

First Aid Merit Badge

Hidden Oaks Nature Center

First Aid is a 5-hour class. Scouts should come dressed for the weather; a section of this badge may be outside. Scouts will be kneeling, standing, lifting and carrying so they should come prepared to be active.

What to bring:

- Blue card, pen and pencil
- Appropriate clothing, including closed-toed shoes
- Snack and water
- Pework, including first aid kit

Pework Assignments: Please complete these Merit Badge Requirements prior to class.

2.b 1. Assemble a personal first-aid kit for hiking and backpacking. Bring it to class and be prepared to demonstrate the proper use of each in your kit.

7.g Identify the typical location(s) of one or more AED(s) at public facilities in your community, such as your school, place of worship, unit meeting place, sports facilities, and/or camp or by using a smart phone app. Discuss the reasons for choosing locations like these.

12. Mental Health Conditions. Describe the following:

- (a) Reactions associated with at least **three** stressful situations, such as mountain backpacking, rappelling, a ropes course, speaking before an audience, making a phone call to an adult, taking a swim test, missing home, lighting a match, trying out for a sports team, meeting someone for the first time, or other stressful circumstances.
- (b) The actions that you and others should take to prepare for and manage these situations.
- (c) The indications that someone might be a danger to themselves or others.
- (d) The actions that you should take if you suspect that someone might be a danger to themselves or others.

15. Do ONE of the following:

- (a) Visit an emergency medical station house or training center in person. From the medical first responders that you meet during your visit, learn about how they serve their community and about their careers. Come prepared to share what you learned during your tour and interviews.
- (b) Interview an emergency medical services professional about their work. Learn about how they chose this career and about their duties. Come prepared to share what you learned and whether you might be interested in this career.
- (c) Identify three career opportunities that would use skills and knowledge in emergency medical services. Pick one and research the training, education, certification requirements, experience, and expenses associated with entering the field. Research the prospects for employment, starting salary, advancement opportunities, and career goals associated with this career. Come prepared to share what you learned and whether you might be interested in this career.
- (d) Identify how you might use the skills and knowledge in the field of emergency medical services to pursue a personal hobby and/or healthy lifestyle. Research the additional training required, expenses, and affiliation with organizations that would help you maximize the enjoyment and benefit you might gain from it. Discuss what you learned with your counselor and share what short-term and long-term goals you might have if you pursued this.

For questions, please contact Hidden Oaks Nature Center merit badge counselor Kelsey Jeffers at Kelsey.Jeffers@fairfaxcounty.gov or call (703) 941-1065.

Please Note: *This merit badge is intended to train scouts in recognizing various injuries & illnesses and to practice their skills in administering first aid to best prepare them in the event they are confronted with an emergency. The First Aid merit badge is not a medical licensure or certificate. Scouts interested in obtaining a certificate in CPR/AED & First Aid administration through an accredited agency are encouraged to do so.*