



First Aid

Merit Badge Workbook



This workbook can help you but you still need to read the merit badge pamphlet.

This Workbook can help you organize your thoughts as you prepare to meet with your merit badge counselor.

You still must satisfy your counselor that you can demonstrate each skill and have learned the information.

You should use the work space provided for each requirement to keep track of which requirements have been completed, and to make notes for discussing the item with your counselor, not for providing full and complete answers.

If a requirement says that you must take an action using words such as "discuss", "show",

"tell", "explain", "demonstrate", "identify", etc, that is what you must do.

Merit Badge Counselors may not require the use of this or any similar workbooks.

No one may add or subtract from the official requirements found in Scouts BSA Requirements (Pub. 33216).

The requirements were last issued or revised in 2019 • This workbook was updated in December 2019.

Scout's Name: **Enter your name here** _____ Unit: **Troop 164** _____

Counselor's Name: **Mrs. Klanchesser** _____ Counselor's Phone No.: **603-834-3177** _____

<http://www.USScouts.Org> • <http://www.MeritBadge.Org>

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Comments or suggestions for changes to the **requirements** for the **merit badge** should be sent to: Merit.Badge@Scouting.Org

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

NOTE: Excerpts from the Tenderfoot, Second Class, and First Class Rank Workbooks, showing the first aid requirements for those ranks can be found at the back of this workbook.

- ☐ 2. Explain how you would obtain emergency medical assistance from

- ☐ a. Your home

Call 911

Get an adult

- ☐ b. A remote location on a wilderness camping trip:

Call 911

Alert whistle

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- ☐ c. An activity on open water:

Call 911

Radio Coast Guard or Marine Patrol

- ☐ 3. Define the term triage.

The sorting of urgency of wounds or illnesses to decide the order of treatment when there are many patients or casualties.

- ☐ Explain the steps necessary to assess and handle a medical emergency until help arrives.

Make sure the scene is safe to be helping

Determine how many people are injured or ill

Triage – decide which patients need more help than others.

Treat and assist as trained

Keep everyone safe until medical help arrives

- ☐ 4. Explain the universal precautions as applied to the transmission of infections.

Universal precautions are measures we take to keep ourselves safe and to prevent the spread of illness and germs. They can include wearing non-latex examination gloves, goggles, gowns or any other safety equipment that will protect us from bodily fluids.

- ☐ Discuss the ways you should protect yourself and the victim while administering first aid..

Use universal precautions

- ☐ 5. Do the following:

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

Everyone pick one item from their first aid kit and explain what it is and how it is used.

- ☐ b. With an adult leader. Inspect your troop's first-aid kit.

- ☐ Evaluate it for completeness.

Do you have everything you need in your First Aid kit?

- ☐ 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

Pale, cool, damp skin. Feeling tired and weak. May feel nauseous or vomit. May complain of being thirsty.
May become confused and disorientated.

- b. Heart attack

Chest pain or pressure. Feeling anxious. Difficulty in breathing. May feel nauseous or vomit. Sweating.

c. Stroke

Use the F.A.S.T. acronym

F = Face, does one side of their face droop?

A = Arms, can they hold both their arms out level?

S = Speech, can they speak a simple sentence? Can they speak at all?

T = Time to call 911. Stroke is a time sensitive event.

☐ 7. Do the following:

- ☐
- a. Describe the conditions that must exist before performing CPR on a person.

Unresponsive and not breathing

- ☐
- Then demonstrate proper CPR technique using a training device approved by your counselor.

- ☐
- b. Explain the use of an automated external defibrillator (AED).

Used with CPR.

Turn on AED, follow AED prompts

Put pads on victim's bare chest, clear the victim so no one is touching and the AED can analyze.

Clear the victim and deliver the shock if indicated.

If the victim does not wake up or start to breathe resume CPR

- ☐
- 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.

Control bleeding with direct pressure

Apply a large bandaid or wrap with gauze

- ☐ b. Show the steps that need to be taken for someone who has a large open wound or cut that is severely bleeding.

Control bleeding with direct pressure. Apply more gauze as needed.

If bleeding cannot be controlled call 911

If bleeding begins to slow or stop wrap in gauze

If you cannot stop severe bleeding in an extremity you may need to use a tourniquet.

