

FIRST AID

Prepared by:

John Hesson (2000)

Updated by:

Norman Tiedt and Justin Williams (2004); Jordan Elo (2011); Andrew Gerhardt (2018) & (2019); Teddy Novotny (2024); Aiden Shackelford (2025)

Target Group:

Second Year Campers and older

Time Allotted:

Two one-hour blocks

Pre-Requisites:

None

Materials Needed - Staff

Gauze Pads
Rolled Bandages
Blanket
Ace Bandages
Splint Boards
Triangular Bandages
Scout Staves
First Aid Kit(s)
First Aid Merit Badge Pamphlet

Materials Needed - Scout

Paper
Pencil
First Aid Kit prepared at home

Note: The following is only a teaching outline. The instructor should teach the material as he sees best fit. The Eagle Area Director must approve any changes to the outline of this badge and all other Eagle Area merit badges.

MONDAY

Requirement 2:

Preparing for first aid emergencies. Do the following:

- a) Obtain a copy of the Scout Annual Health and Medical Record and discuss the importance of the form including information in immunizations, allergies, medications, health history, and medical examinations to providing first aid at scouting events
- b) Using checklists provided in the first aid merit badge pamphlet or ones approved by your counselor do the following:
 1. Assemble a personal first aid kit for hiking and backpacking. Demonstrate proper use of each item in your first aid kit.
 2. With your counselor, inspect a unit, home, vehicle, or camp first aid kit and discuss your findings.

Staff Instruction:

For 2b.1, use a simulated first aid kit, and have the scouts sort out what components are good, bad, or unnecessary. For 2b.2 have two actual first aid kits. One old and poorly maintained, and one good one.

Requirement 1:

Handling a first aid emergency. Do the following:

- a) Explain the steps necessary to assess and handle a first aid emergency, including a safety evaluation of the scene.
- b) Tell how you would obtain emergency medical assistance from your home and from a remote location on a wilderness camping trip.
- c) Demonstrate the precautions you must take to reduce the risk of transmitting an infection between you and the victim while administering first aid, including the safe disposal of used first aid supplies.
- d) Demonstrate evaluation of and management of a patient's airway and breathing.
- e) Demonstrate a thorough examination of an accident victim.
- f) Discuss why shock is an emergency.
- g) Define the term triage and describe examples of triage situations that you may encounter.

Requirement 11:

Heat- and cold-related conditions. Describe the symptoms and signs of, show first aid for, and explain prevention of these wounds:

- (a) Dehydration and over-hydration
- (b) Heat cramps and muscle pain after exertion
- (c) Heat exhaustion
- (d) Heat stroke
- (e) Chest pains associated with cold exposure
- (f) Hypothermia.

TUESDAY

Requirement 3:

Wounds with no external bleeding. Describe the symptoms and signs of, show first aid for, and explain prevention of these wounds:

- (a) Closed wounds, such as a bruise (contusion) or a hematoma
- (b) Superficial, partial thickness, and full thickness thermal (heat) burns or scalds
- (c) Chemical burns
- (d) Electrical burns
- (e) Sunburn
- (f) Snow blindness
- (g) Immersion foot, frostnip, frostbite, and ice burns
- (h) Abrasions, such as chafing and rope burns
- (i) Blisters on the hands, feet, buttocks, and shoulders
- (j) Puncture wounds from splinters, rope splinters, nails, and fishhooks
- (k) Rash from poisonous plants
- (l) Bug bites of chiggers, ticks, mosquitoes, and biting gnats
- (m) Bee stings
- (n) Bites of spiders
- (o) Sting of a scorpion
- (p) Bite of a pet or wild mammal or human
- (q) Bite of a venomous snake.

Requirement 4:

Bleeding wounds. Describe the symptoms and signs of, show first aid for, and explain prevention of these wounds:

- (a) A nosebleed.
- (b) An open wound with mild or moderate bleeding, such as a scratch or a scrape (abrasions), or a shallow cut (laceration).
- (c) An open wound with severe bleeding such as a deep cut on an arm or leg.
- (d) Explain when it is appropriate and is not appropriate to use one or more tourniquets. List some of the benefits and dangers of using a tourniquet. Demonstrate the application of a tourniquet without tightening it.

Requirement 5:

Breathing emergencies. Describe the symptoms and signs of, show first aid for, and explain prevention of these wounds:

- (a) Choking
- (b) Asthmatic attack
- (c) Anaphylaxis from an insect bite or sting or from food or product allergy
- (d) Inhalation injuries
- (e) Altitude sickness.

