First Aid
Merit Badge Workbook

Read "the merit badge pamphlet on the subject...meet the requirements as they are stated." - Boy Scout Requirements pp. 22-23
Each "Scout must be reviewed individually by the counselor." - Advancement Policies p. 26  See the Online Resources.

Scout's Name: ___________________________________________ Unit: ______________________
Counselor's Name: ________________________________________ Counselor's Ph #: ______________

1. Satisfy your counselor that you have current knowledge of all first-aid requirements for

   Tenderfoot

   12. a. Demonstrate how to care for someone who is choking. ________________________________________________________________

   12. b. Show first aid for the following:

       ● Simple cuts and scrapes ________________________________________________________________

       ● Blisters on the hand or foot __________________________________________________________

       ● Minor (heat/thermal) burns or scalds (superficial, or first-degree) _______________________

       ● Bites and stings of insects ___________________________________________________________

       and ticks ___________________________________________________________

       ● Venomous snakebite ______________________________________________________________

       ● Nosebleed ________________________________________________________________

       ● Frostbite ___________________________________________________________
Second Class,

6. a. Show what to do for “hurry” cases of stopped breathing, serious bleeding, and internal poisoning.

6. b. Prepare a personal first aid kit to take with you on a hike.

☐ __________________  ☐ __________________  ☐ __________________

☐ __________________  ☐ __________________  ☐ __________________

☐ __________________  ☐ __________________  ☐ __________________

6. c. Demonstrate first aid for the following:

● Object in the eye __________________

● Bite of a suspected rabid animal __________________

● Puncture wounds from a splinter, nail, and fishhook __________________

● Serious burns (second degree) __________________

● Heat exhaustion __________________

● Shock __________________

● Heatstroke, dehydration, hypothermia, and hyperventilation __________________
8. b. Demonstrate bandages for a sprained ankle, ____________________________
   and for injuries on the head, ____________________________
   the upper arm, ____________________________
   and the collarbone. ____________________________

8. c. Show how to transport by yourself, and with one other person, a person: from a smoke-filled room ____________
   with a sprained ankle, for at least 25 yards. ____________________________

8. d. Tell the five most common signs of a heart attack.
   ____________________________
   ____________________________
   ____________________________
   ____________________________
   ____________________________

   Explain the steps (procedures) in cardiopulmonary resuscitation (CPR). ____________________________
   ____________________________
   ____________________________
   ____________________________
   ____________________________
   ____________________________

2. Do the following:
   (a) Explain how you would obtain emergency medical assistance from your home, ____________________________
       on a wilderness camping trip, ____________________________
       and during an activity on open water. ____________________________

   (b) Explain the term *triage*. ____________________________
       ____________________________
       ____________________________
       ____________________________

   (c) Explain the standard precautions as applied to bloodborne pathogens. ____________________________
       ____________________________
       ____________________________
       ____________________________

   (d) Prepare a first-aid kit for your home. Display and discuss its contents with your counselor.
     □ ____________________________  □ ____________________________  □ ____________________________  □ ____________________________  □ ____________________________
     □ ____________________________  □ ____________________________  □ ____________________________  □ ____________________________  □ ____________________________
3. Do the following:

(a) Explain what action you should take for someone who shows signals of shock, ___________________________________________

for someone who shows signals of a heart attack, ___________________________________________

and for someone who shows signals of stroke. ___________________________________________

(b) Identify the conditions that must exist before performing CPR on a person. ___________________________________________

Then demonstrate proper technique in performing CPR using a training device approved by your counselor. ______________

(c) Explain the use of an automated external defibrillator (AED). ___________________________________________

(d) Show the steps that need to be taken for someone suffering from a severe cut on the leg and on the wrist. ______________
Tell the dangers in the use of a tourniquet

and the conditions under which its use is justified.

(e) Explain when a bee sting could be life threatening

and what action should be taken for prevention

and for first aid.

(f) Explain the symptoms of heatstroke

and what action should be taken for first aid

and for prevention.

4. Do the following:
(a) Describe the signals of a broken bone.
Show first-aid procedures for handling fractures (broken bones), including open (compound) fractures of the forearm, wrist, upper leg, and lower leg using improvised materials.

(b) Describe the symptoms and possible complications and demonstrate proper procedures for treating suspected injuries to the head, neck, and back.

Explain what measures should be taken to reduce the possibility of further complicating these injuries.

5. Describe the symptoms, proper first-aid procedures, and possible prevention measures for the following conditions:

(a) Hypothermia

(b) Convulsions/seizures

(c) Frostbite

(d) Dehydration

(e) Bruises, strains, sprains

(f) Burns
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(g) Abdominal pain

(h) Broken, chipped, or loosened tooth

(i) Knocked out tooth

(j) Muscle cramps

6. Do TWO of the following:
   □ (a) If a sick or an injured person must be moved, tell how you determine the best method. Demonstrate this method.

   □ (b) With helpers under your supervision, improvise a stretcher and move a presumably unconscious person.

   □ (c) With your counselor’s approval, arrange a visit with your patrol or troop to an emergency medical facility or through an American Red Cross Chapter for a demonstration of how an AED is used.

7. Teach another Scout a first-aid skill selected by your counselor.

Online Resources (Use any Internet resource with caution and only with your parent’s or guardian’s permission.)

Merit Badge Books: www.scoutstuff.org Please don’t post workbooks on your site. Please instead post these links:

MeritBadge.org: http://meritbadge.org/wiki/index.php/First Aid

Requirement Resources

These resources and much more are at: http://meritbadge.org/wiki/index.php/First Aid

1. Tenderfoot Rank First Aid Requirements

   11. Poisonous Plants

   12a. Choking

   12b. Cuts and Scrapes - Blisters - Burns - Bites and Stings - Snakebite - Nosebleed - Frostbite - Sunburn

   Second Class Rank First Aid Requirements

   6a. Choking - Bleeding - Poisoning

   6b. First Aid Kit

First Class Rank  First Aid Requirements
  8b. Sprains
  8c. Transporting an Injured Person
  8d. Heart Attack - CPR

2a. Video: Calling 911
2b. Triage
2c. Bloodborne Pathogens
2d. First Aid Kit
3a. Shock - Heart Attack - Stroke
3b. CPR
3c. AED
3d. Bleeding
3e. Bee Sting
3f. Heat Stroke
4a. Broken Bones
4b. Head, Neck, and Back Injuries
5. You can use the chart in the First Aid Workbook
  5a. Hypothermia
  5b. Convulsions/Seizures
  5c. Frostbite
  5d. Dehydration
  5e. Bruises - Sprains - Strains
  5f. Burns
  5g. Abdominal Pain
  5h, 5i. Tooth Injury
  5j. Muscle Cramps
6a, 6b. Transporting an Injured Person
6c. AED
7. Communications Merit Badge #6 is to also teach a skill.

General Resources
See the MeritBadge.org First Aid Skills for step-by-step instructions and lesson video links.
Also: First Aid Merit Badge Pamphlet - First Aid Kit - Emergency Kit - Guide to Safe Scouting - Annual Health & Medical Record