

**Session 6c**  
**First Aid**  
**(P.O.9, E.O.4)**

Define First Aid. \_\_\_\_\_

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Why is it important to know first aid basics? \_\_\_\_\_

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Who should be first aid certified in the Young Marines program? \_\_\_\_\_

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**Build your own Personal First Aid Kit.**

- 6 adhesive bandages (Band-aids)
- 2 sterile gauze pads, 3-by-3-inch
- 1 small roll of adhesive tape
- 1 Moleskin, 3-by-6-inch
- 1 small bar of soap
- 1 small tube of antiseptic
- 1 pair of scissors
- 1 pair of latex gloves
- 1 mouth-barrier device for rescue breathing or CPR (*if trained in CPR*)
- 1 pair plastic goggles or other eye protection
- 1 pencil with paper