



# BOY SCOUTS OF AMERICA®

## HEALTH AND SAFETY TEAM

Health and Safety Newsletter, Spring/Summer 2014

## American Red Cross First Aid App—Providing Expert Advice When You Need It

The American Red Cross First Aid App gives users instant access to information on how to handle the most common first-aid situations, and includes videos and interactive quizzes. Users who take quizzes can earn badges they can share with friends through social media to show off their lifesaving knowledge.

This app builds on the Red Cross legacy of teaching first aid and lifesaving skills to people across the country. People now have a free and easy way to get lifesaving first aid instruction and disaster preparedness information anytime, anywhere.

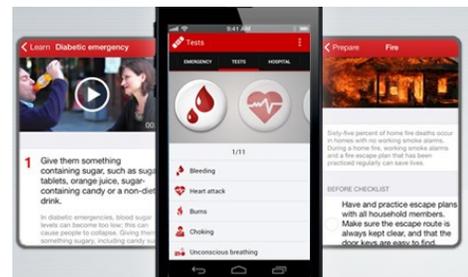
Designed for iPhone and Android mobile devices, the app features include:

- Simple step-by-step instructions for everyday first aid scenarios;
- Prioritized steps to take during an emergency, with 9-1-1 call button;
- Sharable badges to be unlocked through interactive quizzes;
- Videos and animations to make learning first aid fun and easy;

- Safety and preparedness tips for a range of conditions including severe winter weather, hurricanes, earthquakes, and tornadoes; and
- Preloaded content that gives instant access to all safety information at any time.

The app is available in the [Apple App Store](#) and the [Google Play Store for Android](#) by searching for American Red Cross. Learn about all of the Red Cross apps at [redcross.org/mobileapps](http://redcross.org/mobileapps).

Downloading the app is not a substitute for training. To learn more about American Red Cross first aid or to register for a course, visit [redcross.org/takeaclass](http://redcross.org/takeaclass).



## Guidelines for Managing Food Allergies

Millions of children and adults in the United States have been diagnosed with specific food allergies that can be life-threatening. Initial food allergy reactions can occur at any time, even in previously undiagnosed individuals. The Health and Safety team has become aware of these risks and has developed food allergy prevention guidelines that can be useful in helping people with food allergies be

prepared at all types of Scouting events. The guidelines include information for Scouts and their families, adult leaders, and camps to plan ahead for many types of events and trips. Although the document is not intended to be all-inclusive, it does identify many common experiences and is meant to begin a dialogue regarding food allergy prevention. The guidelines for managing

food allergies can be found at: [http://www.scouting.org/filestore/HealthSafety/pdf/2013Guidelines\\_Managing\\_Food\\_Allergies.pdf](http://www.scouting.org/filestore/HealthSafety/pdf/2013Guidelines_Managing_Food_Allergies.pdf). The document also links to several reputable websites that will educate and inform you about food allergy prevention.



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## Finding Help for Mental Health Problems

At some time in our lives, each of us may feel overwhelmed and need help dealing with our problems. According to the National Institute of Mental Health, more than 30 million Americans need help dealing with feelings and problems that seem beyond their control—family situations, academic issues, the death of a loved one, depression, stress, etc. Such experiences can at times be extremely debilitating. Trained, licensed professionals can often help us to work through these experiences and live healthier, more productive lives.

One should consider therapy if:

1. You have an overwhelming and prolonged sense of helplessness and sadness, and the problems don't go away despite efforts from others.
2. You find it difficult to carry out everyday activities such as concentrating on homework, completing jobs, making progress in rank advancement in Scouting, etc.
3. You worry excessively, expect the worst, and are constantly on edge.
4. Your actions are harmful either to yourself or others, such as abusing substances or becoming overly argumentative and aggressive.
5. You are troubled by emotional difficulties facing family members or close friends.

Mental health professionals such as psychiatrists, psychologists, social workers, marriage and family therapists, and mental health counselors specialize in psychotherapy and other forms of

psychological treatment. They are highly trained, with expertise in the areas of human behavior and mental health assessment, diagnosis, and treatment. They apply scientifically validated procedures, working with patients to help them change their feelings and attitudes and develop healthier and more effective patterns of behavior. Therapy is a collaborative effort between an individual and professional, and it provides a supportive environment to talk openly and confidentially about concerns and feelings.

Research suggests that therapy effectively decreases a patient's depression and anxiety and other symptoms such as pain, fatigue, and nausea. It can have a positive effect on the body's immune system. Research increasingly supports the idea that emotional and physical health are very closely linked and that therapy can improve a person's overall health status. There is convincing evidence that most people who have at least several sessions of therapy are far better off than those untreated individuals with emotional difficulties. One major study showed that 50 percent of patients noticeably improved after eight sessions and, after six months, the rate increased to 75 percent. Findings are similar in therapy with children and adolescents.

