



# First Aid

## Merit Badge Workbook

Scout's Name: \_\_\_\_\_

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.

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

**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.  
 \_\_\_\_\_

**3. Do the following:**

(a) Explain what action you should take for someone who shows signals of shock, \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 for someone who shows signals of a heart attack, \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 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 \_\_\_\_\_

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and what action should be taken for prevention \_\_\_\_\_

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and for first aid. \_\_\_\_\_

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(f) Explain the symptoms of heatstroke \_\_\_\_\_

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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. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

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

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

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

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

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

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

\_\_\_\_\_  
\_\_\_\_\_

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

\_\_\_\_\_  
\_\_\_\_\_

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

\_\_\_\_\_  
\_\_\_\_\_

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

\_\_\_\_\_  
\_\_\_\_\_

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

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