



First Aid

Merit Badge Workbook

This workbook can help you but you still need to read the merit badge pamphlet (book). No one can add or subtract from the Boy Scout Requirements #33215. Merit Badge Workbooks and much more are below: [Online Resources](#).

Send comments to: craig@craiglincoln.com. Requirements revised: 2007, Workbook updated: February 2008.

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 _____

- and sunburn _____

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.

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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 _____

and First Class ranks.

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.

_____ _____ _____ _____

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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 _____

(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 Workbooks: usscouts.org -or- meritbadge.org ► **Merit Badge Books:** www.scoutstuff.org

Boy Scouts of America: <http://www.scouting.org/> ► [Requirements](#) ► [Intro to Merit Badges](#) ► [Guide to Safe Scouting](#)

 ► [Youth Protection](#) ► [Leave No Trace](#) ► [Outdoor Code](#) ► [Wilderness Use](#) ► [Safe Swim Defense](#) ► [Safety Afloat](#)

[ExpertVillage First Aid Videos](#) 📺 [Make a First Aid Kit](#) 📺 [Basics](#) 📺 [Basics2](#) 📺 [CPR Basics](#) 📺 [Venomous Snake Bite](#)

American Heart Association: <http://www.americanheart.org>

American Medical Association: <http://www.ama-assn.org>

American Red Cross: <http://www.redcross.org>

American Stroke Association: <http://www.strokeassociation.org>

National Safety Council: <http://www.nsc.org>