

REALISTIC FIRST AID

Originally presented at: Boy Scout Roundtable, November 9, 1988

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Introduction:

The purpose of teaching first aid to Scouts is twofold: to provide the Scout with a sense of responsibility to his neighbors and to provide the Scout with the ability to take "book-learning" and realize an application in "real-life."

The shock of seeing broken bones, bleeding, and serious injuries may cause a first-aider to panic or freeze during an emergency. He can be "shock-proofed" through training using realistic first aid methods. With only a few easily obtained make-up materials, you can realistically duplicate such injuries as cuts, serious bleeding, burns, shock, or any visible physical impairment.

Realistic first aid will give the novice first-aider an opportunity to see a reasonable facsimile of problems he may actually face in the future and prepare him to recognize these problems quicker. For example: the different appearance between sunstroke and heat exhaustion. Because of a conditioning effect from this experience, he will be less likely to panic at his first sight of real, spurting blood or charred and blistered flesh.

How to Use It

Remember, realistic first aid is a teaching aid. The important part of the technique is for boys to learn how to treat realistic problems, not how to become an expert in make-up or an exhibitionist.

The idea is to "make it look real." Do not overdo the make-up. Too much will make it look phony. Coach the "victim" to enact the proper symptoms such as dazed, semi consciousness or suffering from pain, and breathing slowly and deeply or fast and shallow. He must not overact nor appear amused. Injury and pain or nausea and shock are far from comical. However, attempts to dramatize them will seem amusing to some of the boys.

Victims should wear old clothing and shoes. This will allow first-aiders to cut trousers and shirts to treat simulated broken bones, cuts, or burns. Shoes may be cut and clothing may be ripped or torn to indicate damage from injuries. This will eliminate the problem of having make-up or fake blood-stained - uniforms. (Article in "Scouting" magazine – 1972)

Resources:

First Aid Merit Badge Book

First Aid Skill Award Book

Realistic First Aid Handout

Realistic First Aid:

- Should be used as a teaching aid.
- Important is to help get an idea of how to treat real problems; not become experts at make-up or acting.
- Make it look real, don't go for so many problems as to overdo it.
- Coach your victim in appropriate symptoms for the injury. You don't want overacting or victim to seem amused.
- Make sure victim wears old clothing.
- Will allow you to cut clothing to simulate injuries and their treatment.
- Make-up can stain.

Materials needed:

- Wax or fake skin

- Grease paint sticks: red, white, blue, black
- Liquid latex
- Spatula for wax modeling
- Glycerin and water mixed 50:50 to simulate perspiration
- Small atomizer to spray an "perspiration"
- Stage blood
- Small branches (peeled of bark) or chicken leg bone (boiled clean) to be used for broken bones
- Source for make-up: trick stores, magic shops, hobby shops
- After (or around) Halloween a &food time to stock-up

Items to be demonstrated:

1.) **Cut on forearm**

- Use fake skin smoothed over real skin for base of "cut".
- Use spatula to put "groove" down center of wax.
- Using red grease paint and spatula to add red color in and around out to simulate irritation and bleeding at the area.
- Dribble stage blood in the cut., and down the arm to simulate bleeding, may also dribble some on floor if victim is to be found unconscious.

2) **Broken leg**

- Better to used torn pants, or those that can be torn.
- Use wax or fake skin (probably take several packets) to build up swollen area on leg.
- Make sure that skin appears to be realistic as to a broken bone beneath the skin. Make with gradual rise on one side, and then dramatic decline on the other.
- May use sliver of bone or branch to indicate protruding bone for a compound fracture.
- Use red, blue, and black grease paints to indicate bruising in the area of the break.

3.) **Shock**

- First, make the face pale.
- Apply several streaks of white grease paint over face. Smooth over face to give a uniform pale, chalky coloring
- Make sure to include ears and under chin.
- With blue grease paint, blend in thin shadow both under and over eyes.
- Do similar to ear lobes and lips
- May also lightly color fingernails.
- Coach in symptoms:
 - dull vacant look, slow movement of head, slow thick speech, shallow breathing

4.) **If second victim is available: Burns**

a. First degree

- Use red grease paint to make reddened area

b. Second degree

- Form "second skin" with liquid latex
- Spread thinly with spatula and let dry
- Form blister:
 - rub center of latex to loosen it
 - pick up loose spot if want blister broken, tear latex and lift away from skin.
- Spread red grease paint on skin to indicate rawness

- Spread red grease paint lightly around blister
- c. Third degree
- Make several blisters on same piece of latex
 - Break several, and leave others intact
 - Redden skin under broken blisters with spatula and red grease paint
 - Blend in black with the red to indicate charred effect
 - Do same (lighter) around burn
- d. Shock
- Don't forget shock as above, especially for more severe burns

5.) Clean-up

- Grease paint: cold cream, glycerin, Noxema
- Latex: peels off
- Wax: peels off

The Recipes:

SHOCK / HEAT EXHAUSTION

Use white clown grease paint to whiten the face, arms and hands until the healthy pink appearance disappears. Do NOT put so much on that the skin is completely white like that of a clown.

