

Kent Scouts

Staying Safe & Well



To remain safe and well you need to know the following (and share this with your assessor at the pre-check). It is important that all team members understand this.

Know why telling people where you are going is important - what information should your assessor, supervisor and base camp have?

Awareness of Risk, Health & Safety issues - identifying and avoiding risks - road safety - country code - safety issues specific to the mode of transport

Knowing the importance of staying together - what to do if separated

What to do in an emergency or major accident - **safety cards** - who to contact & when - know health information for all team members - sending for help - staying safe while waiting for help to arrive - use of survival bag - using tents as emergency shelter - helping people find you

Emergency aid procedures and how to recognise and treat - shock - effects of heat and cold - burns - sprains, dislocations & broken bones

Weather forecasts - knowing who, where and when to obtain weather forecasts, relating weather forecasts to observed conditions, looking for signs which will indicate changes in weather

First aid treatment and how to recognise - minor injuries wounds & bleeding - blisters, cuts, abrasions, minor burns & scalds, headaches, insect bites, sunburn, splinters.