

First Aid

Merit Badge Workbook



This workbook can help you but you still need to read the merit badge pamphlet.

This Workbook can help you organize your thoughts as you prepare to meet with your merit badge counselor.
You still must satisfy your counselor that you can demonstrate each skill and have learned the information.
You should use the work space provided for each requirement to keep track of which requirements have been completed,
and to make notes for discussing the item with your counselor, not for providing full and complete answers.
If a requirement says that you must take an action using words such as "discuss", "show",
"tell", "explain", "demonstrate", "identify", etc, that is what you must do.

Merit Badge Counselors may not require the use of this or any similar workbooks.

No one may add or subtract from the official requirements found in Scouts BSA Requirements (Pub. 33216 – SKU 653801).
The requirements were last issued or revised in 2019 • This workbook was updated in July 2020.

Scout's Name:_____ Unit: _____

Counselor's Name: _____ Phone No.:_____ Email: _____

http://www.USScouts.Org • http://www.MeritBadge.Org

Please submit errors, omissions, comments or suggestions about this workbook to: Workbooks@USScouts.Org
Comments or suggestions for changes to the requirements for the merit badge should be sent to: Merit.Badge@Scouting.Org

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c **1.** Demonstrate to your counselor that you have current knowledge of all first-aid requirements for Tenderfoot, Second Class and First Class ranks.
NOTE: *Excerpts from the Tenderfoot, Second Class, and First Class Rank Workbooks, showing the first aid requirements for those ranks can be found at the back of this workbook.*

c **2.** Explain how you would obtain emergency medical assistance from

c **a.** Your home

c **b.** A remote location on a wilderness camping trip:

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c **c. An activity on open water:**

c **3. Define the term triage.**

c **Explain the steps necessary to assess and handle a medical emergency until help arrives..**

c **4. Explain the universal precautions as applied to the transmission of infections.**

c **Discuss the ways you should protect yourself and the victim while administering first aid..**

c **5. Do the following:**

c **a. Prepare a first-aid kit for your home. Display and discuss its contents with your counselor.**

c **b. With an adult leader. Inspect your troop's first-aid kit.**

c **Evaluate it for completeness.**

c **Report your findings to your counselor and Scout leader.**

c **6. Describe the early signs and symptoms of each of the following and explain what actions you should take:**

a. Shock

b. Heart attack

c. Stroke

7. Do the following:

a. Describe the conditions that must exist before performing CPR on a person.

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

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

Identify the location of the AED at your school, place of worship, and troop meeting place, if one is present.

8. Do the followimg:

a. Show the steps that need to be taken for someone who has a large open wound or cut that is not bleeding severely.

c **b. Show the steps that need to be taken for someone who has a large open wound or cut that is severely bleeding.**

c **c. Tell the dangers in the use of a tourniquet and the conditions under which its use is justified.**

c **9. Explain when a bee sting could be life threatening and what action should be taken for prevention and for first aid.**

When:

Prevention:

First aid.

c **10. Describe the signs and symptoms and demonstrate the proper procedures for handling and immobilizing suspected closed and open fractures or dislocations of the**

c **a. Forearm**

c **b. Wrist**

c **c. Upper leg**

c **d. Lower leg**

c **e. Ankle**

c **11. Describe the signs, symptoms and possible complications and demonstrate care for someone with a suspected injury to the head, neck, or back.**

c **12. Describe the symptoms, proper first-aid procedures, and possible prevention measures for the following conditions:**

a. Anaphylaxis / allergic reactions	
b. Bruises	
c Sprains or strains	
d. Hypothermia	
e. Frostbite	
f. Burns - first, second, and third degree	
g. Convulsions/seizures	
h. Dehydration	

i. **Muscle cramps**

j. **Heat exhaustion**

k. **Heat stroke**

l. **Abdominal pain**

m. **Broken, chipped, or loosened tooth**

c **13. Do the following:**

c **a. Describe the conditions under which an injured person should be moved**

c **b.** **If a sick or an injured person must be moved, tell how you determine the best method.**

c **Demonstrate this method.**

c **c.** **With helpers under your supervision, improvise a stretcher and move a presumably unconscious person.**

c **14. Teach another Scout a first-aid skill selected by your counselor.**

When working on merit badges, Scouts and Scouters should be aware of some vital information in the current edition of the *Guide to Advancement* (BSA publication 33088). Important excerpts from that publication can be downloaded from http://usscouts.org/advance/docs/GTA-Excerpts-meritbadges.pdf.
You can download a complete copy of the *Guide to Advancement* from http://www.scouting.org/filestore/pdf/33088.pdf.

