

# BALHAM PATHFINDER CLUB

## COMPANION WORKBOOK



COMPANION NAME:

TEACHER:

YEAR:



# Companion Contents / Requirement Sheet



## GENERAL

(pgs 5-9)

Requirement	(-)	Date	Signature
1. Be <b>11</b> years old.			
2. Be an active member of the Pathfinder Club.			
3. Learn or review the meaning of the <b>Pathfinder Pledge</b> and illustrate its meaning in an interesting way: i.e role play, panel discussion, essay, or prepare a project of your choice.			
4. Have a current <b>Book Club Certificate</b> and write at least a paragraph of review on each book. (See Book Club Requirements)			

## SPIRITUAL DISCOVERY

(pgs 10-16)

Requirement	(-)	Date	Signature
1. Memorise the New Testament books and know the four areas into which the books are grouped. Demonstrate your ability to find any given book.			
2. Hold a current memory gem certificate. (See Companion memory Gems)			

Requirement	(-)	Date	Signature
3. Choose in consultation with your leader one of the following areas.			
a. One of Christ's Parables			
b. One of Christ's Miracles			
c. Sermon on the Mount			
d. Second Advent Sermon and			

Show your knowledge of what Christ taught in one of the following ways:

a. Group discussion with your leader.			
b. Giving a talk/presentation at AJY's/AYS			
c. Writing an essay.			
d. Making a series of pictures, charts or models.			
e. Writing a poem or song.			
f. Dramatisation in an AYS service or at Pathfinder Club.			

4. Read the gospels Matthew and Mark in any translation. Commit to memory any two of the following:			
a. Beatitude Matthew 5:3-12			
b. Lord's Prayer Matthew 6:9-13			
c. Christ's Return			
d. Gospel Commission Matthew 28:18-20			



## Companion Contents / Requirement Sheet

### Serving Others

(pgs 17-18)

Requirement		Date	Signature
1. By consultation with your leader, work out ways to spend at least two hours in the community demonstrating in a real consistent manner, real companionship to someone else.			
2. Spend at least half a day participating in a project that will benefit the community or your church.			

### Friendship Development

(pg 19)

Requirement		Date	Signature
1. Discuss the principle and demonstrate the meaning of respect for people of different cultures and gender.			

### Health and Fitness

(pgs 20-23)

Requirement		Date	Signature
1. Memorise and explain 1 Corinthians 9:24-27			
2. Discuss with your leader physical fitness and regular exercise as they relate to healthful living.			
3. Learn about the detrimental effects of smoking on health and fitness, and write your own pledge of commitment to abstaining from the use of tobacco.			
4. Complete the Advance Beginners Swimming Honour			

### Organization and Leadership Development

(pgs 24-25)

Requirement		Date	Signature
1. Plan and lead a devotional service for your group.			
2. Help your unit or club plan a special club event such as Investiture, open house, hike or overnight camp out.			

### Nature Study

(pgs 26-29)

Requirement		Date	Signature
1. Participate in nature games OR participate in a one hour nature walk.			
2. Complete one of the following honours: Amphibians, Birds, Livestock, Poultry, Reptiles, Shells, Trees, Shrubs.			
3. Review the study of creation, and keep a seven day log of your personal observations from nature in which each focuses on those that are created on that day.			



# Companion Contents / Requirement Sheet



## Outdoor Life

(pgs 30-37)

Requirement		Date	Signature
1. find the eight general directions without the aid of a compass.			
2. Participate in a two night campout.			
3. Learn or review the Friend knots. Tie and know the practical use of the following knots: <ul style="list-style-type: none"> <li>• Sheet Bend</li> <li>• Sheepshank</li> <li>• Fisherman’s Knot</li> <li>• Timber Hitch</li> <li>• Taut Line Hitch</li> </ul>			
3. Past a test in Companion First Aid.			

## Lifestyle Enrichment

(pg 38)

Requirement		Date	Signature
1. Complete one Honour in Arts and Crafts not previously earned.			



## Personal Details

Paste your photo here

My Name is:

My Address is:

Email address:

My Date of Birth is:

I am ..... Years Old.

I confirm that I am an **ACTIVE MEMBER** of the Balham Pathfinder Club.

Club Member Signature \_\_\_\_\_ Date \_\_\_\_\_

Pathfinder Leader Signature \_\_\_\_\_ Date \_\_\_\_\_

# Pathfinder Aim

The Advent Message To All The World In My Generation.

