MERIT BADGE SERIES

FIRST AID

BOY SCOUTS OF AMERICA®
The Boy Scouts of America is indebted to the American Red Cross for its subject matter expertise, review, and other assistance with this edition of the First Aid merit badge pamphlet.

“Enhancing our youths’ competitive edge through merit badges”
First Aid

1. Satisfy 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 universal precautions as applied to the transmission of infections. Discuss the ways you should protect yourself and the victim while administering first aid.

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

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. 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.

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

10. Describe the signs and symptoms and demonstrate the proper procedures for handling and immobilizing suspected closed and open fractures or dislocations of the
   (a) Forearm
   (b) Wrist
   (c) Upper leg
   (d) Lower leg
   (e) Ankle

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

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
Burns—first, second, and third degree
Convulsions/seizures
Dehydration
Muscle cramps
Heat exhaustion
Heat stroke
Abdominal pain
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
Boy Scout 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.

Visit the Boy Scouts of America’s official retail website (with your parent’s permission) at http://www.scoutstuff.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: http://www.heart.org

**American Red Cross**
2025 E St. NW
Washington, DC 20006
Toll-free telephone: 800-733-2767
Website: http://www.redcross.org

**American Stroke Association**
7272 Greenville Ave.
Dallas, TX 75231
Toll-free telephone: 888-478-7653
Website: http://www.strokeassociation.org

**National Safety Council**
1121 Spring Lake Drive
Itasca, IL 60143-3201
Toll-free telephone: 800-621-7615
Website: 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. Responding to Emergencies.** Staywell, 2012.
- **American Red Cross. Wilderness and Remote First Aid.** Staywell, 2010.