



Emergency Aid Skills - Stage 1

Name:

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1.1 I have made my own personal first aid kit.

Completed at a Beaver Activity? YES / NO

1.2 I can demonstrate the basic approach to first aid.

Completed at a Beaver Activity? YES / NO

1.3 I can treat minor cuts or scrapes.

Completed at a Beaver Activity? YES / NO

1.4 I can be responsible for my own health.

True	False	
		Eat lots of junk food
		Eat a balanced meal
		Stay up all night watching TV



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1.5 I can be responsible for my own safety.

True	False	
		Use knives without at adult.
		Listen to an adult
		Stay healthy

1.6 I know my address and location in an emergency.

1.7 I know not to play with matches and lighters.

True	False	
		It is safe to play sword fight with BBQ lighters.
		Playing with matches may cause fire.
		I can build structures with matches.

1.8 I know how to spot things in my home that are not safe.

True	False	
		It is safe to leave the oven door open.
		Picking up my toys when I am done playing keeps the floor clear of obstacles.



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1.9 I know the different emergency services that are available, and how and when to call them and what to say

1.10 I use the “buddy system” when outdoors

1.11 I can signal for help if needed when outdoors

1.12 I always tell an adult where I am going.

True	False	
		Wandering off on my own is dangerous.
		I may get lost and difficult to find if no one knows where I went.



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1.13 I carry a whistle and visible signal covering when I go out in the bush.

What is the whistle for?

1.14 I know to “hug a tree” if lost, or to stay in one place if there are no trees.

True	False	
		Running around in the woods when I’m lost help searchers find me.
		A tree provides shelter if I’m lost in the woods.

1.15 I know how to be safe around a campfire.

True	False	
		It is safe to put my hand in the campfire.
		Staying alert and keep distance from the campfire keeps me safe.

1.16 I know how to behave around wildlife.

True	False	
		I respect wildlife by not throwing things at them.
		Bears are cute, so I should hug a wild bear.