## Pathfinder Motto

"The Love of Christ Constrains Me"

## Pathfinder Pledge

By the grace of God,  
I will be pure,  
I will be kind,  
I will be true  
I will keep the Pathfinder Law  
I will be a servant of God  
I will be a friend of man

### Meaning of the pledge:

#### **By the grace of God.**

Only as we rely on God to help us can we do His will.

#### **I will be pure**

I will fill my mind with everything that is right and true and spend time in activities that will build a strong, clean character.

#### **I will be kind**

I will not only be considerate and kind to my fellow men, but also to all of God's creation.

#### **I will be true**

I will be honest and upright in study, work, and play; and can always be counted upon to do my very best.

#### **I will keep the Pathfinder Law**

I will seek to understand the meaning of the Law and will strive to live up to its spirit, realizing that obedience to law is essential in any organization.

#### **I will be a servant of God**

I will pledge myself to serve God first, last, and best in everything I am called upon to be or do.

#### **I will be a friend to man**

I will live to bless others and do unto them as I would have them do unto me.

# Pathfinder Law

The Pathfinder Law is for me to:

Keep the morning watch  
Do my honest part  
Care for my body  
Keep a level eye  
Be courteous and obedient  
Walk softly in the sanctuary  
Keep a song in my heart  
Go on God's errands

## Meaning of the Law:

### **Keep the Morning Watch.**

I will have prayer and personal Bible Study each day.

### **Do my honest part.**

By the power of God, I will help others and do my duty and my honest share wherever may be.

### **Care for my body.**

I will be temperate in all things and strive to reach a high standard of physical fitness.

### **Keep a level eye.**

I will not lie, cheat, or deceive and will despise dirty talk or evil thinking.

### **Be courteous and obedient.**

I will be kind and thoughtful of others, reflecting the love of Jesus in all my association with others.

### **Walk softly in the sanctuary.**

In any devotional exercise I will be quiet, prayerful, and reverent.

### **Keep a song in my heart.**

I will be cheerful and happy and let the influence of my life be as sunshine to others.

### **Go on God's errands.**

I will always be ready to share my faith and go about doing good as did Jesus.





# BOOK CLUB CERTIFICATE

[Compulsory Requirement]

1. Pathfinders are to read a minimum of 4 books every year. One book must be from each of the following categories:
  - a) Missions
  - b) Autobiography
  - c) Nature of Science
  - d) One book of personal choice (excluding fiction e.g novels, etc)
2. Juniors are to read a minimum of 40 pages.
3. Teens are to read a minimum of 80 pages.
4. Pathfinders must inform their Club Leaders/Counsellors about the choice of books BEFORE commencing to read so that the category of book and suitability can be decided upon. Club Leaders may choose to have a collection of books as reference but Pathfinders may have books at home that will fall into the categories listed above.
5. Upon completion, Pathfinders must prepare a summary of what they have read to include:
  - Title of Book
  - Author
  - Publisher and Year Published
  - Paraphrased, bulleted points or outline of main events or ideas.
6. Reports should be a minimum of 80 words for Juniors and 120 words for Teens, completed in their own time.
7. The Pathfinder and the Club Leader/Counsellor must date and sign each completed Book Club Certificate Report (sample Report in Leaders Book – copy as required).
8. The completed work must be kept in the Pathfinder's folder for inspection at the Evaluation Day.













