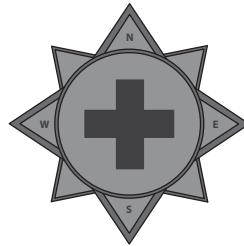


BANDAGE A WOUND

Did you ever get hurt and need a bandage? I bet you did. By now, I'll bet you're like an expert at putting on bandages so much you could probably get a job in the ER.

But you're a RockHopper and we expect more from you. So, you're going to learn how to take care of a bigger wound and how to bandage that wound.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

- Find a victim who can pretend to have a nasty wound and follow these directions to take care of it.
- Do this for 3 pretend wounds and be on call for the next real emergency.

LEVEL E

PERIOD 6

TASK 3

Before you start anything, get those hands washed. You don't want to introduce dirt and germs that can cause an infection

1. As always, the first step is to clean the wound by running water over it. If bleeding continues, keep pressure on it with a moist clean cloth. You may even want to elevate it to help reduce the pressure of the blood.

2. Check the wound for any debris. If there is any, it needs to be removed, perhaps with tweezers.

3. Rinse again. If you are going to use soap, keep soap out of the wound. It can cause irritation.

4. Dry the wound. Adding an antiseptic cream, like NeoSporin, can help prevent infection.

5. Put a gauze on the wound and hold in place with medical tape.

6. Wrap a bandage around the area to keep the gauze clear of dirt and infection. Tape or safety pin it to prevent it from coming undone.

7. You'll want to change the dressing regularly (at least once a day) when bleeding stops. It's not a bad idea to uncover the wound and let the air continue to dry it out.

