



First Aid

Merit Badge Workbook

This workbook can help you organize your notes but you still need to read the merit badge pamphlet (book). No one can add or subtract from the Boy Scout Requirements #33215. Workbooks for all merit badges are at: <http://usscouts.org/mb/wkbks/list.asp>.

Send comments to: craig@craiglincoln.com. Requirements revised: 2005, Workbook updated: January 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, Second Class, and First Class ranks.

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. Prepare a first aid kit for your home.

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Display and discuss its contents with your counselor.

3. Do the following:

A. Explain what action you should take for someone who shows signs of a heart attack. _____

B. Identify the conditions that must exist before performing CPR on a person. _____

C. Demonstrate proper technique in performing CPR using a training device approved by your counselor. _____

D. Show the steps that need to be taken for someone suffering from a severe laceration 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 heat stroke and what action needs to be taken for first aid and for prevention. _____

4. Do the following:

A. Describe the signs of a broken bone. _____

Show first-aid procedures for handling fractures, 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 back, neck, and head. Explain what measures should be taken to reduce the possibility of further complicating these injuries.

Symptoms _____

Possible Complications _____

Demonstrate proper procedures for treating suspected injuries to the back, neck, and head. _____

Explain what measures can 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 Symptoms: _____

First Aid Procedure: _____

Prevention: _____

B. Convulsions/seizures Symptoms: _____

First Aid Procedure: _____

Prevention: _____

C. Frostbite Symptoms: _____

First Aid Procedure: _____

Prevention: _____

D. Dehydration Symptoms: _____

First Aid Procedure: _____

Prevention: _____

E. Bruises, strains, sprains Symptoms: _____

First Aid Procedure: _____

Prevention: _____

F. Burns Symptoms: _____

First Aid Procedure: _____

Prevention: _____

G. Abdominal pain Symptoms: _____

First Aid Procedure: _____

Prevention: _____

H. Broken, chipped, or loosened tooth Symptoms: _____

First Aid Procedure: _____

Prevention: _____

I. Knocked out tooth Symptoms: _____

First Aid Procedure: _____

Prevention: _____

J. Muscle cramps Symptoms: _____

First Aid Procedure: _____

Prevention: _____

6. Do the following:

A. If a sick or injured person must be moved, tell how you would determine the best method. _____

B. With helpers under your supervision, improvise a stretcher and move a presumably unconscious person.

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