



First Aid Merit Badge for Troop # 164

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Session 1 20 minute remote meeting

What we're discussing

- Where to find information to complete this badge.
- How remote practice sessions will be held. Each Scout will need a partner at home to practice on.
- Supplies you can use list will help us to practice the different first aid skills using things you may have at home. Do not use all the supplies in your First Aid kit. Do not worry if you do not have ALL the things on the list, these are general supplies that can be used.
- Any Questions?

Where to find info to help you with this merit badge:

- Optional (but helpful) First Aid Merit Badge Workbook & Directions: <https://is.gd/FOgWnk>
- Scoutsmarts First Aid Merit Badge guide: <https://is.gd/dvNaZX>
- Mrs. Klanchesser's resource webpage: <https://coastalcpr.com/virtual-programs/scoutsbsa/>

When searching online for first aid information please have supervision or permission from a trusted adult.

Not all websites will have accurate or correct information. Some sites I have posted may not be completely accurate, but had enough valid information that I thought it could be a good resource.

We'll go over some of these in our remote sessions or during a Merit Badge Counselor session.

Session 2 1 hour remote meeting

Topics covered:

Universal precautions

Hurry cases

Shock

Anaphylaxis

Hands Only CPR & AED Demo

Severe Bleeding

Supplies you can use:

- Gloves—can be winter gloves, something that you can easily turn inside out.
- Face mask
- Sunglasses or eye protection
- Blanket
- Dressings and bandages if you have them (don't take from your first aid kit)
- Tissues
- Bandana, dishtowel, or elastic bandage
- Neckerchief
- First Aid kit

Session 3 1 hour remote meeting

Topics covered:

Splinting

Emergency Moves

Supplies you can use:

- Triangular bandage, neckerchief, bandana
- Ruler or something somewhat straight that is longer than your lower arm
- Sticks
- Yardstick
- Trekking pole or walking stick
- Blanket or sleeping bag
- 2 helpers
- Beach or large towel
- Dishtowel

How to finish this badge? Meet with a First Aid Merit Badge Counselor!