# Spiritual Discovery



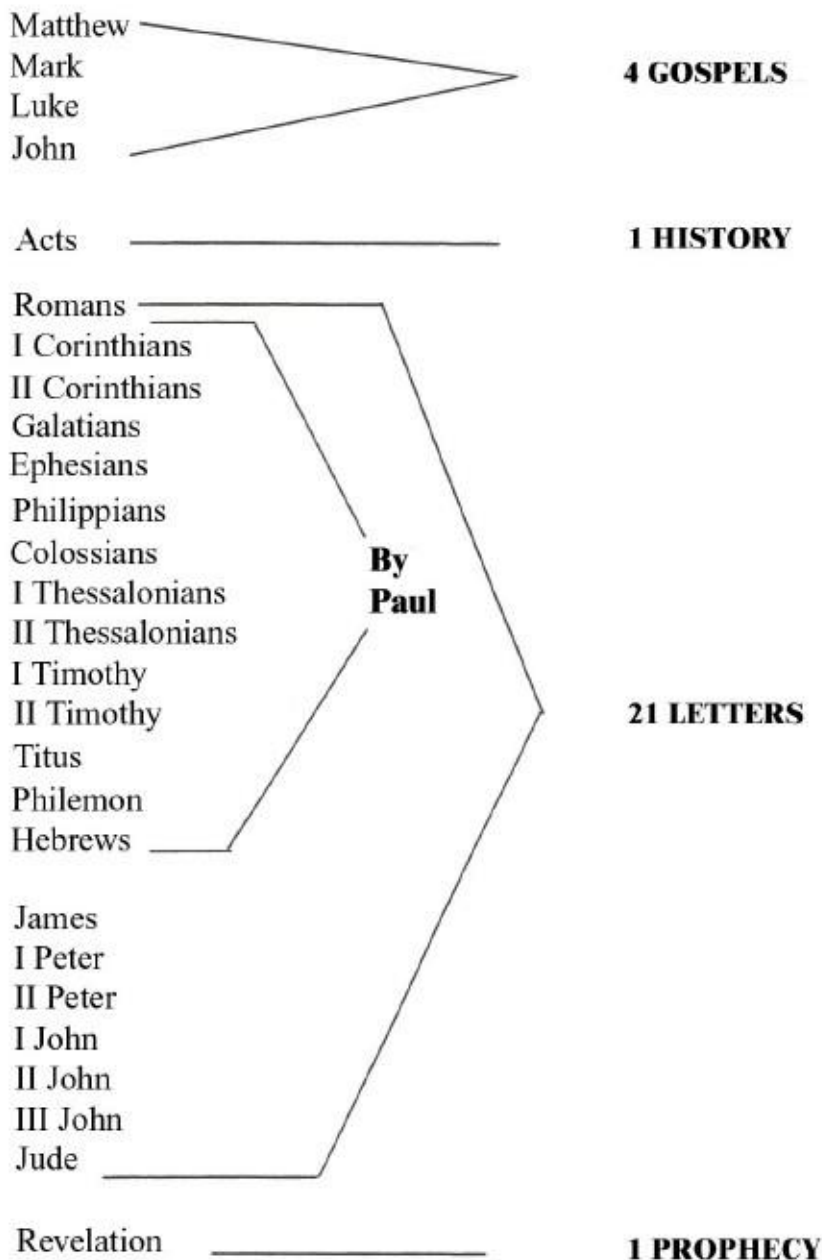
The purpose of the Spiritual Discovery section is to familiarize the junior with the New Testament and to help him to understand the meaning of some of Christ's teachings.

## 1. Memorise the New Testament books and know the four areas into which the books are grouped. Demonstrate your ability to find any given book.



You will need a **BIBLE** for this requirement.

### Memory Chart







## Learn the Books of the Bible to Music

Happy Songs for Boys and Girls, No. 115. Available from ABC. Or the following books of the Bible can be sung to the melody of Battle Hymn of the Republic.

### Verse 1

Gen-es-is & Ex-od-us, Le-vit-ic-us & Num-bers,  
Deut-er-on-omy, Josh-ua, Jud-ges, Ruth & Samuel.  
Kings, Chronicles, Ez-ra, Neh-em-i-ah, Es-ther, Job, Psalms.  
Pro-verbs, Ec-clesi-as-tes.

### Verse 2

Song of Solomon, I-sai-ah, Jer-e-mi-ah, Lam-en-ta-tion,  
Ezek-iel, Dan-iel, Hose-a, Jo-el, Am-os, Oba-diah.  
Jo-nah, Mi-cah, Na-hum, Hab-ak-kuk & Zeph-an-I-ah,  
Hag-gai, Zech-ariah, Mal-a-chi.

### Verse 3

Matthew, Mark, Luke, John, Acts, Ro-mans, Cor-in-thi-ans,  
Gal-atians, Ephesians, Phil-ippians, Col-oss-ians, Thes-sa-Io-ni-ans,  
Tim-othy, Ti-tus, Phil-emon, He-brews, James & Pe-ter.  
John, Jude, Rev-e-Ia-tion.



### Method of Testing

1. Be able to repeat the books in order, **OR**
2. The leader conducts a Bible Drill game in which the Companion is required to find 15 New Testament books in two minutes.



## 2. Hold a current Memory Gem Certificate



1. You will need a **BIBLE** for this requirement.
2. You will also need the **Memory Gem Gap Fill** for your chosen texts.