- ☐ c. Tell the dangers in the use of a tourniquet and the conditions under which its use is justified.

A tourniquet can be used to stop severe bleeding from an extremity, but should only be used if bleeding cannot be controlled with direct pressure.

When applied incorrectly a victim could lose their extremity.

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

When:

If someone is allergic

Prevention:

Stay away from bees

First aid.

Assist them in using their epinephrine pen and call 911.

- ☐ 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

S/S: swelling, pain, bruising, angulation. Open fx could have an exposed bone, open laceration and bleeding.

- ☐ b. Wrist

S/S: swelling, pain, bruising, angulation. Open fx could have an exposed bone, open laceration and bleeding.

- ☐ c. Upper leg

S/S: swelling, pain, bruising, angulation. Open fx could have an exposed bone, open laceration and bleeding.

- ☐ d. Lower leg

S/S: swelling, pain, bruising, angulation. Open fx could have an exposed bone, open laceration and bleeding.

- ☐ e. Ankle

S/S: swelling, pain, bruising, angulation. Open fx could have an exposed bone, open laceration and bleeding.

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

S/S: Pain, swelling, bruising. Headache, numbness in arms or legs

Complications: unnecessary movement can make injury worse.

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

a. Anaphylaxis / allergic reactions	<p>S/S: swelling of face/tongue, hives, itchy skin</p> <p>Tx: get their epinephrine pen and help them use it. Call 911</p> <p>Prevention: Avoid items that can trigger an allergic reaction. Could be bees, foods, or a variety of other things</p>
b. Bruises	<p>S/S: discoloration of the skin and swelling</p> <p>Tx: ice</p> <p>Prevention: Avoid bumping into things</p>
c. Sprains or strains	<p>S/S: Swelling, pain</p> <p>Tx: Ice and elevation, splint as needed.</p> <p>Prevention: Proper footwear, carry or move things safely</p>
d. Hypothermia	<p>S/S: Cold, shivering, clumsy, confused, sleepy</p> <p>Tx: Rapid gentle warming, wrap in blankets. Remove wet clothing and change into dry clothes. Call 911.</p> <p>Prevention: Dress appropriately for the weather and/or change plans based on conditions.</p>
e. Frostbite	<p>S/S: Pain, tingling, loss of sensation and movement. Stiff muscles or joints</p> <p>Tx: Gentle warming – clothing, skin contact, warm (not hot) water.</p> <p>Prevention: Dress appropriately for the weather and/or change plans based on conditions.</p>
f. Burns - first, second, and third degree	<p>S/S: Superficial burns: redness, pain. Partial-thickness: redness, blisters, pain. Full thickness: Charring of the skin, no pain in middle of burn, pain on edges.</p> <p>Tx: flush with cool water for 10 min. For full-thickness burns call 911</p> <p>Prevention: handle hot items, liquids, steam, substances carefully.</p>
g. Convulsions/seizures	<p>S/S: rapid shaking movement of muscles or dazed.</p> <p>Tx: Protect and keep safe, move objects away</p> <p>Prevention: Stay hydrated, eat properly, be aware of weather conditions.</p>
h. Dehydration	<p>S/S: Thirsty, dry mouth, headache, confusion</p> <p>Tx: Drink fluids – electrolyte enriched drinks, juice, or water</p> <p>Prevention: Drink enough water or appropriate fluids.</p>

i. Muscle cramps

S/S: Pain, tenderness

Tx: Ice

Prevention: Stay hydrated

j. Heat exhaustion

S/S: Hot, sweaty, flushed or pale, thirsty, tired, headache, confused

Tx: Rapid cooling, rinse/flush with cool water or cloths, remove extra clothing including shoes and socks, drink electrolyte enriched drink, juice, or water.