Finding a qualified therapist is a highly personal matter. A therapist who works well with one individual may not work as well with another. There are a number of ways to get help initially by talking to

friends, guidance counselors, pastors and youth ministers, etc. If your issues go beyond the expertise of these individuals, consider the following strategies for finding qualified professionals:

1. Ask close family members or friends for recommendations, especially those who have had a positive experience with therapy.
2. Contact the state associations for those professionals. Many of them operate referral services that can put you in touch with a qualified individual.
3. Ask your primary care physician or other health professional for a referral. Explain what's important to you in your treatment, so that they can suggest the professional most likely to be helpful.
4. Inquire at your place of worship.
5. Check the phone book or the Internet for listings of local mental health associations or community health centers. Those sources, too, may offer possible referrals.
6. Use various mental health locator services. The American Psychological Association has a psychologist locator found at <http://locator.apa.org>.

Ideally, you should have more than one name to choose from. Feel free to call and request the opportunity—either by phone or in person—to ask the professional questions about their licensure, level of training, approach to therapy, participation in various insurance plans, and fees, etc. This can help you to sort through various options and choose someone with whom you can interact well.

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## New, Simplified Annual Health and Medical Record

The Health and Safety team has rolled out a new, simplified Annual Health and Medical Record (AHMR) in time for the summer camping season. It was launched on March 1 after listening to constructive feedback from many end users, including volunteers and participants.

You will notice quite a few changes. The new information page is a great place to start. We recommend using the information

page as a handout for roundtables, parents, etc. This page includes easy-to-follow links, so there is no need to hand out copies of the complete AHMR, as in previous years.

The Health and Safety team just presented a webinar regarding the new AHMR. To find out more, check out this link and watch the video: <http://livestre.am/4OVJ7>.

## Hydrate Healthfully

Believe it or not, summer camps and summer temperatures are right around the corner. Changes in schedules, activities, and altitudes can make proper hydration a challenge. Whether you are hiking, sailing, swimming, biking, mountain climbing, or any of the other exciting activities happening with Scouts this summer, knowing the right way to hydrate as well as the signs and symptoms of dehydration is essential for the health of all participants.

Dehydration occurs when the amount of liquid leaving the body is greater than the amount taken in. Water is involved in most of our bodies' functions, which is why dehydration can be so dangerous!

Be aware of the factors that may affect your hydration:

- Air temperature: The higher the temperature, the greater the fluid loss through perspiration.
- Activity level: The higher the intensity, the more you may perspire. This is obvious with some activities, but swimmers perspire too—it may just go unnoticed because they're in the water!
- Body size and gender: Larger people sweat more; men generally sweat more than women.
- Duration: The longer the activity, the greater the fluid loss.
- Fitness level: The **more** fit you are, the **more** you generally sweat!
- Altitude: Chances of dehydration are greatly increased due to **hyperventilation, increased urination, decreased appetite, and decreased thirst.**

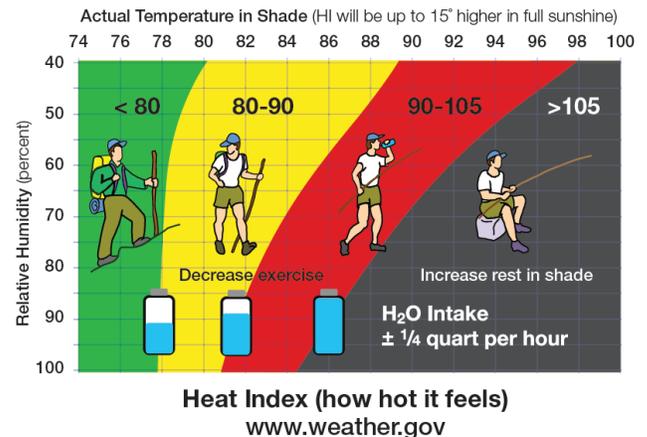
Watch for the **early signs** of dehydration:

- Thirst
- Flushed skin
- Headaches
- Increased body temperature
- Increased breathing and pulse rate
- Increased perception of effort

**Later signs** include dizziness, increased weakness and labored breathing. Seek medical advice if rehydrating techniques do not relieve the symptoms.

The [heat index/urine color chart](http://www.scouting.org/Home/HealthandSafety/Alerts/heat_index.aspx), which can be downloaded at [http://www.scouting.org/Home/HealthandSafety/Alerts/heat\\_index.aspx](http://www.scouting.org/Home/HealthandSafety/Alerts/heat_index.aspx), describes situations when you should increase your rest and water intake.

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## Energize your Enterprise Risk Management Committee

This is a hands-on, interactive workshop to help you energize your ERM Committee to protect the people, property, environment, and brand of the Scouting movement in your council. The course is designed for district, council, and regional Health and Safety and/or Risk Management Committee members and council professionals who are assigned as the ERM Committee staff advisors. Many of our former course participants are leading the charge for active, engaged ERM Committees in their councils. We know that members of camp visitation teams; key volunteers in program, camping, training, properties, or other areas; unit leaders; and professionals such as Rangers—who have Health and Safety or Risk Management

responsibilities—will also benefit from this course.

