

## **BOY SCOUTS FIRST AID CLASS**

**REQUIREMENT #1: SATISFY YOUR COUNSELOR THAT YOU HAVE CURRENT KNOWLEDGE OF ALL FIRST AID REQUIREMENTS FOR TENDERFOOT, SECOND CLASS, AND FIRST CLASS RANKS.**

### **TENDER-FOOT FIRST AID RANK REQUIREMENTS:**

12.) (A) Demonstrate the Heimlich Manuever and tell when it is used.

12.) (B) **SHOW FIRST AID FOR THE FOLLOWING:**

- Simple cuts and scratches
- Blisters on the hand and foot
- Minor burns and scalds (first-degree)
- Bites or stings of insects and ticks
- Poisonous snakebite
- Nosebleed
- Frostbite and sunburn

### **SECOND CLASS FIRST-AID RANK REQUIREMENTS:**

6.) (A) Show what to do for “hurry” cases of stopped breathing, serious bleeding and internal bleeding.

6.) (B) Prepare a personal first aid kit to take with you on a hike.

6.) (C) **DEMONSTRATE FIRST AID FOR THE FOLLOWING:**

- Object in the eye
- Bite of a suspected rabid animal
- Puncture wounds from a splinter, nail, and fish hook
- Serious burns (second-degree)
- Heat exhaustion
- Shock
- Heatstroke
- Dehydration
- Hypothermia
- Hyperventilation

### **FIRST CLASS FIRST AID RANK REQUIREMENTS:**

8.) (B) Demonstrate bandages for a sprained ankle and for injuries on the head, the upper arm, and the collarbone.

8.) (C) Show how to transport by yourself and with one other person

- a person from a smoke filled room
- a person with a sprained ankle, for at least 25 yards.

8.) (D) Tell the five most common signs of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR)

**REQUIREMENT # 3: DO THE FOLLOWING:**

**(A) EXPLAIN WHAT ACTION YOU SHOULD TAKE FOR SOMEONE WHO SHOWS SIGNS OF A HEART ATTACK.**

**(B) IDENTIFY THE CONDITIONS THAT MUST EXIST BEFORE PERFORMING CPR.**

**TRUE OR FALSE:**

- 1.) TRUE OR FALSE: Before you start performing CPR, the person must be unresponsive?
- 2.) TRUE OR FALSE: Never call 911 or your local emergency number for help.
- 3.) TRUE OR FALSE: Never support the head or neck of the victim.
- 4.) TRUE OR FALSE: Make sure the area around the victim is safe for you to enter.
- 5.) TRUE OR FALSE: You should start CPR on a person who is already breathing.
- 6.) TRUE OR FALSE: You should never make sure there is something blocking the airway before you start CPR.
- 7.) TRUE OR FALSE: You should never perform CPR on infants or children

**REQUIREMENT #3 (C): DEMONSTRATE PROPER TECHNIQUE IN PERFORMING CPR USING A TRAINING DEVICE APPROVED BY YOUR COUNSELOR.**

**REQUIREMENT #3 (D)(1): SHOW THE STEPS THAT NEED TO BE TAKEN FOR SOMEONE SUFFERING FROM SEVERE LACERATIONS ON THE LEG AND ON THE WRIST.**

**STEP 1:** \_\_\_\_\_

\_\_\_\_\_

**STEP 2:** \_\_\_\_\_

\_\_\_\_\_

**STEP 3:** \_\_\_\_\_

\_\_\_\_\_

**STEP 4:** \_\_\_\_\_

\_\_\_\_\_

**STEP 5:** \_\_\_\_\_

\_\_\_\_\_

**STEP 6:** \_\_\_\_\_

\_\_\_\_\_

**STEP 7:** \_\_\_\_\_

\_\_\_\_\_

**REQUIREMENT #3(D) (2): TELL THE DANGERS IN THE USE OF A TOURNEQUET AND THE CONDITIONS UNDER WHICH ITS USE IS JUSTIFIED.**

**REQUIREMENT#3(E): EXPLAIN WHEN A BEE STING COULD BE LIFE THREATENING.**

**REQUIREMENT#3(F): EXPLAIN THE SYMPTOMS OF HEATSTROKE AND WHAT ACTION NEEDS TO BE TAKEN FOR FIRST AID AND PREVENTION.**

**SYMPTOMS:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**FIRST AID AND PREVENTION:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**REQUIREMENT #4: DO THE FOLLOWING:**

**A.) DESCRIBE THE SIGNS OF A BROKEN BONE. SHOW FIRST AID PROCEDURES FOR HANDLING FRACTURES; INCLUDING OPEN (COMPOUND) FRACTURES OF THE FOREARM, WRIST, UPPER LEG, AND LOWER LEG, USING IMPROVISED MATERIALS.**

**EXPLAIN AND NAME AT LEAST (3) SIGNS OF A BROKEN BONE:**

1.) \_\_\_\_\_  
\_\_\_\_\_

2.) \_\_\_\_\_  
\_\_\_\_\_

3.) \_\_\_\_\_  
\_\_\_\_\_

**B.) DESCRIBE THE SYMPTOMS AND POSSIBLE COMPLICATIONS AND DEMONSTRATE THE PROPER PROCEDURES FOR TREATING SUSPECTED INJURIES TO THE BACK, NECK, AND HEAD. EXPLAIN WHAT MEASURES CAN BE TAKEN TO REDUCE THE POSSIBILITY OF FURTHER COMPLICATING THESE INJURIES.**

**EXPLAIN THE SYMPTOMS AND POSSIBLE COMPLICATIONS:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**EXPLAIN THE MEASURES TO REDUCE FURTHER INJURIES:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**REQUIREMENT #5: DESCRIBE PROPER FIRST AID PROCEDURES:**

**MULTIPLE CHOICE QUESTIONS:**

**1.) HYPOTHERMIA:**

- a.) Keep the victim in the wet clothing.
- b.) Serve the victim hot drinks and soups
- c.) Take action to re-warm the victim and prevent further heat loss
- d.) B and C

**2.) CONVULSIONS:**

- a.) Let the victim choke and become injured while moving around.
- b.) Panic and run around.
- c.) Keep the airway clear, turn the victim on one side

**3.) FROSTBITE:**

- a.) Get the affected area warm and keep it warm.
- b.) Treat the victim for shock.
- c.) If blisters appear pop them with a sharp object.
- d.) A and B

**4.) BRUISES, STRAINS AND SPRAINS:**

- a.) Keep a cold wet towel over the bruise for 30-60 minutes.
- b.) Take the boot off the injured ankle and let it swell up.
- c.) Raise the injured part, apply cold compresses, and treat it as a fracture or a broken bone.
- d.) A and C

**5.) BURNS:**

- a.) Treat the burns with jellies, creams, or sprays.
- b.) Let the affected area air dry, then cover it with a loose bandage.
- c.) Apply ice water to a third degree burn.

**6.) ABDOMINAL PAIN:**

- a.) Give the person lots of solid food, and let them run around.
- b.) Give a drugstore remedy for acid indigestion.
- c.) In serious cases get medical help.
- d.) B and C

**7.) BROKEN, CHIPPED, OR LOOSENED TEETH:**

- a.) Place hot compresses on the face, in the area of the injured tooth.
- b.) Throw the chipped or broken piece of tooth away.
- c.) Bite down on something hard.