Prevention: Stay hydrated. Dress appropriately for the conditions. Change plans if conditions change.

k. Heat stroke

S/S: Hot, dry, flushed, thirsty, tired, headache, confused, seizures, unresponsive

Tx: Rapid cooling, soak/rinse/flush with cool water or cloths, remove extra clothing including shoes and socks, apply ice to armpits and groin. Call 911

Prevention: Stay hydrated. Dress appropriately for the conditions. Change plans if conditions change.

l. Abdominal pain

S/S: pain, cramps

Tx: position of comfort. Drink plain fluids – water, broth, or diluted juice. Eat bland foods – saltines, applesauce. No spicy or greasy foods

Prevention: avoid dirty water, uncooked or under prepared foods.

m. Broken, chipped, or loosened tooth

S/S: pain, tooth is loose, chipped, cracked or broken

Tx: Put parts of tooth in a cup with the person's spit. See a dentists ASAP

Prevention: Protect your teeth

☐ 13. Do the following:☐ a. Describe the conditions under which an injured person should be moved

If staying in their present location is dangerous or can injure them further.

If movement is necessary to get them to advanced medical help.

- ☐ b. If a sick or an injured person must be moved, tell how you determine the best method.

Unconscious: Blanket drag, clothing drag, litter, drag by arms

Leg injury: litter, walk with support

- ☐ 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.

When working on merit badges, Scouts and Scouters should be aware of some vital information in the current edition of the *Guide to Advancement* (BSA publication 33088). Important excerpts from that publication can be downloaded from <http://usscouts.org/advance/docs/GTA-Excerpts-meritbadges.pdf>.

You can download a complete copy of the *Guide to Advancement* from <http://www.scouting.org/filestore/pdf/33088.pdf>.

TENDERFOOT

FIRST AID and NATURE

☐ 4. a. Show first aid for the following:

- Simple cuts and scrapes
- Blisters on the hand and foot
- Minor (thermal/heat) burns or scalds (superficial, or first degree)
- Bites or stings of insects and ticks
- Venomous snakebite
- Nosebleed
- Frostbite and sunburn
- Choking

We covered this under 8a bleeding and bandaging

Moleskin & bandaids

We covered this under 12f

Wash with soap and water, apply ice as needed.

Remove ticks with tweezers, tick spoon, or tick key ONLY

Rinse with water, wrap with gauze, keep area lower than the heart.
Call 911

Pinch nose and lean forward.

Frostbite: Gentle warming – clothing, skin contact, warm water.

Sunburn: flush with cool water, cover to protect skin

Perform abdominal thrusts aka Heimlich Maneuver.

- ☐ b. Describe common poisonous or hazardous plants; identify any that grow in your local area or campsite location.

Poison Ivy, Poison Sumac

<https://www.nnepc.org/poisons/p/poisonous-plants>

- ☐ identify any that grow in your local area or campsite location.

Poison Ivy

- ☐ Tell how to treat for exposure to them.

Flush with water and wash with soap and water. Remove exposed clothing to be washed. The faster you rinse the oils the lesser the reaction to them

- ☐ c. Tell what you can do while on a campout or other outdoor activity to prevent or reduce the occurrence of injuries or exposure listed in Tenderfoot requirements 4a and 4b.

- Simple cuts and scrapes

Be careful with sharp objects, pay attention to surroundings

- Blisters on the hand and foot

Proper footwear and socks on feet. Watch for repetitive rubbing activities on hands.

- Minor (thermal/heat) burns or scalds (superficial, or first degree)

Be careful handling hot objects and liquids. Wear sunscreen or cover exposed skin.

- Bites or stings of insects and ticks

Use insect repellent and/or covered exposed skin.

- Venomous snakebite

Stay away from snakes. Keep skin covered, be watchful of area.

- Nosebleed

Stay hydrated, keep inside of nose moist, don't pick your nose.

- Frostbite and sunburn

Cover and protect skin from weather conditions.

- Choking

Chew and swallow food correctly. Do not fool around while eating.

- Poisonous or hazardous plants

Identify and stay clear of hazardous or poisonous plants.

☐

- d Assemble a personal first-aid kit to carry with you on future campouts and hikes.

☐

Tell how each item in the kit would be used.

