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 developed by: craig@craiglincoln.com. Requirements revised: 2007, Workbook updated: March 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 ___________________________
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, ____________________________
       ____________________________
       ____________________________
       ____________________________
       ____________________________

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

   (d) Show the steps that need to be taken for someone suffering from a severe cut on the leg and on the wrist. __________
       ____________________________
       ____________________________
       ____________________________
       ____________________________
Tell the dangers in the use of a tourniquet and the conditions under which its use is justified.

(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.

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.

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

Merit Badge Workbooks: usscouts.org or meritbadge.org
Merit Badge Books: www.scoutstuff.org
Boy Scouts of America: http://www.scouting.org/
   ► Requirements
   ► Intro to Merit Badges
Guide to Safe Scouting
Safe Swim Defense
Safety Afloat
Blood Borne Pathogens
Youth Protection Training
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