



# First Aid

## Merit Badge Workbook

Read "the merit badge pamphlet on the subject...meet the requirements as they are stated." - [Boy Scout Requirements pp. 22-23](#)

Each "Scout must be reviewed individually by the counselor." - [Advancement Policies p. 26](#) See the [Online Resources](#).

Workbook developer: [craig@craiglincoln.com](mailto:craig@craiglincoln.com), Morris, IL. Requirements revised: 2007, Workbook updated: April 2009.

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.

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\_\_\_\_\_

\_\_\_\_\_

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

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**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, \_\_\_\_\_

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for someone who shows signals of a heart attack, \_\_\_\_\_

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and for someone who shows signals of stroke. \_\_\_\_\_

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(b) Identify the conditions that must exist before performing CPR on a person. \_\_\_\_\_

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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). \_\_\_\_\_

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(d) Show the steps that need to be taken for someone suffering from a severe cut on the leg and on the wrist. \_\_\_\_\_

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Tell the dangers in the use of a tourniquet \_\_\_\_\_

\_\_\_\_\_  
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and the conditions under which its use is justified. \_\_\_\_\_

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\_\_\_\_\_

(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. \_\_\_\_\_

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Explain what measures should be taken to reduce the possibility of further complicating these injuries. \_\_\_\_\_

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

(a) Hypothermia \_\_\_\_\_

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(b) Convulsions/seizures \_\_\_\_\_

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(c) Frostbite \_\_\_\_\_

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(d) Dehydration \_\_\_\_\_

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(e) Bruises, strains, sprains \_\_\_\_\_

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(f) Burns \_\_\_\_\_

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(g) Abdominal pain \_\_\_\_\_

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(h) Broken, chipped, or loosened tooth \_\_\_\_\_

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(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.)

- ▶ [scouting.org](#)    ▶ [Scout](#)    ▶ [Tenderfoot](#)    ▶ [Second Class](#)    ▶ [First Class](#)    ▶ [Rank Videos](#)
- ▶ [Merit Badge Requirements](#)    ▶ [Advancement Policies](#)    ▶ [Guide to Safe Scouting](#)

Merit Badge Books: [www.scoutstuff.org](http://www.scoutstuff.org)    Please don't post workbooks on your site. Please instead post these links:  
MeritBadge.org: <http://meritbadge.org/wiki/index.php/MBW> -or- usscouts.org: <http://www.usscouts.org/mb/worksheets/list.asp>

**Requirement Resources**

These resources and much more are at: <http://meritbadge.org/wiki/index.php/First Aid>

1. [Tenderfoot Rank](#) First Aid Requirements

- 11. [Poisonous Plants](#)
- 12a. [Choking](#)
- 12b. [Cuts and Scratches](#) - [Blisters](#) - [Burns](#) - [Bites and Stings](#) - [Snakebite](#) - [Nosebleed](#) - [Frostbite](#) - [Sunburn](#)

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[Second Class Rank](#) First Aid Requirements

- 6a. [Choking](#) - [Bleeding](#) - [Poisoning](#)
- 6b. [First Aid Kit](#)
- 6c. [Object in Eye](#) - [Bites and Stings](#) - [Puncture Wounds](#) - [Burns](#) - [Heat Exhaustion](#) - [Shock](#) - [Heat Stroke](#) - [Dehydration](#)  
[Hypothermia](#) - [Hyperventilation](#)

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[First Class Rank](#) First Aid Requirements

- 8b. [Sprains](#)
- 8c. [Transporting an Injured Person](#)
- 8d. [Heart Attack](#) - [CPR](#)

2a. [Video: Calling 911](#)

2b. [Triage](#)

- 2c. [Bloodborne Pathogens](#)
- 2d. [First Aid Kit](#)
- 3a. [Shock](#) - [Heart Attack](#) - [Stroke](#)
- 3b. [CPR](#)
- 3c. [AED](#)
- 3d. [Bleeding](#)
- 3e. [Bee Sting](#)
- 3f. [Heat Stroke](#)
- 4a. [Broken Bones](#)
- 4b. [Head, Neck, and Back Injuries](#)
5. You can use the chart in the [First Aid Workbook](#)
- 5a. [Hypothermia](#)
- 5b. [Convulsions/Seizures](#)
- 5c. [Frostbite](#)
- 5d. [Dehydration](#)
- 5e. [Bruises](#) - [Sprains](#) - [Strains](#)
- 5f. [Burns](#)
- 5g. [Abdominal Pain](#)
- 5h, 5i. [Tooth Injury](#)
- 5j. [Muscle Cramps](#)
- 6a, 6b. [Transporting an Injured Person](#)
- 6c. [AED](#)
7. [Communications](#) Merit Badge #6 is to also teach a skill.

### **General Resources**

See the MeritBadge.org [First Aid Skills](#) for step-by-step instructions and lesson video links.

Also: [First Aid Merit Badge Pamphlet](#) - [First Aid Kit](#) - [Emergency Kit](#) - [Guide to Safe Scouting](#) - [Annual Health & Medical Record](#)