



Readyman

Webelos Activity Workbook

This workbook is not required but is designed to help you with this activity badge. No one can add or subtract from the Boy Scout Requirements. Use page backs & add pages as needed. Please send comments to: craig@craiglincoln.com. Workbook updated: December 2005.

Scout's Name: _____ **Pack:** _____ **Activity Badge Counselor:** _____

Do all of these:

1. With your parent, guardian, or Webelos den leader, complete the Courage Character Connection.

a. Know: Define the importance of each courage step:

Be strong; _____

Be calm; _____

Be clear; _____

Be careful. _____

Explain how memorizing the courage steps helps you to be ready. _____

b. Commit: Explain why it is hard to follow the courage steps in an emergency. _____

Tell when you can use the courage steps in other situations (such as standing up to a bully, avoiding fights, being fair, not stealing or cheating when tempted, etc.) _____

c. Practice: Act out one of the requirements using these courage steps: Be strong; Be calm; Be clear; Be careful.

2. Explain what first aid is. _____

Tell what you should do after an accident. _____

3. Explain how you can get help quickly if there is an emergency in your home. _____

Make a "help list" of people or agencies that can help you if you need it.

Post it near a phone or another place with easy access. _____

4. Demonstrate the Heimlich maneuver and tell when it is used. _____

5. Show what to do for these "hurry cases":

● Serious bleeding _____

● Stopped breathing _____

● Internal poisoning _____

● Heart attack _____

6. Show how to treat shock. _____

7. Show first aid for the following:

● Cuts and scratches _____

● Burns and scalds _____

● Choking _____

● Blisters on the hand and foot _____

● Tick bites _____

● Bites and stings of insects other than ticks _____

● Poisonous snakebite _____

● Nosebleed _____

● Frostbite _____

● Sunburn _____

8. Tell what steps must be taken for a safe swim with your Webelos den, pack, family, or other group.

Explain the reasons for the buddy system. _____

And do two of these:

9. Explain six safety rules you should follow when "driving" a bicycle.

10. Explain the importance of wearing safety equipment when participating in sports activities (skating, skateboarding, etc.) _

11. Make a home fire escape plan for your family. _____

12. Explain how to use each item in a first aid kit. _____

13. Tell where accidents are most likely to happen inside and around your home.

14. Explain six safety rules you should remember when riding in a car.

15. Attend a first aid demonstration at a Boy Scout troop meeting, a Red Cross center, or other community event or place.

As you complete your Webelos work, notice the Boy Scout Requirements:

Readyman Requirement 5 is similar to Second Class Requirement 6a.

Readyman Requirement 5 (Heart Attack) is similar to First Class Requirement 8b.

Readyman Requirement 6 is similar to Second Class Requirement 6b & 6c.

Readyman Requirement 7 is similar to Tenderfoot Requirement 12b.

Readyman Requirement 8 is similar to Second Class Requirement 7a.

Look at the First Aid and Safety Merit Badges Merit Badge Requirements...