

First Aid Merit Badge

Huntley Meadows Park

Welcome to the First Aid Merit Badge program at Huntley Meadows Park. The program is held at the Norma Hoffman Visitor Center located at 3701 Lockheed Blvd. Alexandria, VA, unless otherwise indicated by park staff. **GPS has been known to cause issues in locating the visitor center.** Please look under “Finding the Park” [HERE](#)

Important general Merit Badge information for parents:

Be sure that you are familiar with the requirements for the merit badge your scout has selected. Some badges may take considerable time and planning to complete and may not be appropriate for younger scouts. Blue cards must be signed by your Troop Leader prior to attending the merit badge class. Park staff will not sign off on any blue cards missing this signature.

Most merit badges are not designed to be completed in a single session with an instructor, so it is not always possible to walk away with a completed and signed blue card at the end of a program. Every badge requires some independent work by your scout.

Please be prepared for the possibility that you may have to stay for the program and not just drop off your scout. We encourage that one or more adults remain. There is no fee for adults and you are sure to learn something. This will allow the instructor to concentrate more fully on the difficult task of imparting all the required information and assisting the boys individually if necessary. Additionally, adults may help keep the atmosphere calm and productive. It is also in keeping with the scouting guidelines for youth protection.

Requirements for the First Aid merit badge: (Pre-work for this badge is #5)1. Satisfy your counselor that you have current knowledge of all first-aid requirements for Tenderfoot, Second Class, and First Class ranks.

2. Explain how you would obtain emergency medical assistance from:
 - a. Your home
 - b. A remote location on a wilderness camping trip
 - c. An activity on open water
3. Define the term *triage*. Explain the steps necessary to assess and handle a medical emergency until help arrives
4. Explain the universal precautions as applied to the transmission of infections. Discuss the ways you should protect yourself and the victim while administering first aid.
- 5. Prepare a first-aid kit for your home. Display and discuss its contents with your counselor.**
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
7. Do the following:
 - 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.
 - 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.
8. Show the steps that need to be taken for someone suffering from a severe cut on the leg and on the wrist. Tell the dangers in the use of a tourniquet and the conditions under which its use is justified.

9. Explain when a bee sting could be life threatening and what action should be taken for prevention and for first aid.
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
 - b. Wrist
 - c. Upper leg
 - d. Lower leg
 - e. Ankle
11. Describe the signs, symptoms, and possible complications and demonstrate care for someone with a suspected injury to the head, neck, or back.
12. Describe the symptoms, proper first-aid procedures, and possible prevention measures for the following conditions:
 - a. Anaphylaxis/allergic reactions
 - b. Bruises
 - c. Sprains or strains
 - d. Hypothermia
 - e. Frostbite
 - f. Burns - first, second, and third degree
 - g. Convulsions/seizures
 - h. Dehydration
 - i. Muscle cramps
 - j. Heat exhaustion
 - k. Heat stroke
 - l. Abdominal pain
 - m. Broken, chipped, or loosened tooth
13. Do the following:
 - a. Describe the conditions under which an injured person should be moved.
 - b. If a sick or an injured person must be moved, tell how you would determine the best method. 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.

What to bring to the program:

- Bring your completed pre-work. It is OK if you cannot complete the pre-work before class. You can bring completed pre-work in at a later date for sign-off.
- Come prepared to discuss and present your pre-work. As we move from one topic to the next during class, scouts will be asked to present homework elements completed. It will be more important to prove that you have understood a requirement orally rather than just presenting written information.
- Bring your blue card signed off by your Troop Leader. (Huntley Meadows Park does not have blue cards.)
- Bring a pencil and pen.
- Download the merit badge worksheets from meritbadge.com and bring these worksheets to class.
- Bring a substantial snack or lunch and drink. This is a 5 hour badge.

If your scout needs blue card sign-off after the class date, please call (703)768-2525 to arrange a time to meet with a merit badge counselor. We're looking forward to working with your scout.

Huntley Meadows Park Staff. 3701 Lockheed Blvd. Alexandria, VA 22306. 703-768-2525.