



First Aid

Merit Badge Workbook



This workbook can help you but you still need to read the merit badge pamphlet.
This Workbook can help you organize your thoughts as you prepare to meet with your merit badge counselor

Merit Badge Counselors may not require the use of this or any similar workbooks.

You still must satisfy your counselor that you can demonstrate each skill and have learned the information.
You should use the work space provided for each requirement to keep track of which requirements have been completed, and to make notes for discussing the item with your counselor, not for providing full and complete answers.

If a requirement says that you must take an action using words such as "discuss", "show", "tell", "explain", "demonstrate", "identify", etc, that is what you must do.

No one may add or subtract from the official requirements found on Scouting.org.

The requirements were last revised on January 1, 2024 • This workbook was updated in January 2024.

Scout's Name: _____ Unit _____ Date Started _____

Counselor's Name: _____ Phone No.: _____ Email: _____

Please submit errors, omissions, comments or suggestions about this **workbook** to: Workbooks@USScouts.Org
Comments or suggestions for changes to the **requirements** for the **merit badge** should be sent to: Merit.Badge@Scouting.Org

1. Demonstrate to 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:

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3. Define the term *Triage*.

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

4. Explain the precautions you must take to reduce the risk of transmitting an infection between you and the victim while administering first aid.

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.

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 and symptoms of each of the following and 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.

b. Demonstrate proper CPR technique using a training device approved by your counselor.

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

d. Demonstrate or simulate the proper use of an automated external defibrillator (AED). using an AED training device if available.

e. 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 severely bleeding.

c. Explain when it is appropriate and not appropriate to use a tourniquet..

List some of the benefits and dangers of the use of a tourniquet.

d. Demonstrate the application of a tourniquet without tightening it.

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, symptoms, and potential complications of a fracture and dislocation

11. Demonstrate the proper procedures for handling and immobilizing suspected closed and open fractures or dislocations of the

- a. Fingers

- b. Forearm

- c. Wrist

d. Upper leg

e. Lower leg

c

e. Ankle

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

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

a.	Concussion	

b. Anaphylaxis /
allergic reactions

c. Asthma Attack

d. Bruises

e. Sprains or strains

f. Hypothermia

g. Frostbite

.h Burns - first, second,
and third degree

i. Convulsions/seizures

j. Dehydration

k. Muscle cramps

l. Heat exhaustion

m. Heat stroke

nn. Abdominal pain

o. Broken, chipped, or loosened tooth

14. 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 a presumably unconscious person.

15. Describe the following:

a. The indications that someone might be a danger to themselves or others.

b. What action you should take if you suspect that someone might be a danger to themselves or others.

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

Skill selected:

When working on merit badges, Scouts and Scouters should be aware of some vital information in the current edition of the *Guide to Advancement* (BSA publication 33088). Important excerpts from that publication can be downloaded from <http://usscouts.org/advance/docs/GTA-Excerpts-meritbadges.pdf>.

You can download a complete copy of the *Guide to Advancement* from <http://www.scouting.org/filestore/pdf/33088.pdf>.

- b. 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.

- c. 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.

- 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 and ticks

- Venomous snakebite

- Nosebleed

- Frostbite and sunburn

- Choking

- Poisonous or hazardous plants

d 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 AND EMERGENCY PREPAREDNESS

- 6. a. Demonstrate first aid for the following:
 - Object in the eye
 - Bite of a warm-blooded animal
 - Puncture wounds from a splinter, nail, and fishhook
 - Splinter
 - Nail
 - Fishhook
 - Serious burns (partial thickness, or second-degree)
 - Heat exhaustion
 - Shock
 - Heatstroke, dehydration, hypothermia, and hyperventilation
 - Heatstroke
 - Dehydration
 - Hypothermia
 - Hyperventilation
- b. Show what to do for "hurry" cases of stopped breathing, stroke, severe bleeding, and ingested poisoning.
 - Stopped breathing
 - Stroke
 - Severe bleeding
 - Ingested poisoning
- c. 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.

Injury	How to prevent
Object in the eye	
Bite of a warm-blooded animal	
Puncture wounds from a splinter	
Puncture wounds from a nail	
Puncture wounds from a fishhook	
Serious burns	
Heat exhaustion	

Shock

Heatstroke

Dehydration

Hypothermia

Hyperventilation

Stopped breathing

Stroke

Severe bleeding

Ingested poisoning

- d. Explain what to do in case of accidents that require emergency response in the home and backcountry.