Staff Instruction:

Try to describe the symptoms and see if the scouts can figure out what the condition/injury is. Whenever possible, have the scouts practice the treatments on each other

WEDNESDAY

Requirement 6:

Loss of consciousness. Describe the symptoms and signs of, show first aid for, and explain prevention of these wounds:

- (a) Fainting
- (b) Hypoglycemia
- (c) Seizure
- (d) Drug overdose and alcohol poisoning
- (e) Underwater hypoxic blackout
- (f) Cold water shock and drowning
- (g) Lightning strike and electric shock.

Requirement 8:

Muscle and bone injuries. Describe the symptoms and signs of, show first aid for, and explain prevention of these wounds:

- (a) Explain the similarities and differences in a strain, a muscle tear, a tendon rupture, a sprain, a dislocation, a simple fracture, and a compound fracture.
- (b) Describe the symptoms and signs of and first aid for a muscle strain, a muscle tear, and a tendon rupture.
- (c) Describe the symptoms and signs of, and potential complications of, a sprain, a fracture, and a dislocation.
- (d) Demonstrate bandages for these injuries:
 - 1. Arm slings for forearm or upper arm or collarbone fractures
 - 2. Elastic wrap and cravat bandages for ankle sprain
 - 3. Elastic wrap and cravat bandages for wrist sprain or hand injury.
- (e) Demonstrate the proper procedures for handling and splinting of suspected closed or open fractures or dislocations of the:
 - 1. Finger and toe
 - 2. Forearm or wrist
 - 3. Upper leg
 - 4. Lower leg or ankle.

Requirement 7:

Heart attack. Do the following:

- (a) Explain what a heart attack is.
- (b) Describe the symptoms and signs of a heart attack and first aid for this condition.
- (c) Describe the conditions that must exist before performing CPR on a person.
- (d) Demonstrate proper CPR technique using a training device approved by your counselor.
- (e) Explain the use of an automated external defibrillator (AED).
- (f) Demonstrate or simulate the proper use of an AED, using an AED training device if available.
- (g) Identify the typical location(s) of one or more AED(s) at public facilities in your community, such as, your school, place of worship, unit meeting place, sports

facilities, and/or camp or by using a smart phone app. Discuss the reasons for choosing locations like these.

Staff Instruction:

Try to describe the symptoms and see if the scouts can figure out what the condition/injury is. Whenever possible, have the scouts practice the treatments on each other

THURSDAY

Requirement 9:

Head and spine injuries. Do the following:

- (a) Describe the symptoms and signs of, relationships between, possible complications of, and prevention of head, neck, and back injuries.
- (b) Describe the symptoms and signs of and first aid for a concussion.
- (c) Demonstrate first aid for an open head wound with a triangular or other bandage.
- (d) Demonstrate first aid for someone with a suspected neck or back injury.

Requirement 12:

Mental Health conditions. Describe the following:

- (a) Reactions associated with at least three stressful situations, such as mountain backpacking, rappelling, a ropes course, speaking before an audience, making a phone call to an adult, taking a swim test, missing home, lighting a match, trying out for a sports team, meeting someone for the first time, or other stressful circumstances.
- (b) The actions that you and others should take to prepare for and manage these situations.
- (c) The indications that someone might be a danger to themselves or others.
- (d) The actions that you should take if you suspect that someone might be a danger to themselves or others.

Requirement 13:

Miscellaneous conditions. Describe the symptoms and signs of, show first aid for, and explain prevention of these wounds:

- (a) Object in the eye
- (b) Broken, chipped, loosened, or knocked out tooth
- (c) Vomiting and diarrhea associated with food poisoning
- (d) Abdominal pain
- (e) Stroke.

Staff Instruction:

Try to describe the symptoms and see if the scouts can figure out what the condition/injury is. Whenever possible, have the scouts practice the treatments on each other

Requirement 10:

Moving the patient. Do the following:

- (a) Describe the conditions under which an injured person should and should not be moved.
- (b) If a sick or an injured person must be moved, tell how you would decide the best method. Demonstrate these methods.
- (c) By yourself and with a partner, demonstrate how to transport a person from a smoke-filled room.
- (d) By yourself and with a partner, demonstrate how to transport a person with a sprained ankle for at least 25 yards.

- (e) With helpers under your supervision, improvise a stretcher and move a presumably unconscious person for at least 25 yards

Staff Instruction:

Have the scouts practice their carries on each other

FRIDAY

Requirement 15:

Do ONE of the following:

(b) Interview an emergency medical services professional about their work. Learn about how they chose this career and about their duties. Discuss what you learned with your counselor and whether you might be interested in this career.

Requirement 14:

With guidance from your counselor, develop a plan to teach a first-aid skill or topic using the EDGE method. Discuss your skill, topic, and plan with your counselor, and then teach your skill or topic to your family or to one or more Scouts.

Staff Instruction:

Coordinate with the area director to have an EMT and-or paramedic come and talk to the scouts about their job. Then have the scouts one at a time teach either the guest or the instructor one of the skills they learned that week for req 14.