



# First Aid

## Merit Badge Workbook

This workbook can help you but you still need to read the merit badge pamphlet (book). No one can add or subtract from the Boy Scout Requirements #33215. Merit Badge Workbooks and much more are in the endnotes below: [Online Resources](#).

Workbook developer: [craig@craiglincoln.com](mailto:craig@craiglincoln.com). Requirements revised: 2007, Workbook updated: April 2008.

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 \_\_\_\_\_

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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 \_\_\_\_\_

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and for prevention. \_\_\_\_\_

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#### 4. Do the following:

(a) Describe the signals of a broken bone. \_\_\_\_\_

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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. \_\_\_\_\_

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

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

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\_\_\_\_\_

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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 \_\_\_\_\_

\_\_\_\_\_

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

**Online Resources** (Use any Internet resource with caution and only with your parent's or guardian's permission.)

**Boy Scouts of America:** ► [scouting.org](http://scouting.org) ► [Guide to Safe Scouting](#) ► [Age-Appropriate Guidelines](#) ► [Safe Swim Defense](#)  
► [Scout](#) ► [Tenderfoot](#) ► [Second Class](#) ► [First Class](#) ► [Rank Videos](#) ► [Safety Afloat](#)

**Boy Scout Merit Badge Workbooks:** [usscouts.org](http://usscouts.org) -or- [meritbadge.org](http://meritbadge.org) **Merit Badge Books:** [www.scoutstuff.org](http://www.scoutstuff.org)

[ExpertVillage First Aid Videos](#) ► [Make a First Aid Kit](#) ► [Basics](#) ► [Basics2](#) ► [CPR Basics](#) ► [Venomous Snake Bite](#)

American Heart Association: <http://www.americanheart.org>

American Medical Association: <http://www.ama-assn.org>

American Red Cross: <http://www.redcross.org>

American Stroke Association: <http://www.strokeassociation.org>

National Safety Council: <http://www.nsc.org>