

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
Red Cross**

"Enhancing our youths' competitive edge through merit badges"



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Requirements

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. Define the term *triage*. Explain the steps necessary to assess and handle a medical emergency until help arrives.
 - 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.

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- 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 would 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.

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>

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.

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>