TENDERFOOT

FIRST AID and NATURE

c **4. a. Show first aid for the following:**

- **Simple cuts and scrapes**
- **Blisters on the hand and foot**
- **Minor (thermal/heat) burns or scalds (superficial, or first degree)**
- **Bites or stings of insects and ticks**
- **Venomous snakebite**
- **Nosebleed**
- **Frostbite and sunburn**
- **Choking**

c **b. Describe common poisonous or hazardous plants;**

c **identify any that grow in your local area or campsite location.**

c **Tell how to treat for exposure to them.**

c **c. Tell what you can do while on a campout or other outdoor activitiy to prevent or reduce the occurrence of injuries or exposure listed in Tenderfoot requirements 4a and 4b.**

- **Simple cuts and scrapes**
- **Blisters on the hand and foot**
- **Minor (thermal/heat) burns or scalds (superficial, or first degree)**
- **Bites or stings of insects and ticks**

- **Venomous snakebite**
- **Nosebleed**
- **Frostbite and sunburn**
- **Choking**
- **Poisonous or hazardous plants**

c d **Assemble a personal first-aid kit to carry with you on future campouts and hikes.**

c **Tell how each item in the kit would be used.**

SECOND CLASS

FIRST AID AND EMERGENCY PREPAREDNESS

c **6. a. Demonstrate first aid for the following:**

c - **Object in the eye**
c - **Bite of a warm-blooded animal**
c - **Puncture wounds from a splinter, nail, and fishhook**
c **Splinter**
c **Nail**
c **Fishhook**
c - **Serious burns (partial thickness, or second-degree)**
c - **Heat exhaustion**
c - **Shock**
 - **Heatstroke, dehydration, hypothermia, and hyperventilation**
c **Heatstroke**
c **Dehydration**
c **Hypothermia**
c **Hyperventilation**

c **b. Show what to do for "hurry" cases of stopped breathing, stroke, severe bleeding, and ingested poisoning.**

c - **Stopped breathing**
c - **Stroke**
c - **Severe bleeding**
c - **Ingested poisoning**

c **c. Tell what you can do while on a campout or hike to prevent or reduce the occurrence of the injuries listed in Second Class requirements 6a and 6b.**

Injury	How to prevent
Object in the eye	
Bite of a warm-blooded animal	
Puncture wounds from a splinter	
Puncture wounds from a nail	
Puncture wounds from a fishhook	
Serious burns	
Heat exhaustion	

Shock	
Heatstroke	
Dehydration	
Hypothermia	
Hyperventilation	
Stopped breathing	
Stroke	
Severe bleeding	
Ingested poisoning	

c **d. Explain what to do in case of accidents that require emergency response in the home and backcountry.**

c **Explain what constitutes an emergency and what information you will need to provide to a responder.**

c **e. Tell how you should respond if you come upon the scene of a vehicular accident.**

FIRST CLASS

FIRST AID AND EMERGENCY PREPAREDNESS

c **7. a. Demonstrate bandages for a sprained ankle and for injuries on the head, the upper arm, and the collarbone.**

c Sprained ankle

c Injuries on the head

c Injuries on the upper arm

c Injuries on the collarbone

c **b. By yourself and with a partner, show how to:**

c Transport a person from a smoke-filled room.

c Transport for at least 25 yards a person with a sprained ankle

c **c. Tell the five most common signals of a heart attack.**

1.	
2.	
3.	
4.	
5.	

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

c **d. Tell what utility services exist in your home or meeting place. Describe potential hazards associated with these utilities and tell how to respond in emergency situations.**

Utility	Hazards	How to respond

c **e. Develop an emergency action plan for your home that includes what to do in case of fire, storm, power outage, and water outage.**

c **f. Explain how to obtain potable water in an emergency.**