Memorise 7 bible texts – ONE from each of the seven categories below for each class. (You may use whichever version of scripture you wish)

COMPANION CLASS		
<b>I. GREAT PASSAGES</b>	<b>II. SALVATION</b>	<b>III. RELATIONSHIPS</b>
1. Psalms 119:11 2. Isaiah 43:12 3. Matthew 28:19,20 4. Luke 5:15 5. Option _____	1. John 1:1-3,14 2. Luke 19:10 3. Psalms 103:10-12 4. Isaiah 53:5 5. Ephesians 3:20,21 6. Option _____	1. Isaiah 1:18 2. John 1:12,13 3. I Timothy 6:6-8 4. I John 3:17 5. Acts 17:26,27 6. Option _____
<b>IV. DOCTRINE</b>	<b>V. PRAYER</b>	<b>VI. PROMISES/PRAISE</b>
1. Ephesians 1:8-10 2. Deuteronomy 6:5 3. Acts 2:38 4. Option _____	1. Psalms 34:3,4 2. Matthew 6:6 3. I Peter 1:3 4. I John 4:7 5. Option _____	1. Psalms 56:35,37 2. Psalms 37:3 3. Isaiah 35:10 4. James 4: 7,8 5. I John 2:17 6. Option _____
<b>VII. BEHAVIOUR</b>		
1. I Samuel 15:22 3. I Thessalonians 5:15 5. Luke 2:51,52	2. Romans 12:12 4. Ecclesiastes 9:5-10 6. Option _____	

Write your 7 chosen bible texts below:

1. Great Passages..... Signature\_\_\_\_\_
2. Salvation..... Signature\_\_\_\_\_
3. Doctrine..... Signature\_\_\_\_\_
4. Prayer..... Signature\_\_\_\_\_
5. Relationships..... Signature\_\_\_\_\_
6. Behaviour..... Signature\_\_\_\_\_
7. Promises/Praise..... Signature\_\_\_\_\_

(Please insert the Memory Gem **"gap fill"** and explanation as evidence of memorising your texts.)



**3. Choose in consultation with your leader ONE of the following:**



You will need a **BIBLE** for this requirement.

- a. one of Christ's parables
- b. one of Christ's miracles
- c. Sermon on the Mount
- d. Second Advent sermon

And show your knowledge of what Christ taught in **ONE** of the following methods and write as appropriate in the space below:

- a. Group discussion with your leader
- b. Giving a talk at the Pathfinder Club
- c. Writing an essay
- d. Making a series of pictures, charts and models
- e. Writing a poem or song

Title: \_\_\_\_\_

#### 4. Read the gospels of Matthew and Mark in any translation:



You will need a **BIBLE** for this requirement.



Write an outline of the Gospel of Matthew:

A large, empty rectangular box with a thin black border, intended for the student to write an outline of the Gospel of Matthew.



You can also show evidence by creating a PowerPoint presentation, writing a poem, designing a poster and putting on a presentation or performance.

Cont'd...



Write an outline of the Gospel of Mark:



You can also show evidence by creating a PowerPoint presentation, writing a poem, designing a poster and putting on a presentation or performance.



#### 4. Commit to memory any two of the following:



You will need a **BIBLE** for this requirement.

- a. Beatitudes Matthew 5:3-12
- b. Lord's Prayer Matthew 6:9-13
- c. Christ's Return Matthew 24:4-7, 11-14
- d. Gospel Commission Matthew 28:18-20



**Write your 2 chosen bible texts below with a summary of your discussion:**

1. \_\_\_\_\_

2. \_\_\_\_\_



# Serving Others

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The purpose of the Service section is to continue to provide opportunity for the Companion class to experience the joy and happiness of serving others.

- 1. By consultation with your leader, work out ways to spend at least two hours in your community demonstrating in a consistent manner, real companionship to someone else.**



You will need to speak your COMMUNITY SERVICE leader in church for this requirement and participate in one of their planned activities.

Write a summary of the event you assisted in:





**2. Spend at least one half day participating in a project that will benefit the community or your church.**



This could be any program including AYS, Sabbath School, Children's Day or a Community Program or the Hyland House annual school fete.

Summarise your participation below:

1. \_\_\_\_\_



# Friendship Development

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## 1. Discuss the principle and demonstrate the meaning of respect for people of different cultures and gender.



Some suggested activities:

1. Invite a foreigner to participate in a panel or special presentation.
2. Evaluate the practicality of the Golden Rule.
3. How do TV programs strengthen or weaken respect for others?
4. Role play positive relationships.

Write a summary of your discussion/outline in this space:

# Health and Fitness

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The purpose of this section is to create an awareness that the body is the temple of God and to learn the harmful effects of smoking on health and fitness.

