

## FIRST AID MERIT BADGE WORKBOOK

This Scoutmaster Bucky Merit Badge Workbook is based off the current *Scouts BSA Requirements*.

Consider also using the First Aid merit badge class preparation page for clarification and expectations when participating in a Scoutmaster Bucky merit badge opportunity ([online](#) or [in-person](#)).

<https://scoutmasterbucky.com/merit-badges/first-aid/>

Scout's  
Name:

**REQUIREMENT 1:** Demonstrate to your counselor that you have current knowledge of all first-aid requirements for Tenderfoot, Second Class, and First Class ranks.

Completed

**REQUIREMENT 2:** Explain how you would obtain emergency medical assistance from:

**REQUIREMENT 2 A:** Your home

**REQUIREMENT 2 B:** A remote location on a wilderness camping trip

**REQUIREMENT 2 C:** An activity on open water

**REQUIREMENT 3:** Define the term *triage*. Explain the steps necessary to assess and handle a medical emergency until help arrives.

Define triage

Steps necessary to assess and handle a medical emergency

**REQUIREMENT 4:** Explain the standard precautions as applied to the transmission of infections. Discuss the ways you should protect yourself and the victim while administering first aid.

Standard precautions as applied to the transmission of infections

Ways you should protect yourself and the victim while administering first aid

**REQUIREMENT 5:** Do the following:

**REQUIREMENT 5 A:** Prepare a first-aid kit for your home. Display and discuss its contents with your counselor.

Prepared a first-aid kit for your home

**REQUIREMENT 5 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.

Inspected your troop's first-aid kit and evaluated it for completeness

**REQUIREMENT 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

**REQUIREMENT 7:** Do the following:

**REQUIREMENT 7 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.

Conditions that must exist

Demonstrated proper CPR technique

**REQUIREMENT 7 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.

The use of an automated external defibrillator

Identified location of AED at your school, if one is present

Identified location of AED at your place of worship, if one is present

Identified location of AED at your troop meeting place, if one is present

**REQUIREMENT 8:** Do the following:

**REQUIREMENT 8 A:** Show the steps that need to be taken for someone who has a large open wound or cut that is not bleeding severely.

Completed

**REQUIREMENT 8 B:** Show the steps that need to be taken for someone who has a large open wound or cut that is severely bleeding.

Completed

**REQUIREMENT 8 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.

When it is appropriate and not appropriate to use a tourniquet

Benefits and dangers of the use of a tourniquet

**REQUIREMENT 8 D:** Describe the proper application of a tourniquet.

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

When a bee sting could be life threatening

What actions should be taken for prevention

What actions should be taken for first aid

**REQUIREMENT 10:** Do the following:

**REQUIREMENT 10 A:** Describe the signs and symptoms of an open or closed fracture or dislocation.

**REQUIREMENT 10 B:** Explain what measures should be taken to reduce the likelihood of further complications of fractures and dislocations.

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

<input type="checkbox"/> a. Forearm	<input type="checkbox"/> b. Wrist	<input type="checkbox"/> c. Hand and fingers
<input type="checkbox"/> Upper leg	<input type="checkbox"/> Lower leg	<input type="checkbox"/> Ankle

**REQUIREMENT 12:** Describe the signs and symptoms, proper first-aid procedures, and possible prevention measures for the following conditions:



**REQUIREMENT 12 A: Anaphylaxis/allergic reactions**

Signs and symptoms

Proper first-aid procedures

Possible prevention measures

**REQUIREMENT 12 B: Asthma attack**

Signs and symptoms

Proper first-aid procedures

Possible prevention measures

**REQUIREMENT 12 C: Bruises**

Signs and symptoms

Proper first-aid procedures

Possible prevention measures

**REQUIREMENT 12 D: Sprains or strains**

Signs and symptoms

Proper first-aid procedures

Possible prevention measures

**REQUIREMENT 12 E: Hypothermia**

Signs and symptoms

Proper first-aid procedures

Possible prevention measures

**REQUIREMENT 12 F: Frostbite**

Signs and symptoms

Proper first-aid procedures

Possible prevention measures

**REQUIREMENT 12 G: Burns—first, second, and third degree**

Signs and symptoms

Proper first-aid procedures

Possible prevention measures

**REQUIREMENT 12 H: Concussion**

Signs and symptoms

Proper first-aid procedures

Possible prevention measures



**REQUIREMENT 12 I: Convulsions/seizures**

Signs and symptoms

Proper first-aid procedures

Possible prevention measures

**REQUIREMENT 12 J: Someone who is unconscious**

Signs and symptoms

Proper first-aid procedures

Possible prevention measures

**REQUIREMENT 12 K: Dehydration**

Signs and symptoms

Proper first-aid procedures

Possible prevention measures

**REQUIREMENT 12 L: Muscle cramps**

Signs and symptoms

Proper first-aid procedures

Possible prevention measures

**REQUIREMENT 12 M: Heat exhaustion**

Signs and symptoms

Proper first-aid procedures

Possible prevention measures

**REQUIREMENT 12 N: Heat stroke**

Signs and symptoms

Proper first-aid procedures

Possible prevention measures

**REQUIREMENT 12 O: Abdominal pain**

Signs and symptoms

Proper first-aid procedures

Possible prevention measures

**REQUIREMENT 12 P:** Broken, chipped, or loosened tooth

Signs and symptoms

Proper first-aid procedures

Possible prevention measures

**REQUIREMENT 13:** Do the following:

**REQUIREMENT 13 A:** Describe the conditions under which an injured person should be moved.



**REQUIREMENT 13 B:** If a sick or an injured person must be moved, tell how you would determine the best method. Demonstrate this method.

Demonstrated this method

**REQUIREMENT 13 C:** With helpers under your supervision, improvise a stretcher and move a presumably unconscious person.

Completed

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

Completed