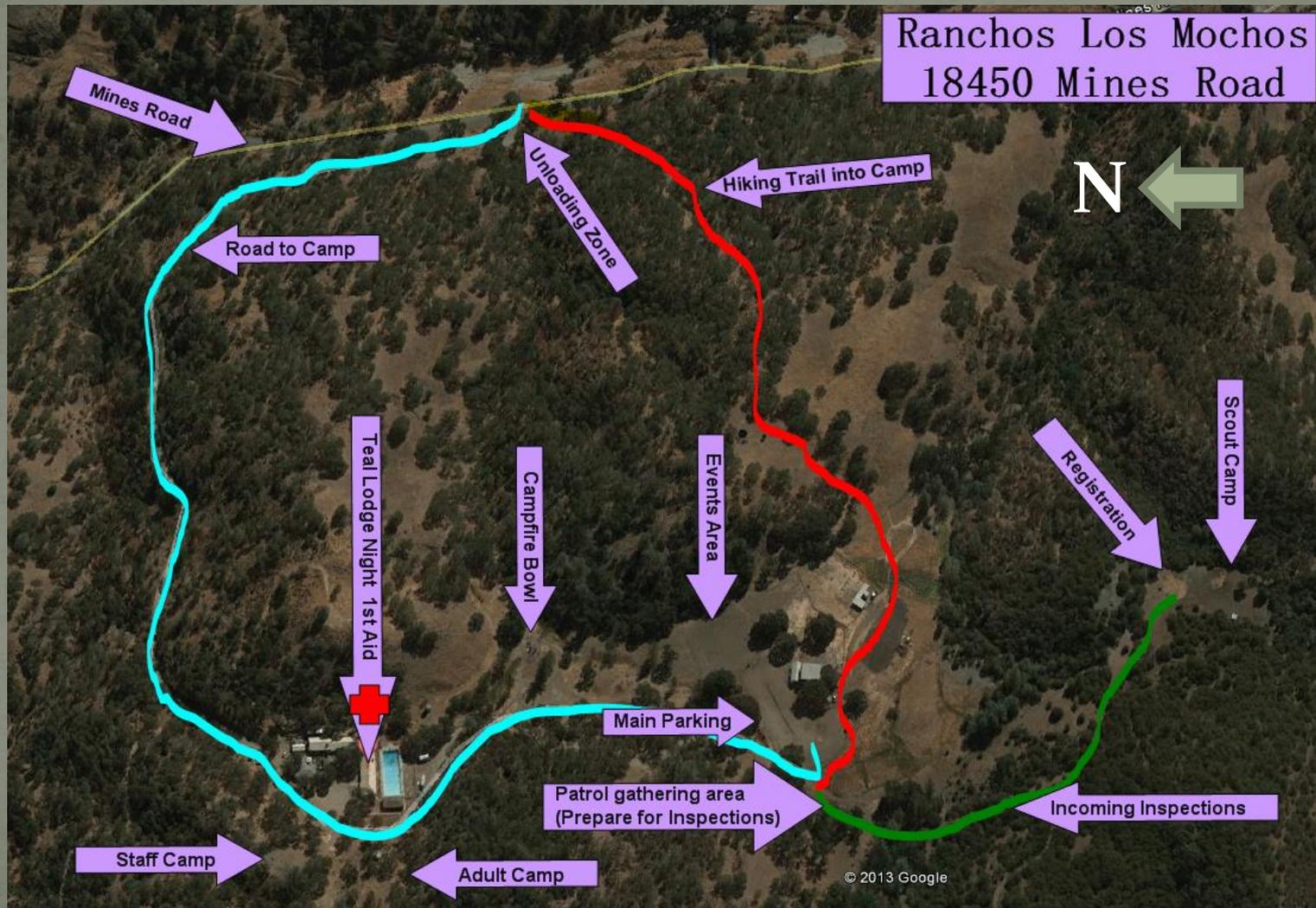
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Health & Safety – prepared by Rand Mahoney, W-EMT

Emergency Movements/Evacuation

- If there is a camp-wide emergency, there will be an emergency signal (e.g. 3 blasts of a bell, air horn, whistle)
- Units will be directed where to go and how to proceed (such as leaving equipment behind, etc.)
- Some possible situations
 - Wild land fire
 - Helicopter evacuation

Los Mochos Map



Helicopter Evacuation Area



Scouts and Troops/Crews



- Health and safety starts with each individual Scout and Scout leader, and collectively is the responsibility of each unit (e.g. troop, crew, etc.)
- First aid should be the responsibility of each unit and should be performed first at the unit level
- The Camporee will have a centralized First Aid location staffed by medical personnel for additional first aid assistance
- We will have over 600 people on-site so starting at the unit level is very important

QUIZ

- What is the emergency signal?
- Who should do the first treatment of first aid?
- Where is the daytime first aid location?
- Where is the nighttime first aid location?