We went over this in item 5a		

SECOND CLASS**FIRST AID AND EMERGENCY PREPAREDNESS**

- ☐ 6. a. Demonstrate first aid for the following:
- ☐ • Object in the eye
 - ☐ • Bite of a warm-blooded animal
 - ☐ • Puncture wounds from a splinter, nail, and fishhook
 - ☐ Splinter
 - ☐ Nail
 - ☐ Fishhook
 - ☐ • Serious burns (partial thickness, or second-degree) **covered in 12f**
 - ☐ • Heat exhaustion **covered in 12j**
 - ☐ • Shock **covered in 6a**
 - ☐ • Heatstroke, dehydration, hypothermia, and hyperventilation
 - ☐ Heatstroke **covered in 12k**
 - ☐ Dehydration **covered in 12h**
 - ☐ Hypothermia **covered in 12d**
 - ☐ Hyperventilation
- ☐ b. Show what to do for "hurry" cases of stopped breathing, stroke, severe bleeding, and ingested poisoning.
- ☐ • Stopped breathing **covered in 7a**
 - ☐ • Stroke **covered in 6c**
 - ☐ • Severe bleeding **covered in 8b**
 - ☐ • Ingested poisoning
- ☐ c. Tell what you can do while on a campout or hike to prevent or reduce the occurrence of the injuries listed in Second Class requirements 6a and 6b.

Injury	How to prevent
Object in the eye	Use eye protection
Bite of a warm-blooded animal	Be careful around animals
Puncture wounds from a splinter	Wear gloves
Puncture wounds from a nail	Wear protective equipment
Puncture wounds from a fishhook	Handle fishing gear carefully and safely
Serious burns	Use care handling hot items or liquids
Heat exhaustion	Drink enough fluids, be aware of weather conditions and physical activity.

Shock

Avoid activities that would involve injury to the chest, abdomen, or back. Control bleeding and use safe practices to avoid injuries that would cause severe bleeding.

Heatstroke

Stay hydrated and watch for weather and environmental changes.

Dehydration

Stay hydrated, drink water, juice, or electrolyte enriched drinks.

Hypothermia

Dress appropriately for the weather conditions. Monitor changing weather conditions.

Hyperventilation

Don't over-exert

Stopped breathing

Stay hydrated, don't over-exert

Stroke

Stay hydrated, don't over-exert

Severe bleeding

Be careful around sharp objects

Ingested poisoning

Be careful of what you eat or drink

- ☐ d. Explain what to do in case of accidents that require emergency response in the home and backcountry.

At home call 911 and assist until the ambulance arrives. In a remote environment you may need to ensure the scene is safe and start basic first aid until advanced help arrives.

- ☐ Explain what constitutes an emergency and what information you will need to provide to a responder.

An emergency is any situation, injury, or illness that requires more help than you can provide.

Emergency responders need to know what happened, how the person felt before the emergency, how they are feeling now, what others witnessed and saw, and any medical information you know about the injured person.

- ☐ e. Tell how you should respond if you come upon the scene of a vehicular accident.

First call 911. Then make sure the scene is safe for you to check on victims. Find out how many people are injured and use triage to determine who needs help first.

FIRST CLASS

FIRST AID AND EMERGENCY PREPAREDNESS

- ☐ 7. a. Demonstrate bandages for a sprained ankle and for injuries on the head, the upper arm, and the collarbone.
- ☐ Sprained ankle
- ☐ Injuries on the head
- ☐ Injuries on the upper arm
- ☐ Injuries on the collarbone
- ☐ b. By yourself and with a partner, show how to:
- ☐ Transport a person from a smoke-filled room. **Covered in 13c**
- ☐ Transport for at least 25 yards a person with a sprained ankle **Covered 13c**
- ☐ c. Tell the five most common signals of a heart attack.

1. **Chest pain or pressure**

2. **Difficulty breathing**

3. **Sweating**

4. **Nausea**

5. **Feeling dizzy or light-headed**

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

Make sure the scene is safe

Check for unresponsiveness

Send someone to call 911 and get an AED, or you do so

Check for breathing

If no breathing begin chest compressions

Press 2" deep 30 times in the center of the chest, keep doing sets of 30 compressions

Use an AED as soon as it is available.

- ☐ d. Tell what utility services exist in your home or meeting place. Describe potential hazards associated with these utilities and tell how to respond in emergency situations.

Utility	Hazards	How to respond
Electricity	Electrical shock	Turn off power at its source, call 911
Gas	Gas fumes, explosion	Call 911, evacuate area
Water	Flooding	Call water department or 911

- ☐ e. Develop an emergency action plan for your home that includes what to do in case of fire, storm, power outage, and water outage.

- ☐ f. Explain how to obtain potable water in an emergency.

Boil water. Use a Life Straw, Sawyer, or other water filtration device.