



READYMAN (Required for Arrow of Light)

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.