Add a touch of blue to the lips and earlobes.

Use a "fixer" spray or dust lightly with talcum to keep the makeup from smearing.

Spray a very light coating of water on the face to make it cold and clammy.

HEAT STROKE

Sparingly apply a very thin white grease paint coating to the face. Do not add so much that it is very noticeable. This is needed to help thin the red grease paint and make it easier to apply a thin red coat.

Use red grease paint sparingly to "flush" the face. Put just enough on to make the person look embarrassed, not the devil.

Use a "fixer" spray or dust lightly with talcum to keep the makeup from smearing.

DEEP BRUISES

My preferred method is to use burgundy colored hairspray, sprayed at a distance of two feet or more (to prevent too much from being applied and running/dripping), to create a very realistic bruise. Otherwise, grease paint can be used to create a realistic looking bruise.

Sparingly apply a very thin white grease paint coating to the face. Do not add so much that it is very noticeable. This is needed to help thin the red and blue grease paint and make it easier to apply a thin coat.

Use red and blue grease paint to form the bruise. Taper the edges into the very thin white grease paint to blend into the natural color of the skin.

Use a "fixer" spray or dust lightly with talcum to keep the makeup from smearing.

1ST DEGREE BURN

Sparingly apply a very thin white grease paint coating to the area. Do not add so much that it is very noticeable. This is needed to help thin the red grease paint in the edges to blend into the non-burned areas.

Apply the red grease paint to the center area to where it looks like severe sunburn. Without applying any more red, taper the red on the edges to slowly blend into the natural color of the skin by smearing the red into the thin white base layer on the edges.

Use a "fixer" spray or dust lightly with talcum to keep the makeup from smearing.

2ND DEGREE BURN

Create a large 1st degree burn by following the procedure above.

Add thin slices of white grapes on the reddest parts to simulate blisters. White grape skins can be used to simulate broken blisters.

3RD DEGREE BURN

Create a large 2nd degree burn by following the procedure above.

A layer of flesh-colored gelatin is added to the areas where you want to simulate the tearing and scarring of flesh. Work with the gelatin before it begins to set.

Add charcoal or graphite to the top ridges of the gelatin to simulate seared flesh. Black grease paint will do also.

Add the fake blood to the deep valleys in the gelatin.

Burning a hole in the article of clothing and burning feathers nearby adds to the realism. (Note: My favorite choice is the upper arm. Burn the sleeve of a worn-out short-sleeve shirt or T-shirt and create the fake 3rd-degree burn there.)

DEEP CUTS

Create a layer of flesh-colored gelatin where the fake cut is to be. It is important to match the color of the skin as much as possible and make the layer smooth and tapered on the edges. The idea is to form some fake skin 1/4 inch thick that is tapered to the edges so that it is not noticeable where the fake skin starts.

Before the gelatin sets, using something not sharp, create a fake cut or gash into the gelatin.

Add plenty of fake blood. (It is possible to hide a small clear plastic tube to squirt the fake blood from the cut. The smallest clear tubes like those used in fish tanks are OK. I use the small oxygen lines used for patients. The oxygen lines are found at drug stores)

Dulled knives, broken thin Plexiglas sheets, sticks... can be inserted into the fake cut to add more realism.

The Vaseline/flour putty fake skin can be used in place of the gelatin fake skin if squirting blood is not needed. (the flour putty will not hold the clear plastic tubes in place)

COMPOUND FRACTURES

Create a layer of flesh-colored gelatin where the fake cut is to be. It is important to match the color of the skin as much as possible and make the layer smooth and tapered on the edges. The idea is to form some fake skin 1/4 inch thick that is not noticeable where it starts.

Break a large chicken bone to get bone fragments and a small stump of a bone. Before the gelatin sets, add the bone stump and fragments into the gelatin to look like the bone broke and cut up through the skin.

Add plenty of fake blood. (It is possible to hide a small clear plastic tube to squirt the fake blood from the cut. The smallest clear tubes like those used in fish tanks are OK. I use the small oxygen lines used for patients.)

The Vaseline/flour putty fake skin can be used in place of the gelatin fake skin if squirting blood is not needed. (the flour putty will not hold the clear plastic tubes in place)

FAKE SKIN FROM FLOUR / VASELINE PUTTY

For Cub Scouts, this is a good simple method of creating fake cuts.

Mix Vaseline and white flour together in your hands until it forms a putty. A spoon is helpful in mixing the Vaseline into the flour, and scraping it off the palm to form a ball.

Slowly mix cocoa powder into the putty until it matches the skin color (it usually does not take much cocoa powder). For those of African heritage, add finely ground charcoal with cocoa powder to match the skin color. Be sure to taper the edges to blend into the skin when applying.