## 1. Memorise and explain 1 Corinthians 9:24-27

### 1 Corinthians 9:24-27 (New International Version)

<sup>24</sup>Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize.

<sup>25</sup>Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. <sup>26</sup>Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. <sup>27</sup>No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

Explain the text:



#### **Method of Testing**

Memorization of 1 Cor. 9:24-27, and explanation of the meaning of "temperance."

**2. Discuss with your leader physical fitness and regular exercise as they relate to healthful living.**



Work completed in this section can be used to fulfill requirement for the Physical Fitness Honour.



Write a summary of your discussion in this space:

### 3. Learn about the detrimental effects of smoking on the human body.



View a Video /DVD /Powerpoint Presentation about the effect of smoking on the body.



Write a summary of your discussion in this space:



Please insert any work sheets used for the class discussion or with the presentation on alcohol as supporting evidence of this requirement.

## 4. Complete the Physical Fitness Honour



1. List ten benefits of being physically fit.
2. Know how the following help to achieve a balance for your body:
  - a. Exercise
  - b. Proper eating
  - c. Emotional stability
3. Define the following exercises:
  - a. Isometric
  - b. Isotonic
  - c. Isokinetic
  - d. Anaerobic
  - e. Aerobic
4. Know the meaning of the principles involved in the following exercise program:
  - a. Warm up
  - b. Aerobic exercises
  - c. Cool down
  - d. Calisthenics
5. Know how to determine your heart rate at rest and after exercise.
6. Know how to determine the minimum rate at which your heart should be beating to obtain the best aerobic conditioning effect.
7. Using the four steps given in requirement 4, do a regular exercise program at least four times a week for three months. Keep a chart of the following:
  - a. Type of warm-up exercises performed
  - b. Type of aerobic exercises performed
  - c. How long aerobic exercises were performed
  - d. Type of calisthenics performed

For each exercise period, maintain the minimum heart rate determined in requirement 7 for a period of at least 20 minutes.

### Skill Level 2



Please insert completed Honour Requirements and any other supporting evidence i.e. photos.

# Organisation and Leadership Development

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## 1. Plan and lead a devotional service for your group.



**Consider the following potential times for devotionals:**

1. Start of each Pathfinder Meeting
2. AJY Society Meeting
3. Vespers at church
4. At close of Sabbath while on a hike
5. On campouts-morning, evening.

Write a summary of what took place:



**2. Help your class or club plan a special activity such as a party, hike, or overnight campout.**



**Organization will include at least the following essential points:**

- a. Meeting place, date and time
- b. Party theme and decoration needs
- c. Who will be invited to attend?
- d. Games to be played
- e. Food preparation and service



Write a summary of what took place:

Event: \_\_\_\_\_

# Nature Study

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The purpose of this section is to introduce the Companion to the thrill of discovering God's Book of Nature and to develop a sense of accomplishment by completing Pathfinder Honours.

## 1. Participate in nature games or in a one-hour nature walk.



**Draw the nature objects seen on your walk / or summarise what took place in the space below:**

You will need a copy of Early Writings by E.G White.  
This can be borrowed from the church library.



**2. Complete ONE of the following honours:  
Amphibians, Birds, Domestic Animals, Poultry, Reptiles, Shells,  
Shrubs or Trees.**



**AMPHIBIANS**

1. What are the characteristics of amphibians?
2. Name the two main orders of Amphibia and tell how to distinguish between them.
3. Distinguish between toads and frogs.
4. How do amphibians protect themselves?
5. Make a list of amphibians that should be found in your locality. Identify five and tell where you found them. **OR** Collect pictures or sketch five different amphibians which you can identify and tell where they are found.
  
6. Describe the life history of some amphibians.
7. Explain the economic value of amphibians.
8. Where do toads spend the winter or the dry season?
9. Identify two species of frogs by their sound or imitate the sounds of two different species of frogs.
10. How do frogs and toads sing? What makes the noise so loud?
11. Do one of the following:
  - a. Observe an amphibian to find out:
    - \_ where and when it sleeps.
    - \_ when it leaves its home for food.
    - \_ how fast it can travel.
    - \_ how far it can jump, and as many other interesting things as you can find out about it; **OR** hatch frog eggs in your own aquarium and watch them grow to tadpoles, **OR** write an essay covering the details requested in the first section of this question.
  
  - b. Hatch some amphibian eggs and watch them through their growth cycle and write an essay covering the details.

