

BOY SCOUTS OF AMERICA  
MERIT BADGE SERIES

# FIRST AID



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# 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](http://www.scoutshop.org), for a complete listing of all merit badge pamphlets and other helpful Scouting materials and supplies.

## Books

American Academy of Orthopaedic Surgeons. *First Aid*, 7th ed. Jones & Bartlett Learning, 2016.

American Medical Association *Handbook of First Aid and Emergency Care*, revised ed. Random House, 2009.

Auerbach, Paul S. *Medicine for the Outdoors: The Essential Guide to First Aid and Emergency Medicine*, 6th ed. Elsevier, 2016.

Backer, Howard, et al. *Wilderness First Aid: Emergency Care for Remote Locations*, 5th ed. Jones & Bartlett, 2017.

Emergency Care and Safety Institute. *Standard First Aid, CPR, and AED*, 7th ed. Jones & Bartlett Learning, 2016.

Emergency Care and Safety Institute. *Wilderness First Aid Field Guide*, 2nd ed. Jones & Bartlett Learning, 2016.

Forgey, William. *Wilderness Medicine: Beyond First Aid*, 7th ed. Falcon Guides, 2017.

Gill, Paul G. *Wilderness First Aid: A Pocket Guide*. Ragged Mountain Press, 2002.

Isaac, Jeffrey. *The Outward Bound Wilderness First-Aid Handbook*. Falcon Guides, 2013.

Rickey, Brad, and Kurt Duffens. *FastAct Pocket First Aid Guide*. FastAct, 1999.

Schimelpfenig, Tod. *NOLS Wilderness First Aid*, 6th ed. National Outdoor Leadership School and Stackpole Books, 2016.

Tilton, Buck. *Backcountry First Aid and Extended Care*, 5th ed. Falcon Guides, 2007.

Weiss, Eric A. *Wilderness 911: A Step-by-Step Guide for Medical Emergencies and Improvised Care in the Backcountry*. Mountaineers Books, 2007.

Wilkerson, James A., ed. *Medicine for Mountaineering and Other Wilderness Activities*, 6th ed. Mountaineers Books, 2010.

## Organizations and Websites

### American Heart Association

7272 Greenville Ave.  
Dallas, TX 75231  
Toll-free telephone: 800-242-8721  
Website: [www.heart.org](http://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](http://www.ama-assn.org)

### American Red Cross

431 18th St. NW  
Washington, DC 20006  
Toll-free telephone: 800-733-2767  
Website: [www.redcross.org](http://www.redcross.org)

### American Stroke Association

7272 Greenville Ave.  
Dallas, TX 75231  
Toll-free telephone: 888-478-7653  
Website: [www.strokeassociation.org](http://www.strokeassociation.org)

### National Safety Council

1121 Spring Lake Drive  
Itasca, IL 60143-3201  
Toll-free telephone: 800-621-7615  
Website: [www.nsc.org](http://www.nsc.org)

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

American Red Cross. *First Aid/CPR/AED Participant's Manual*. Staywell, 2014.

American Red Cross. *Responding to Emergencies*. Staywell, 2017.

American Red Cross. *Wilderness and Remote First Aid*. Staywell, 2014.

