



First Aid Merit Badge

Participant Workbook



The space provided for each requirement should be used by the Scout to make notes for discussing the item with his counselor. Each Scout must do each requirement. This workbook should be used with the First Aid Merit Badge Pamphlet (*Latest Edition (BSA Supply SKU #648914)*), last revised in 2019 (optional). This workbook was last updated in *March 2021* to meet the current requirements set forth by Scouts BSA.

Scout's Name: _____ Troop #: _____

Counselor's Name: _____ Counselor's Phone: _____

1. Satisfy 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.

b. A remote location on a wilderness camping trip.

c. An activity on open water.

3. Define the term triage.

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

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

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

5. Do the following:

- a. Prepare a first-aid kit for your home. Display and discuss its contents with your counselor.**
We recommend the 2nd Class Rank First Aid Kit, sold online @ www.RestockYourKit.com.
- b. With an adult leader: Inspect your troop's first aid kit. Evaluate it for completeness. Report your findings to your counselor and Scout leader.**

6. Describe the early signs & symptoms for each of the following & explain what actions you should take.**a. Shock**

b. Heart attack

c. Stroke

7. Do the following:**a. Describe the conditions that must exist before performing CPR on a person.**

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

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

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.**

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

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

9. Explain when a Bee Sting could be life threatening and what action should be taken for prevention and for first aid.

When:	
Prevention:	
First Aid:	

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

- b. Wrist

c. Upper leg

d. Lower leg

e. Ankle

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

12. Describe the Symptoms, proper First-Aid procedures & how to Prevent the following conditions:**a. Anaphylaxis /
Allergic Reactions**

b. Bruises



c. Sprains/Strains

d. Hypothermia

e. Frostbite

f. Burns – 1°, 2°, 3°

g. Seizures

h. Dehydration

i. Muscle Cramps

j. Heat Exhaustion

k. Heat Stroke

l. Abdominal Pain

**m. Broken, Chipped, or
Loosened Tooth**

13. Do the following:

a. Describe the conditions under which an injured person should be moved.

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

Demonstrate this method.

c. With helpers under your supervision, improvise a stretcher and move an “unconscious” person.

14. Teach another Scout a first-aid skill selected by your counselor._____

Tenderfoot – First Aid Requirements

- 4a. Show how 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 or ticks*
 - *Venomous snakebite*
 - *Nosebleed*
 - *Frostbite and sunburn*
 - *Choking*
- 4b. Describe common poisonous or hazardous plants, identify any that grow in your local area or campsite location. Tell how to treat for exposure to them.
- 4c. Tell what you can do on a campout or other outdoor activity to prevent or reduce the occurrence of injuries or exposure listed in Tenderfoot requirements 4a and 4b.
- 4e. 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.

Second Class – First Aid Requirements

- 6a. Demonstrate first aid for the following:
- *Object in the eye*
 - *Bite of a warm blooded animal*
 - *Puncture wounds from a splinter, nail, and fishhook*
 - *Serious burns (partial thickness, or second degree)*
 - *Heat exhaustion*
 - *Shock*
 - *Heatstroke, dehydration, hypothermia, and hyperventilation*
- 4b. Show what to do for "hurry" cases of stopped breathing, stroke, severe bleeding, and ingested poisoning.
- 4c. 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.
- 4d. Explain what to do in case of accidents that require emergency response in the home and the backcountry. Explain what constitutes an emergency and what information you will need to provide to a responder.
- 4e. Tell how you should respond if you come upon the scene of a vehicular accident.

First Class – First Aid Requirements

- 7a. Demonstrate bandages for a sprained ankle and for injuries on the head, the upper arm, and the collarbone.
- 7b. By yourself and with a partner, show how to:
- *Transport a person from a smoke-filled room*
 - *Transport for at least 25 yards a person with a sprained ankle.*
- 7c. Tell the five most common signals of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).
- 7d. 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.
- 7e. Develop an emergency action plan for your home that includes what to do in case of fire, storm, power and water outage.
- 7f. Explain how to obtain potable water in an emergency.