**Skill Level 1**

Honour:

Signature\_\_\_\_\_



Please insert completed Honour Requirements and any other supporting evidence i.e. photos.

3. **Review the story of creation, and keep a 7 -day outdoor log of your personal observations from nature in which each day focuses on those that were created on that day.**



**Your teacher will have a discussion with you about the creation story. Summarise your discussion / findings below:**

Day 1: Sunday 17 November

Today was cold and misty with a little sunshine and rain

Day 2: \_\_\_\_\_ Monday 18 November \_\_\_\_\_

Day 3: \_\_\_\_\_

Day 4: \_\_\_\_\_

Day 5: \_\_\_\_\_

Day 6: \_\_\_\_\_

Day 7: \_\_\_\_\_

# Outdoor Life



The purpose of this section is to have the Companions continue developing their outdoor living and safety skills.

## 1. Find the eight general directions without the aid of a compass.



Identify and explain 6 ways:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

**2. Participate in a two-night CAMP OUT.  
Describe six points of a good campsite.**

Date of Camp-Out: \_\_\_\_\_

Event: \_\_\_\_\_

The 6 points of a good campsite are: \_\_\_\_\_

1.

2.

3.

4.

5.

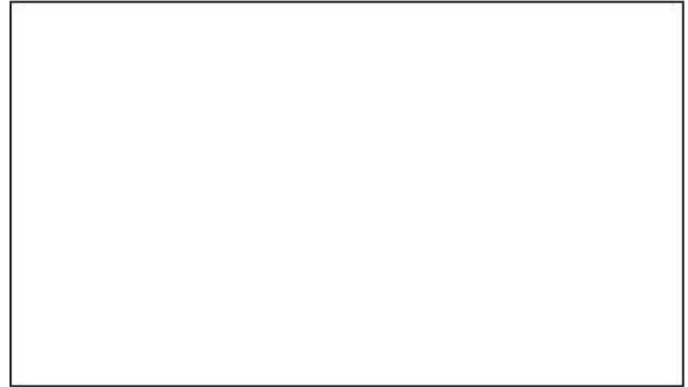
6.

**3. Learn or review the Friend knots. Tie and know the practical use of the following knots: sheet bend, sheepshank, fisherman's knot, timber hitch, taut line hitch.**

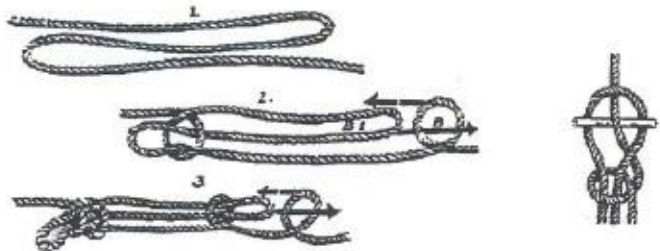


This requirement will be addressed at the Annual Regional Camporee (SEC or BUC)

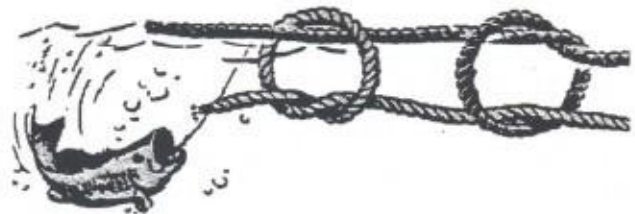
**The Sheet Bend** - This knot is used in bending the sheet to the clew of a sail. It is used also when tying two ropes of different thickness together.

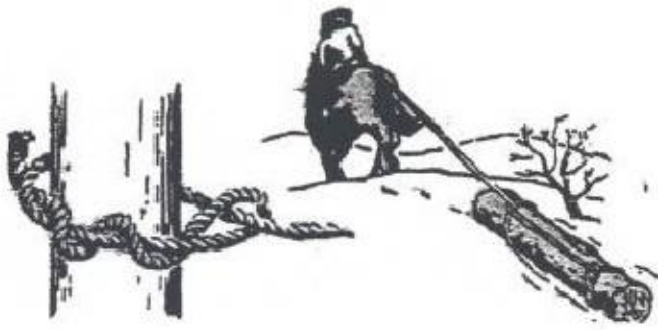


**The Sheepshank** - This knot is valuable for taking up a slack when both ends of the rope are tied, or for strengthening a weakened rope. Gather up the amount to be shortened, then make a half hitch around each of the bends.