Typical First Aid Events at Camporee

- Dehydration
- Scrapes and cuts
- Allergies & asthma
- Bruises, sprains, broken bones
- Foreign body/object in eye
- Rattlesnake sighting (no bites so far)
- Poison oak
- Sunburn

Dehydration

- Dehydration is a condition that occurs when a person loses more fluids than he or she takes in.
- Mild signs/symptoms are often (but not limited to):
 - Thirst/Dry mouth / Cotton mouth
 - Head ache
 - Dry skin / Flushing
 - Dark colored & low volume urine
 - Fatigue / Weakness
 - Lack of concentration
 - Loss of appetite

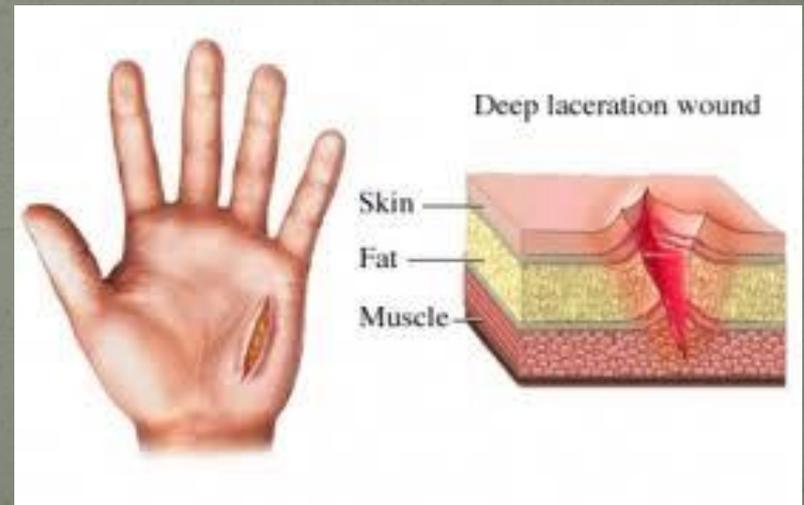


Dehydration (cont.)

- Treatment:
 - Drink more water/electrolyte (sports) drink
 - Seek shade. Rest.
- Prevention:
 - Drink, drink, drink
 - Drink early, drink often

Simple Cuts and Scrapes

- Cuts are skin injuries caused by sharp objects. Scrapes are areas of damage to the upper layers of skin.
- Most cuts and scratches are not very deep and do not go past the skin into muscles or fatty tissues. Deep cuts that are longer than 1/2 inch (1/4 inch if on the face) and leave the skin edges separated or gaping, need stitches (sutures).



Simple Cuts and Scrapes (cont.)

- Treatment:
 - Apply direct pressure as needed to stop any bleeding.
 - Wash the wound with soap and water for 3-5 minutes. Gently remove ALL bits of dirt, small pieces of rock, or other debris.
 - Apply an antibiotic ointment such as Neosporin and cover it with a Band-Aid or gauze.
 - On a daily basis, uncover and inspect the wound. Look for inflammation (redness, swelling, warmth, pus, soreness). Wash the wound as needed and change the Band-Aid or gauze daily.
- Prevention:
 - Be careful when using knives, axes, and other sharp objects.
 - Avoid running and rough-housing

Allergies & Asthma

- An allergy is a hypersensitivity disorder of the immune system. Allergic reactions occur when a person's immune system reacts to normally harmless substances in the environment.
- Mild allergies (e.g. hay fever) are very common in the human population and cause symptoms such as red eyes, itchiness, and runny nose, eczema, hives, or an asthma attack. Allergies can play a major role in conditions such as asthma.
- In some people, severe allergies to environmental or dietary allergens or to medication may result in life-threatening reactions called anaphylaxis. Food allergies, and reactions to the venom of stinging insects such as wasps and bees are often associated with these severe reactions

Allergies & Asthma (cont.)

- Signs & Symptoms (mild allergies, e.g. hay fever):
 - Irritation of the nose
 - Sneezing
 - Itching
 - Redness of the eyes
- Treatment:
 - Removal of allergen if possible/wear a mask
 - Allergy medication (or asthma medication/inhaler if asthma)



Allergies & Asthma (cont.)

- Signs & Symptoms (moderate/severe allergies (anaphylaxis):
 - Many different symptoms over minutes or hours (average onset of 5 to 30 minutes to 2 hours for foods). The most common areas affected include (usually two or more being involved.):
 - skin (80–90%)
 - generalized hives, itchiness, flushing or swelling of the lip, tongue, throat
 - respiratory (70%)
 - shortness of breath, breathing difficulty, wheezing,
 - gastrointestinal (30–45%),
 - heart and vasculature (10–45%), and
 - central nervous system (10–15%)
- Treatment:
 - Seek medical attention IMMEDIATELY
 - Use Epi-Pen for anaphylaxis (only if it belongs to patient)
 - Use inhaler for asthma (only if it belongs to patient)

QUIZ

- What is the best way to prevent dehydration?
- What are the steps in treating a cut or abrasion?
- What is the difference between a mild and a severe allergic reaction?
- T or F: Asthma can be triggered by grass or tree pollen.

