

FIRST AID
Merit Badge Workbook
Camp Geronimo

Scout's Name _____ Unit: _____

1. Demonstrate the care for someone who is choking,
2. Describe the signs and symptoms, first-aid, possible preventions for the following conditions:
 - a. Simple cuts and scrapes:
 - 1) S&S _____
 - 2) First-Aid _____
 - 3) Prevention _____
 - b. Blisters on hand or foot.
 - 1) S&S _____
 - 2) First-Aid _____
 - 3) Prevention _____
 - c. Minor burns (superficial or first degree)
 - 1) S&S _____
 - 2) First-Aid _____
 - 3) Prevention _____
 - d. Serious burns (Partial thickness or 2nd degree)
 - 1) S&S _____
 - 2) First-Aid _____
 - 3) Prevention _____
 - e. Critical Burns (full thickness or 3rd degree)
 - 1) S&S _____
 - 2) First-Aid _____
 - 3) Prevention _____
 - f. Bites/stings of insects -bees
 - 1) S&S _____
 - 2) First-Aid _____
 - 3) Prevention _____
 - 4) Explain when a bee sting could be life threatening _____

5) First-Aid for a life threatening sting _____

g. Sting of a Scorpion

1) S&S _____

2) First-Aid _____

3) Prevention _____

h. Bite of a tick

1) S&S _____

2) First Aid _____

3) Prevent _____

i. Venomous Snakes

1) What are the venomous snakes in Arizona? _____

2) First-Aid _____

3) Prevention _____

j. Nose bleed

1) S&S _____

2) First-Aid _____

3) Prevention _____

k. Frostbite

1) S&S _____

2) First-Aid _____

3) Prevention _____

l. Sunburn

1) S&S _____

2) First-Aid _____

3) Prevention _____

3. What do you do for "hurry" cases

a. Stopped breathing _____

b. Serious bleeding _____

- c. Internal poisoning. _____
- d. Tell the dangers of use of a tourniquet _____
- e. Tell condition under which tourniquet use is justified. _____

4. What is the sign and symptoms, first-aid treatment and prevention of the following:

- a. Object in eye
 - 1) S&S _____
 - 2) First-Aid _____
 - 3) Prevention _____

- b. Bite of a Rabid animal
 - 1) When do you suspect an animal is rabid? _____
 - 2) First-Aid _____
 - 3) Prevention _____

- c. What would you do for the following puncture wounds?
 - 1) Splinter
 - a. First Aid _____
 - b. Prevention _____
 - 2) nail
 - a. First-Aid _____
 - b. Prevention _____
 - 3) Fish Hook
 - a. First Aid _____
 - b. Prevention _____

- d. Heat Exhaustion
 - 1) S&S _____
 - 2) First-Aid _____
 - 3) Prevention _____

- e. Heat Stroke
 - 1) S&S _____
 - 2) First Aid _____
 - 3) Prevention _____

- f. Shock
 - 1) S&S _____

2) First-Aid _____

3) Prevention _____

g. Dehydration

1) S&S _____

2) First-Aid _____

3) Prevention _____

h. Hypothermia

1) S&S _____

2) First-aid _____

3) Prevention _____

i. Hyperthermia

1) S&S _____

2) First-Aid _____

3) Prevention _____

j. Hyperventilation

1) S&S _____

2) First-Aid _____

3) Prevention _____

5. Demonstrate bandages for sprained ankle

Injuries of the head

Injuries of the upper arm

Collar bone

6. Show how to transport yourself, and with one other person, a person

From a smoke filled room

With a sprained ankle for at least 25 yards

7. Tell the 5 most common signs of a heart attack.

a. _____

b. _____

c. _____

d. _____

e. _____

8. Explain what action you would take for someone showing signs of a heart attack. _____

9. Explain what action you would take for someone showing signs of a stroke _____

10. Explain the steps for *cardiopulmonary resuscitation* (CPR)

- a. _____
- b. _____
- c. _____
- d. _____

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

12. Explain how you would obtain emergency medical assistance from:

- a. Your home _____
- b. On a wilderness camping trip _____
- c. On open water _____

13. Explain the term Triage. _____

14. Explain standard precautions as applied to bloodborne pathogens. _____

15. Describe the signals of a broken bone. _____

16. Show the procedures for handling fractures (broken bones)

17. Describe the symptoms of suspected injuries to head, neck, or spine. _____

18. Describe possible complications when treating injuries to head neck or spine. _____

19. Explain what measures should be taken to reduce the possibility of further complicating these injuries:

20. Describe the symptoms, first-aid and preventative measures for the following:

a. Convulsions/seizures

1) S&S _____

2) First-Aid _____

3) Prevention _____

b. Bruises

1) S&S _____

2) First Aid _____

3) Prevention _____

- c. Strains/Sprains
 - 1) S&S _____
 - 2) First-Aid _____
 - 3) Prevention _____
- d. Abdominal Pain
 - 1) S&S _____
 - 2) First-aid _____
 - 3) Prevention _____
- e. Broken, Chipped, or loosened tooth
 - 1) S&S/Cause _____
 - 2) First-Aid _____
 - 3) Prevention _____
- f. Knocked out tooth
 - 1) First-Aid _____
 - 2) Prevention _____
- g. Muscle cramps
 - 1) S&S/Cause _____
 - 2) First-Aid _____
 - 3) Prevention _____

21. Do TWO of the following

- a. If a sick or injured person must be moved, tell how and demonstrate best method
- b. With helpers, improvise a stretcher and move a presumably unconscious person .
- c. Observe a demonstration of how an AED is used

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

* done in class

#2D and #3B requirements of the First Aid Merit Badge book are to be completed before camp. A letter from your leader or advancement officer will suffice.

Prepared by J Glover, Health Lodge Director, Camp Geronimo, March 2010

