

MERIT BADGE SERIES



FIRST AID



BOY SCOUTS OF AMERICA®

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The Boy Scouts of America is indebted to the American Red Cross for its subject matter expertise, review, and other assistance with this edition of the *First Aid* merit badge pamphlet.



**American
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"Enhancing our youths' competitive edge through merit badges"



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First Aid

1. Demonstrate to your counselor that you have current knowledge of all first-aid requirements for Tenderfoot, Second Class, and First Class ranks.
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.
 - (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. 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 severely bleeding.
 - (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.
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, and possible prevention measures for the following conditions:

- (a) Anaphylaxis/allergic reactions
- (b) Bruises
- (c) Sprains or strains
- (d) Hypothermia
- (e) Frostbite
- (f) Burns—first, second, and third degree
- (g) Convulsions/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 would determine the best method. Demonstrate this method.
- (c) With helpers under your supervision, improvise a stretcher and move a presumably unconscious person.

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

First-Aid Resources

Scouting Literature

Boy Scout Handbook; Fieldbook; Deck of First Aid; Basic Illustrated Wilderness First Aid; Emergency First Aid pocket guide; Be Prepared First Aid Book; Dentistry, Emergency Preparedness, Fire Safety, Lifesaving, Medicine, Public Health, Safety, and Wilderness Survival merit badge pamphlets

Visit the Boy Scouts of America's official retail website (with your parent's permission) at <http://www.scoutstuff.org> for a complete listing of all merit badge pamphlets and other helpful Scouting materials and supplies.

Books

American Medical Association Handbook of First Aid and Emergency Care, revised ed. Random House, 2009.

Auerbach, Paul S. *Medicine for the Outdoors: The Essential Guide to First Aid and Emergency Medicine*, 5th ed. Mosby, 2009.

Backer, Howard, et al. *Wilderness First Aid: Emergency Care for Remote Locations*. Jones and Bartlett, 2005.

Emergency Care and Safety Institute. *Standard First Aid, CPR, and AED*, 6th ed. Jones & Bartlett Learning, 2011.

Emergency Care and Safety Institute. *Wilderness First Aid Field Guide*. Jones & Bartlett Learning, 2011.

First Aid, 6th ed. American Academy of Orthopaedic Surgeons, 2011.

Forgey, William. *Wilderness Medicine: Beyond First Aid*, 6th ed. Globe Pequot Press, 2012.

Gill, Paul G. *Wilderness First Aid: A Pocket Guide*. Ragged Mountain Press, 2002.

Isaac, Jeffrey. *The Outward Bound Wilderness First-Aid Handbook*. Falcon Guides, 2013.

Rickey, Brad, and Kurt Duffens. *FastAct Pocket First Aid Guide*. FastAct, 1999.

Schimelpfenig, Tod, and Linda Lindsey. *NOLS Wilderness First Aid*, 3rd ed. National Outdoor Leadership School and Stackpole Books, 2000.

Tilton, Buck. *Backcountry First Aid and Extended Care*, 5th ed. Falcon Guides, 2007.

Weiss, Eric A. *Wilderness 911: A Step-by-Step Guide for Medical Emergencies and Improvised Care in the Backcountry*. The Mountaineers Books, 2007.

Wilkerson, James A., ed. *Medicine for Mountaineering and Other Wilderness Activities*, 6th ed. The Mountaineers Books, 2010.

Organizations and Websites

American Heart Association

7272 Greenville Ave.
Dallas, TX 75231
Toll-free telephone: 800-242-8721
Website: <http://www.heart.org>

American Medical Association

AMA Plaza
330 N. Wabash Ave., Suite 39300
Chicago, IL 60611-5885
Toll-free telephone: 800-621-8335
Website: <http://www.ama-assn.org>

American Red Cross

2025 E St. NW
Washington, DC 20006
Toll-free telephone: 800-733-2767
Website: <http://www.redcross.org>

American Stroke Association

7272 Greenville Ave.
Dallas, TX 75231
Toll-free telephone: 888-478-7653
Website:
<http://www.strokeassociation.org>

National Safety Council

1121 Spring Lake Drive
Itasca, IL 60143-3201
Toll-free telephone: 800-621-7615
Website: <http://www.nsc.org>

The American Red Cross produces several resources that may be of particular interest to Scouts, Scout leaders, and merit badge counselors.

American Red Cross. *First Aid/CPR/AED Participant's Manual*. Staywell, 2011.

American Red Cross. *Responding to Emergencies*. Staywell, 2012.

American Red Cross. *Wilderness and Remote First Aid*. Staywell, 2010.

