⬜ 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

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⬜ b. A remote location on a wilderness camping trip:

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⬜ c. An activity on open water:

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⬜ 3. Define the term triage.

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

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⬜ 4. Explain the universal precautions as applied to the transmission of infections.

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⬜ Discuss the ways you should protect yourself and the victim while administering first aid..

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⬜ 5. Do the following:

⬜ a. Prepare a first-aid kit for your home. Display and discuss its contents with your counselor.

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⬜ b. With an adult leader. Inspect your troop's first-aid kit.

⬜ Evaluate it for completeness.

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⬜ Report your findings to your counselor and Scout leader.

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⬜ 6. Describe the early signs and symptoms of each of the following and explain what actions you should take:

a. Shock

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b. Heart attack

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c. Stroke

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⬜ 7. Do the following:

⬜ a. Describe the conditions that must exist before performing CPR on a person.

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⬜ Then demonstrate proper CPR technique using a training device approved by your counselor.

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

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⬜ Identify the location of the AED at your school, place of worship, and troop meeting place, if one is present.

⬜ 8. Do the followimg:

⬜ a. Show the steps that need to be taken for someone who has a large open wound or cut that is not bleeding severely.

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* b. Show the steps that need to be taken for someone who has a large open wound or cut that is severely bleeding.

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* c. Tell the dangers in the use of a tourniquet and the conditions under which its use is justified.

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⬜ 9. Explain when a bee sting could be life threatening and what action should be taken for prevention and for first aid.

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| When: |  |
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| Prevention: |  |
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|  |
| First aid. |  |
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⬜ 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

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⬜ b. Wrist

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⬜ c. Upper leg

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⬜ d. Lower leg

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⬜ e. Ankle

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

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

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| a. | Anaphylaxis / allergic reactions |  |
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| b. | Bruises |  |
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| c | Sprains or strains |  |
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| d. | Hypothermia |  |
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| e. | Frostbite |  |
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| f. | Burns - first, second, and third degree |  |
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| g. | Convulsions/seizures |  |
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| h. | Dehydration |  |
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| i. | Muscle cramps |  |
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| j. | Heat exhaustion |  |
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| k. | Heat stroke |  |
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| l. | Abdominal pain |  |
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| m. | Broken, chipped, or loosened tooth |  |
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⬜ 13. Do the following:

⬜ a. Describe the conditions under which an injured person should be moved

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⬜ b. If a sick or an injured person must be moved, tell how you determine the best method.

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⬜ 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.

**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**](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**](http://www.scouting.org/filestore/pdf/33088.pdf)**.**

**TENDERFOOT**

**FIRST AID and NATURE**

⬜ 4. a. Show first aid for the following:

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| * Simple cuts and scrapes |  |
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| * Blisters on the hand and foot |  |
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| * Minor (thermal/heat) burns or scalds (superficial, or first degree) |  |
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| * Bites or stings of insects and ticks |  |
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| * Venomous snakebite |  |
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| * Nosebleed |  |
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| * Frostbite and sunburn |  |
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| * Choking |  |
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⬜ b. Describe common poisonous or hazardous plants.

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⬜ identify any that grow in your local area or campsite location.

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⬜ Tell how to treat for exposure to them.

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⬜ c. Tell what you can do while on a campout or other outdoor activitiy to prevent or reduce the occurrence of injuries or exposure listed in Tenderfoot requirements 4a and 4b.

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| --- | --- |
| * Simple cuts and scrapes |  |
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| * Blisters on the hand and foot |  |
|  |
|  |
|  |
| * Minor (thermal/heat) burns or scalds (superficial, or first degree) |  |
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| * Bites or stings of insects and ticks |  |
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| * Venomous snakebite |  |
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| * Nosebleed |  |
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| * Frostbite and sunburn |  |
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| * Choking |  |
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| * Poisonous or hazardous plants |  |
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⬜ 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.

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**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.

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

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

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

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**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.

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

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⬜ 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.

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| Utility | Hazards | How to respond |
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⬜ e. Develop an emergency action plan for your home that includes what to do in case of fire, storm, power outage, and water outage.

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

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