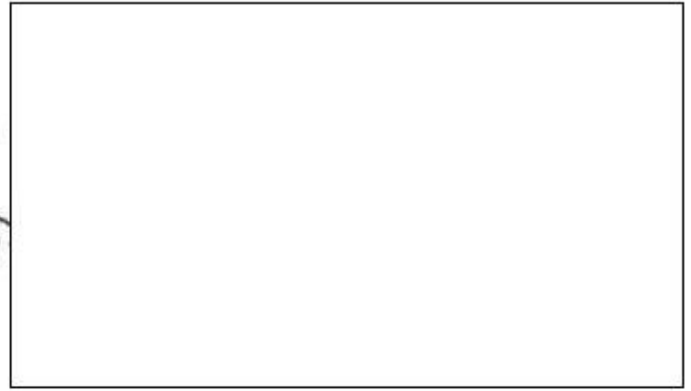


**Fisherman's Knot** - Useful in tying together anything smooth and stiff, such as nylon fishing wire. It does not slip and is easily untied. Lay the two ropes parallel, then with the end of each tie an overhand knot about the other. Pull the two standing parts.



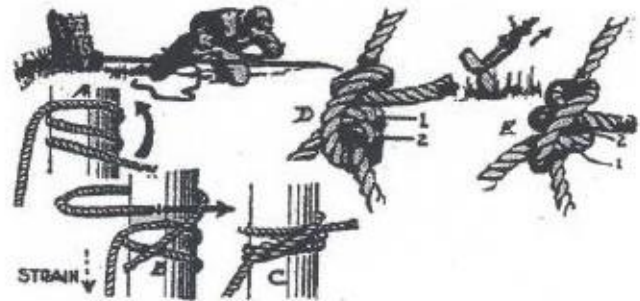


**Timber Hitch** - Used in hauling timber and for commencing the diagonal lashing.



**Taut Line Hitch** - Used in tying tent rope to pegs. Pass rope around peg. Tie half hitch then tie second half hitch further up rope. Pass the round standing part once again locking rope into half hitch. A round turn on the peg may be added if desired.

Remember to review these knots continuously or they will be forgotten.



**Learn three basic lashings. Identify them below:**

- 1.
- 2.
- 3.

#### 4. Pass a test in Companion First Aid.



The completion of the Basic First Aid Honor will satisfy this Requirement.

### Companion First Aid

*First Aid* is the emergency first care given to the sick or injured. The aims of first aid are:

1. Preserve Life
2. Promote Recovery
3. Prevent the injury or illness from becoming worse

**THE RULES OF FIRST AID** (Remember: "D A N G E R")

- D** *Danger* Urgently assess the situation and beware of dangers to self, onlookers and victim.
- A** *A.B.C.D.* of life-sustaining first aid. Act quickly and confidently to check:  
*A*irway - clear and tilt head back if necessary  
*B*reathing - restore if necessary  
*C*irculation - check pulse, control hemorrhage  
*D*egree of Consciousness - note cause, give treatment
- N** *Never* leave an unconscious person - place in the coma position and check pulse and breathing regularly.
- G** *Get* medical assistance when necessary.
- E** *Examine* the patient for further injuries and treat according to severity.
- R** *Reassure* the victim, handle him gently, and make arrangements to send patient to hospital, home, etc.

**THE FIRST AIDER MUST BE ABLE TO ASSESS:**

1. *History* The story behind the accident or illness
2. *Signs* Difference from normal that can be detected - pallor, pulse, etc.
3. *Symptoms* Sensations described by the patient - thirst, pain, nausea.
4. *Diagnosis* Making a decision as to what is the matter with the patient.
5. *Treatment* Decide on priorities and act quickly.



**THE FIRST AIDER MUST KNOW HOW TO:**

1. Take the pulse in the radial and carotid arteries
2. Measure the respiration rate
3. Take the temperature of

	PULSE	RESPIRATION RATE	TEMPERATURE
Adults	60-80/min	12-15/minute	98.6°F 36.9°C
Children	100/minute	15-20/minute	98.6°F 36.9°C
Infants	120/minute	20-25/minute	98.6°F 36.9°C

**FIRST AID KIT**

Avoid elaborate equipment and treatment. Remember this is "First Aid". Add to this basic list as local conditions indicate.