FAKE BLOOD

The problem with using just red food coloring and water is that it is too thin, too transparent, and stains skin and clothing. Adding cocoa powder will make it thicker and opaque, and adding corn starch will prevent staining because the starch is stained ahead of time instead.

Mix water, red food coloring, cocoa powder, and corn starch until the correct color and thickness is obtained. I have substituted honey or glycerin instead of water where I do not want the fake blood to dry out as fast. If the blood it to look clotted, add Knox gelatin to thicken the fake blood.

WOUNDS AND BLEEDING

To construct in incised wound, first stripe a shallow mask of wax on the injured area. The length and width of the wax mask depends upon the size and location of the cut to be shown. A cut on the tip of a finger requires only a thin mask covering one side of the first joint. Make a sharp crease in the wax with the spatula blade and color the inside of the cut with dark red grease paint. With an eye dropper, place a few drops of simulated "blood" into the cut and on the hand.

The same procedure is used for larger wounds. The wax mask should be larger and higher in the center, but it should not give a malformed appearance. Add liquid make-up or lipstick to wax and blend into a flesh color.

"Blood" can be made by mixing a spoonful of cocoa with a pint of water and adding red food coloring to obtain the desired shade. Be careful not to get it on clothes. Wear old clothing if possible.

To demonstrate arterial bleeding, use a supply of prop blood in a bottle. Pipe blood to a fake wound through a small plastic or rubber tube, taped to the body and arm or leg. Fasten the end of the tube in place where the wound will be shown. While shaping the wax mask over the end of the tube, plug the end with a short piece of sharpened match stick to prevent wax from clogging it. Position the wound directly over the end of the tube. Unplug it only after the inside has been colored dark red.

FRACTURES

To show a simple fracture of a limb, build up a bump on the arm or leg with plastic wax. Color the wax with liquid make-up to match the natural skin as closely as possible. Spread the wax with a spatula or dull knife. If the wax is not easy to spread, make it pliable by warming it in the palm of your hand as you work the spatula through it. Smooth the surface with the moistened tip of forefinger. Avoid an abrupt hump in shaping the wax. A gradual rise on

BLISTERS, SEVERE BURNS AND ABRASIONS

Begin make-up for burns and blisters by first forming an elastic "second skin" with white liquid latex or canvas cement. Spread liquid thinly with a spatula or dull kitchen knife. It will become transparent when dry. To make a simple blister, rub the center of the covered area with a forefinger to loosen the adhesive from the victim's skin. Pinch and pick up the loose spot. Pull it away from the skin, just far enough to form a blister of the desired size. To make up a broken blister, tear the rubber and lift the open tear from the skin. Insert a spatula tipped with red grease paint into the tear and spread color on the real skin to make it resemble raw flesh. For very severe (third-degree) burns, break the blisters in several places as though the skin were "cooked." Redden the real skin underneath and blend in spots with black eye-liner pencil or black from a burnt wooden match to give a charred effect.

Although an abrasion (scuff burn) is not technically a burn or blister but a wound, begin with make-up methods similar to those described for burns.

The rubber "second skin" should be torn in several places and rolled back to give the appearance of a scrape. With the tip of a spatula, color the subject's skin under the latex with dark-red grease paint. Since there will be comparatively little bleeding in this type of injured use

SHOCK OR HEAT EXHAUSTION

In most cases of serious injury, the victim suffers from shock. To simulate this condition. first make the face pale. Apply several streaks of white grease paint to the face and neck. Rub to work in the color for a smooth, pale skin covering. Include the ears and under the chin. Avoid a white, chalky effect. With blue grease paint, blend in a thin shadow both over and under the eyes. Similarly darken the lips and ear lobes. A light touch of blue will hide the healthy pink appearance of the fingernails. Simulate

one side and a sharper decline on the opposite side of the bump will illustrate a realistic simple fracture.

The same type of wax mask is used to show a compound fracture. This time, build up the hump a little higher on one side than before with a more abrupt decline on the opposite end. Insert a small, jagged sliver of animal bone or broken pencil on the lower side of the mask. Use spatula or dull knife to shape the wax around the protruding bone. Color inside of the wound with red lipstick or grease paint. A few drops of simulated blood will complete the picture. See "Wounds and Bleeding" above

cold, clammy skin by spraying the forehead and upper lip with a half-and-half mixture of glycerin and water. Shake the mixture well before spraying. The "beads of perspiration" should last about fifteen minutes. Coach the victim not to overact any of the symptoms - dull vacant stare; slow movement of head; and slow, thick speech. He is dazed, and his breathing is shallow. If the victim is a good actor, he might occasionally appear nauseated.

SIMWOUNDS - Gallery Images

These pictures are included to provide an example of the different injuries. How can you make it look real if you don't know what it looks like!





