



**GOLD BOOMERANG - TEST # 1 HEALTH and FIRST AID**

**Responsibility for Self**

**COMPULSORY**



<b>1</b>	<b>Personal Health:</b>	
	a. Discuss personal hygiene such as showering and bathing regularly, changing clothes and using deodorants.	
	b. Show you understand the different types of foods that will build a healthy body by preparing a menu for one day at a camp.	
<b>2</b>	<b>Basic First Aid:</b>	
	a. Check and replenish <i>or</i> put together a simple first aid kit and take it on bushwalks and outings with you.	
	b. Tie a sling with a reef knot.	
	c. Show how to treat burns and scalds.	
	d. Show how to treat bleeding. Explain what to do in the case of fainting.	
<b>3</b>	<b>Infections:</b>	
	a. Show an understanding of what can happen if you eat food that has not been stored correctly.	
	b. Discuss the ways to store food correctly.	
<b>4</b>	<b>Adult Help:</b>	
	a. Explain why you need adult help in case of accidents.	
	b. Pass a message including an address from one adult to another.	
	c. Explain how to use a mobile phone and a public phone and discuss the steps you would take to make an emergency call.	

**EXAMINER:**

**DATE COMPLETED:**

<b>CUBS TESTED</b>			