- ❖ 1 pair scissors. Surgical type with one round end.
- ❖ 1 pair tweezers. For removing splinters and handling non sticky dressings.
- ❖ Band Aids, safety pins, cotton wool.
- ❖ General Antiseptic. Do not use undiluted. 1 teaspoon to 300 mls of water.
- ❖ 1 roll ankle wrap 2.5 cm
- ❖ Bandages - 4 triangular bandages (sufficient to cover most emergencies) 2 x 25 mm bandage; 2 x 50 mm bandages; 2 x 75 mm bandages; 2 x 75 mm or 100mm crepe bandages.
- ❖ Eye wash. Especially useful for chemicals, smoke, etc.
- ❖ Non stick dressing. Individual packs. Teflon or Tule Gras type.
- ❖ Syrup of Ipecacuanha, 100 mls.
- ❖ Methylated Spirits.
- ❖ 1 packet sterile gauze squares 5 cm x 5 cm.
- ❖ Calamine lotion.

**TREATMENT FOR SHOCK** (Now called *Circulatory Collapse*)

This term refers to a condition met with in all medical emergencies. It is a state of collapse with a reduction of blood volume circulating to the brain and heart.

Shock is caused by loss of body fluid from bleeding, burns, vomiting or diarrhea, heart attack and poisoning, nervous reaction, and infection.

It is recognized by a cold clammy skin, rapid feeble pulse, rapid shallow breathing, and finally unconsciousness. The patient often feels faint or giddy, nauseated and maybe thirsty.

It is best handled by treating the cause as well as:

**R** *Rest* Lie the patient down, legs elevated.

**A** *Air* Ensure adequate airway. Loosen clothing around the neck, chest and waist.

**W** *Warmth* Do not over-heat the body.

### **WOUNDS, BRUISES**

A wound is a break in the skin allowing entry of germs or damage to deeper tissues.

Cuts of any kind are best treated by:

- ❖ Cleaning the surrounding area and the application of a mild antiseptic.
- ❖ Covering the wound with a suitable sterile dressing if available.
- ❖ If there are embedded objects, do not remove. Apply a ring pad or build up dressing to the area.
- ❖ Use gauze dressings direct on a wound, never cotton or wool.
- ❖ If stitches (sutures) appear necessary, they should be done as soon as possible. Medical advice regarding tetanus injections should be sought.

### **Bruises**

A bruise is a minor hemorrhage into the tissues. It can be recognized by pain, swelling, discoloration, and tenderness. The best treatment is elevation, application of an evaporating dressing and the application of a firm bandage. To reduce swelling, evaporating dressing should be applied for 20 minutes. Ice packs, gel packs, water, may also be used, if correctly applied.

### **Bleeding**

Bleeding (hemorrhage) is the loss of blood from the circulation causing reduced blood pressure (weak pulse) and reduced supply of oxygen.

Blood can be lost internally or externally.

*External bleeding* can be from Arteries (usually bright red and spurts out), Veins (usually darker red and pours out) and Capillaries (as in gravel rash, oozes out).

*Treatment:* Act quickly as blood loss aggravates shock. Stop the bleeding using direct pressure on the wound where appropriate. Bandage, using pad, ring pad, or build up dressing, and elevate the affected part. If bleeding persists after the application of a pad and bandage, add another pad and bandage firmly. Together with rest and elevation, this usually suffices. By resting the patient, we help to reduce blood pressure. Do not disturb clots.

*Internal bleeding* has all the usual signs of shock, plus the following:

- ❖ Severe thirst, restlessness, and air hunger.
- ❖ Bright frothy red blood coughed up, indicates bleeding from the lung.
- ❖ Blood vomited like coffee grounds, indicates bleeding in the area of the stomach.
- ❖ Rest the patient, and secure medical aid speedily.

*Control of Bleeding from Special Areas*

*Bleeding from the Nose.* This can be serious if not stopped quickly. Sit patient with the head slightly forward. Loosen clothing around the neck, chest and waist. Instruct the patient not to blow through the nose. Instruct the patient to breathe through the mouth. Apply pressure to flap of nostril for at least ten minutes. Apply cold packs or wet towels to neck, forehead and bridge of nose.

*Bleeding from Tooth Socket.* Place a firm pad of gauze (not cotton or wool) over the socket and ask the patient to bite on it.

*Bleeding from Palm of Hand.*

- ❖ Place a dressing in the hand.
- ❖ Have the patient close hand firmly.
- ❖ Bandage the fist.
- ❖ Elevate in a triangular arm sling, and rest the patient.

# Lifestyle Enrichment

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## 1. Complete one honour in Arts and Crafts not previously earned.

Honour:

Signature \_\_\_\_\_



Please insert completed Honour Requirements and any other supporting evidence i.e. photos.