- Explain what constitutes an emergency and what information you will need to provide to a responder.

- e. Tell how you should respond if you come upon the scene of a vehicular accident.

FIRST CLASS

FIRST AID AND EMERGENCY PREPAREDNESS

- 7. a. Demonstrate bandages for a sprained ankle and for injuries on the head, the upper arm, and the collarbone.
 - Sprained ankle
 - Injuries on the head
 - Injuries on the upper arm
 - Injuries on the collarbone
- b. 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
- c. Tell the five most common signals of a heart attack.

1.	
2.	
3.	
4.	
5.	

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

- d. 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.

Utility	Hazards	How to respond

- e. Develop an emergency action plan for your home that includes what to do in case of fire, storm, power outage, and water outage.

- f. Explain how to obtain potable water in an emergency.



Health Care Professions

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Counselor's Name: _____ Phone No.: _____ Email: _____

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1. Select three of the professions from Group 1 listed below which interest you, then complete the following:

Group 1:

- (1) Allopathic physician (MD) - all specialties
- (2) Osteopathic physician (DO) - all specialties
- (3) Podiatrist (DPM)
- (4) Chiropractor (DC)
- (5) Nurse Practitioner (NP)
- (6) Psychologist (PhD or PsyD)
- (7) Optometrist (OD)
- (8) Audiologist (AudD)

a. Briefly describe to your counselor the roles these professionals play in the delivery of health care.

1.		
2.		
3.		

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b. Describe to your counselor the educational and licensing requirements for the professionals you selected

1.		
2.		
3.		

2. Select three of the professions from Group 2 listed below which interest you, then complete the following:

Group 2:

- (1) Physician Assistant (PA)
- (2) Registered Nurse (RN)
- (3) Certified Nurse Midwife (CNM)
- (4) Certified Nurse Assistant (CNA)
- (5) Licensed Practical Nurse (LPN/LVN)
- (6) Nurse Anesthetist (CRNA)
- (7) Pharmacist (PharmD)
- (8) Pharmacy Technician
- (9) Emergency Medical Technician (EMT)/Paramedic

a. Briefly describe to your counselor the roles these professionals play in the delivery of health care.

1.		
2.		
3.		

b. Describe to your counselor the educational and licensing requirements for the professionals you selected

1.		

2.	
3.	

3. Select three of the professions from Group 3 listed below which interest you, then complete the following:

Group 3:

- (1) Physical Therapist (DPT)
- (2) Occupational Therapist (OT)
- (3) Orthotist/Prosthetist
- (4) Medical Appliance Technician
- (5) Respiratory Therapist (RT)
- (6) Medical Assistant
- (7) Dietitian (RD)
- (8) Speech-Language Pathologist (Speech Therapist) (SLP)

a. Briefly describe to your counselor the roles these professionals play in the delivery of health care.

1.	
2.	
3.	

b. Describe to your counselor the educational and licensing requirements for the professionals you selected

1.	
2.	
3.	

4. Select three of the professions from Group 4 listed below which interest you, then complete the following:

Group 4:

- (1) Biomedical Engineer (BME)
- (2) Medical Technologist
- (3) Phlebotomist
- (4) Radiology Technologist
- (5) Sonographer
- (6) Medical Records Specialist
- (7) Cytopathologist
- (8) Histotechnologist

a. Briefly describe to your counselor the roles these professionals play in the delivery of health care.

1.		
2.		
3.		

b. Describe to your counselor the educational and licensing requirements for the professionals you selected

1.		
2.		
3.		

5. Select one career from any of the lists in Requirements 1, 2, 3, or 4 and arrange to visit that professional at their workplace.

Profession chosen: _____ Name: _____ Date of Visit: _____

Discuss with your counselor the following:

a. Why did they choose their particular career?

b. What do they most like about their job?

c. What are their biggest challenges in doing their job?

d. Identify the tools/instruments that may be used in their jobs.

e. What has been the most surprising aspect of their career?

f. What continuing education requirements are required to maintain certification?

6. Discuss with your counselor your understanding of the meaning of the Physician's Oath.

7. Describe the role of confidentiality between a patient and the health care provider.

What is HIPAA?

8. Identify a medical advancement or discovery that has been in the news recently. Discuss with your counselor how this can affect patient care.

9. With approval of your counselor and parents/ guardian, serve as a volunteer at a health related event or facility in your community (e.g. blood drive, health fair, blood pressure screening event).

What event or facility? _____ When? _____ Job: _____

Report to your counselor what you did and learned from the experience.

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