

# Be a first aider

Learn how to recognise and treat cuts and grazes

Suitable for Beavers

## Cuts and grazes: what's the difference?

A cut is when the skin is fully broken, and a graze is when only the top layers of skin have been scraped off.

### You will need

- sterile gloves (make sure nobody is allergic to latex first)
- clean water (preferably running) or alcohol-free wipes
- gauze swab
- sterile gauze/clean, non-fluffy cloth
- sterile dressing
- make-up and fake blood

### Wogglebox



#### Millie says:

'This activity was fun and interesting. It taught me not to panic in an emergency.'





## Instructions

**1** Talk to your section about what they should do if someone has an accident, so that they receive the right treatment and everyone stays safe. When should they call the emergency services? For guidance, go to [nhs.uk/using-the-nhs/nhs-services/urgent-and-emergency-care/](https://www.nhs.uk/using-the-nhs/nhs-services/urgent-and-emergency-care/).

**2** Ask the young people what they think the difference is between a cut and a graze, and what first aid equipment they might need to treat them. Refer to the information on this page to help answer the question.

**3** Next, talk them through the steps provided for treating cuts and grazes using the first aid kits. You could simulate wounds using fake blood and make-up and task the young people with treating each other.



## First response

When someone has an accident it's important that they get the right treatment. Young people should always tell an adult so a decision can be made about whether first aid is enough or if the emergency services should be called. They also need to be aware of the seriousness of the situation and not put themselves in danger while helping others.

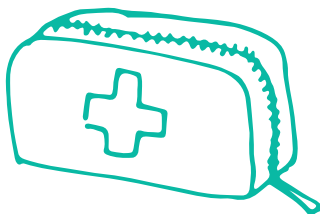
## How to treat a cut or graze

■ First, put on the sterile gloves. Then clean and dry the cut or graze to reduce the risk of infection. Clean water poured over the cut or graze, or an alcohol-free wipe are ideal for this.

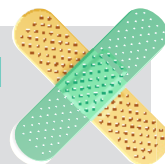
■ Pat the wound dry using a gauze swab. If the injury is bleeding, cover it with some sterile gauze and elevate the injured area above the person's heart, if possible, to stop the bleeding. If they have injured their leg, they should lay down so it can be slightly raised and supported.

■ Remove the gauze and cover the wound with a sterile dressing, like a plaster or bandage. (Make sure nobody is allergic to plasters.)

■ The injured person needs to see a medical professional if: the bleeding doesn't stop, there's something stuck in the cut, or you think the wound is infected.



## Time needed 30 minutes



### Badge



Gruffalo Explorers sponsors the Beaver My Outdoor Challenge Award

### Partner



### Outcomes

Whether at the meeting place, at school, out and about or at home, young people will make sure they can help others who have cuts or grazes by knowing how to identify them and what to do.

### More information

For more badge resources, activity sheets and outdoor trail books visit: [fundraising.scouts.org.uk/gruffaloexplorers](https://fundraising.scouts.org.uk/gruffaloexplorers).

