FIRST AID

“Enhancing our youths’ competitive edge through merit badges”
Requirements

1. Demonstrate to your counselor that you have current knowledge of all first-aid requirements for Tenderfoot, Second Class, and First Class ranks.

2. Explain how you would obtain emergency medical assistance from:
   a. Your home
   b. A remote location on a wilderness camping trip
   c. An activity on open water

3. Define the term triage. Explain the steps necessary to assess and handle a medical emergency until help arrives.

4. Explain the standard precautions as applied to the transmission of infections. Discuss the ways you should protect yourself and the victim while administering first aid.

5. Do the following:
   a. Prepare a first-aid kit for your home. Display and discuss its contents with your counselor.
   b. With an adult leader, inspect your troop’s first-aid kit. Evaluate it for completeness. Report your findings to your counselor and Scout leader.

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 following:
   a. Show the steps that need to be taken for someone who has a large open wound or cut that is not bleeding severely.
   b. Show the steps that need to be taken for someone who has a large open wound or cut that is severely bleeding.
   c. Explain when it is appropriate and not appropriate to use a tourniquet. List some of the benefits and dangers of the use of a tourniquet.
   d. Describe the proper application of a tourniquet.

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

10. Do the following:
   a. Describe the signs and symptoms of an open or closed fracture or dislocation.
   b. Explain what measures should be taken to reduce the likelihood of further complications of fractures and dislocations.

11. Demonstrate the proper procedures for handling and immobilizing suspected closed or open fractures or dislocations of the
   a. Forearm
   b. Wrist
   c. Hand and Fingers
   d. Upper leg
   e. Lower leg
   f. Ankle

12. Describe the signs and symptoms, proper first-aid procedures, and possible prevention measures for the following conditions:
   a. Anaphylaxis/allergic reactions
   b. Asthma attack
   c. Bruises
   d. Sprains or strains
   e. Hypothermia
   f. Frostbite
g. Burns—first, second, and third degree  
h. Concussion  
i. Convulsions/seizures  
j. Someone who is unconscious  
k. Dehydration  
l. Muscle cramps  
m. Heat exhaustion  
n. Heat stroke  
o. Abdominal pain  
p. Broken, chipped, or loosened tooth  

13. Do the following:  
   a. Describe the conditions under which an injured person should be moved.  
   b. If a sick or an injured person must be moved, tell how you would determine the best method. Demonstrate this method.  
   c. With helpers under your supervision, improvise a stretcher and move a presumably unconscious person.  

14. Teach another Scout a first-aid skill selected by your counselor.
First-Aid Resources

Scouting Literature
Scouts BSA Handbook; Fieldbook; Deck of First Aid; Basic Illustrated Wilderness First Aid; Emergency First Aid pocket guide; Be Prepared First Aid Book; Dentistry, Emergency Preparedness, Fire Safety, Lifesaving, Medicine, Public Health, Safety, and Wilderness Survival merit badge pamphlets

With your parent’s permission, visit the Boy Scouts of America’s official retail website, www.scoutshop.org, for a complete listing of all merit badge pamphlets and other helpful Scouting materials and supplies.

Books


**Organizations and Websites**

**American Heart Association**

7272 Greenville Ave.

Dallas, TX 75231

Toll-free telephone: 800-242-8721

Website: www.heart.org

**American Medical Association**

AMA Plaza

330 N. Wabash Ave., Suite 39300

Chicago, IL 60611-5885

Toll-free telephone: 800-621-8335

Website: www.ama-assn.org

**American Red Cross**

431 18th St. NW

Washington, DC 20006

Toll-free telephone: 800-733-2767

Website: www.redcross.org

**American Stroke Association**

7272 Greenville Ave.

Dallas, TX 75231

Toll-free telephone: 888-478-7653

Website: www.strokeassociation.org

**National Safety Council**

1121 Spring Lake Drive

Itasca, IL 60143-3201

Toll-free telephone: 800-621-7615

Website: www.nsc.org

The American Red Cross produces several resources that may be of particular interest to Scouts, Scout leaders, and merit badge counselors.