As a participant, you will study the leading causes of incidents and conduct exercises in hazard and risk identification, analysis, and resolutions using the latest in program hazard analysis techniques. You will conduct an accident investigation and present it to a mock council executive board with your recommendations to prevent future occurrences. The course includes understanding insurance and compliance issues that face your council.

Your instructors will include key volunteers from the Health and Safety Support Committee, a representative of

the Risk Management Advisory Panel, and members of the National Council Health and Safety and Risk Management Teams.

Scholarships for 2014 are still available for council ERM Committee chairs. Please ask your Scout Executive to submit your name for a scholarship by emailing [Phillip.Moore@scouting.org](mailto:Phillip.Moore@scouting.org).



## Hydrate Healthfully (Continued from page 3)

The best prevention is to stay ahead of the game. To hydrate properly, follow these recommendations from the American College of Sports Medicine:

- Begin your activity **fully hydrated!** Start the day **before your activity** by consuming adequate fluids and water-rich foods.
- During your activity, continue to drink water **regularly** and **often** with the goal of replacing all fluid losses. Sports drinks are good options to supplement your water intake for **moderate to high intensity** activities **lasting longer than 60 minutes**
- Check your urine color—it should be light or straw colored. If dark, drink more water (see urine color chart)!
- For those who experience high sodium losses during intense activities, eat salty foods in a pre-activity meal (soup, vegetable juice, pretzels).
- Rehydrate following the activity by drinking enough fluid to replace fluid lost during the activity.
- If a scale is available, check your weight before and after a strenuous activity to measure fluid loss.

So, **how much fluid is enough?**  
According to the Institutes of Medicine

Food and Nutrition Board, **males aged 9 to 13 years** require about **10 cups** total water each day, and **males aged 14 to 18** require about **14 cups**. Females require slightly less at approximately 9 to 10 cups. Typically, 20 percent of your water intake comes from food. Soups, fruits, and vegetables are obvious examples, but all foods contain some water, even bread!

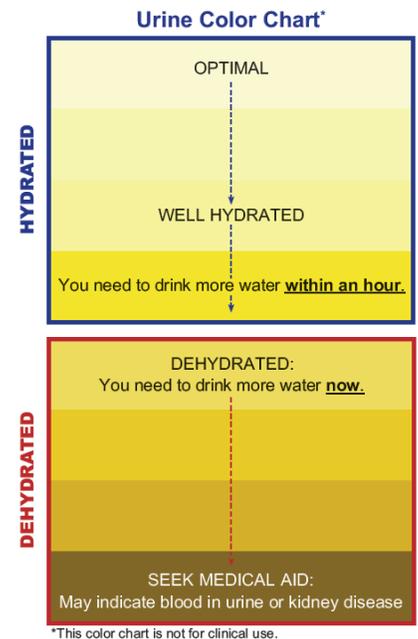
At least half of your daily fluid intake should come from **water**—bottled, tap, sparkling or flat ... whatever works for you!

For the rest of your fluid needs, focus on nutrient-rich choices: low-fat milk (plain or chocolate); green, black, or herbal teas; and 100 percent fruit or vegetable juices. Avoid sodas as they are a source of “empty calories” and a major contributor to this country’s obesity epidemic. Also avoid caffeine-containing beverages which can have a diuretic effect.

So, before you head out to tackle the fun and excitement offered in Scouting this summer, plan ahead! Your hydration can determine your success in **all** of these activities.

Be in charge of your health. It is **your** responsibility!

The urine color chart can be downloaded at [http://www.scouting.org/Home/HealthandSafety/Alerts/heat\\_index.aspx](http://www.scouting.org/Home/HealthandSafety/Alerts/heat_index.aspx).



## Distracted Driving

According to the National Safety Council, it is estimated that 28 percent of all traffic accidents—or 1.6 million per year—are caused by drivers using cell phones and texting. To protect yourself and those around you:



- Put your cell phone on silent or vibrate before starting the car.
- Modify your voicemail greeting to indicate you are unavailable to answer calls or return messages while driving.
- Inform family, friends, clients, and associates why calls may not be returned immediately.
- If you need to talk or text, pull over to a safe location and park your vehicle.
- Hands-free cell phones are not safer. Cell-phone driving is a visual, mechanical and cognitive distraction.
- Educate your employees, drivers, and parents on the dangers of driving while on a cell phone.
- Implement a cell-phone ban at your place of employment (or during Scouting functions).
- Support cell-phone legislation and enforcement.

For more information, please visit [distracteddriving.nsc.org](http://distracteddriving.nsc.org).