Sprains/Strains

- A sprain is an injury in a joint, caused by the ligament being stretched beyond its own capacity. A muscular tear caused in the same manner is referred to as a strain.
- Signs/symptoms of sprains:
 - Pain
 - Swelling
 - Bruising
 - Decreased ability to move the limb
 - If the ligament is ruptured, one may hear a popping sound
 - Difficulty using the affected extremity



Sprains/Strains (cont.)

- Treatment:

- RICE

- Rest: The sprain should be rested. No additional force should be applied on site of the sprain. In case of, for example, a sprained ankle, walking should be kept to a minimum.
- Ice: Ice should be applied immediately to the sprain to reduce swelling and pain. It can be applied for 10–15 minutes at a time (longer application of ice may cause damage instead of healing), 3-4 times a day. Place a towel or cloth between the ice/cold pack and the skin.
- Compression: Dressings, bandages, or ace-wraps should be used to immobilize the sprain and provide support. Compression should not cut off the circulation of the limb.
- Elevation: Keeping the sprained joint elevated (in relation to the rest of the body) will also help minimize swelling.

- Prevention:

- Be careful in sports and other activities
- Wear support wraps/braces if you have susceptible joints

Foreign body/object in eye

- Something that enters the eye from outside the body.
 - It can be anything—from a particle of dust to a metal shard—that does not naturally belong there.
 - Most likely affect the cornea or the conjunctiva.
- Foreign objects can cause abrasions, or scratches, on your cornea.
 - These injuries usually are minor. However, some types of foreign objects can cause infection or damage your vision
- Signs/symptoms of sprains:
 - Feeling of “something” in eye
 - Redness
 - Pain in affected eye(s)



Foreign body/object in eye (cont.)

- Treatment:
 - Copious irrigation of the eye with an isotonic saline or sterile water
 - Bandage eye(s) as needed
- Prevention:
 - Be careful in sports and other activities
 - Wear protective glasses

Rattlesnake Bite

- A bite by a rattlesnake (Northern Pacific rattlesnake). Not all bites are “wet bites”; about 25-33% are dry bites with no venom is released. Of the 800+ bites per year reported to Poison Control, only ~1% were deadly.
- Signs/symptoms of sprains:
 - Overwhelming fear, panic, and emotional instability
 - Swelling and redness of bite area
 - Pain
 - Nausea and vomiting
 - Diarrhea
 - Vertigo (dizziness)
 - Fainting
 - Tachycardia (rapid heart rate)
 - Cold, clammy skin



Rattlesnake Bite (cont.)

- Treatment:
 - Try to calm the victim
 - Gently wash the area with soap and water
 - Remove any rings or constricting items
 - Splint the limb to immobilize it & minimize movement
 - Monitor vitals and transport patient to the nearest emergency facility for treatment with antivenom
 - Do NOT apply a tourniquet, cut the wound with a knife/razor and use your mouth to suck out the venom
- Prevention:
 - Be careful where you step or reach
 - Avoid tall grass and wood piles
 - Wear boots & protective clothing
 - Always travel with a buddy

Miscellaneous

- Avoid poison oak
 - Stay out of bushes, etc.



- Avoid sunburn
 - Apply sunscreen every 2-4 hours
 - Wear hat, long sleeves, etc. as needed



QUIZ

- How do you treat a foreign object in the eye?
- What is the best way not to be bitten by a rattlesnake?
- What is the best way to prevent sunburn?
- T or F: If you got exposed to poison oak, you would know it during camporee.

Personal First Aid Kit

- 6 adhesive bandages
- 2 sterile, 3-by-3-inch gauze pads
- A small roll of adhesive tape
- A 3-by-6-inch piece of moleskin
- A small bar of soap or small bottle of alcohol-based hand sanitizing gel
- A small tube of triple antibiotic ointment
- Scissors
- Disposable non-latex gloves
- CPR breathing barrier
- Pencil and paper

Patrol/Troop First Aid Kit

- A 2-inch roller bandage
- 2 1-inch roller bandages
- A roll of 1-inch adhesive tape
- 24 alcohol swabs
- A box of assorted adhesive bandages
- 2 3-inch-wide elastic bandages
- 12 sterile, 3-by-3-inch gauze pads
- 4 3-by-6-inch pieces of moleskin
- 2 packets of gel pads for blisters and burns
- A tube of triple antibiotic ointment
- 4 triangular bandages
- A small bar of soap, or a travel-size bottle

- Scissors
- Tweezers
- 12 safety pins
- 6 pairs of non-latex disposable gloves
- Protective goggles/safety glasses
- CPR breathing barrier
- Pencil and paper

These optional items also are recommended:

- An instant cold compress
- A space blanket
- A SAM[®] Splint

THANK YOU

Thank you for helping with District Camporee!!!!