

# First Aid Merit Badge

Historic Huntley & Huntley Meadows Park

The First Aid Merit Badge is a 5 hour session. Scouts should bring lunch or several snacks and along with plenty of water. Please no red liquids.

What to bring:

- Signed Blue card, pen and pencil
- Snacks and water
- **Preworks, which will be listed in Red.**

**What is Prework?** Merit Badges in general are not designed to be completed in an afternoon; there is some work the scouts need to do outside of the workshop to complete the badge. We call this **prework**. We suggest completing prework prior to the badge program date, but realize this is not always practical or possible. In these cases we will, if requested, sign partial cards and accept the assignments after the program. We ask that you bring/send back all the work and the blue card together in order to sign off on the blue card all at once.

## Important information about how to prepare for a merit badge program at Huntley Meadows Park.

Parents, please review the content of a merit badge prior to registering your scout: some badges may be challenging for younger scouts. Also, the class discussions are more interesting if scouts review *all* the requirements for the badge before the program. The chances of your scout completing all the work for the badge increases dramatically when he is properly motivated and the badge content is age-appropriate.

Merit badges are not designed to be completed in a day and require independent work on the part of the scout outside of the workshop. We call this PREWORK. We suggest this is done prior to the badge program date, but we realize this is not always practical or possible, in these cases we will sign partial cards and accept the assignments after the program.

Merit badge programs can be from 3 to 5 hours long, so be sure to pack a snack and water for your scout and that he is dressed appropriately for being outdoors for some or all of the program.

Though not required, Scout workbooks are very useful and we prefer that scouts use the workbook during the program. Workbooks can be found at:

[http://meritbadge.org/wiki/index.php/Merit\\_Badge\\_Worksheets](http://meritbadge.org/wiki/index.php/Merit_Badge_Worksheets) .

About blue cards: WE DO NOT HAVE BLUE CARDS. Please bring an *authorized* blue card with you to the program. **Your troop scout master should be consulted prior to attending any merit badge program and he or she will sign the front of the card.**

**1. Demonstrate to 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 standard precautions as applied to the transmission of infections. Discuss the ways you should protect yourself and the victim while administering first aid.**

**5. Do the following:**

- (a) Prepare a first-aid kit for your home. Display and discuss its contents with your counselor.
- (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.

**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. Do the following:**

- (a) Show the steps that need to be taken for someone who has a large open wound or cut that is not bleeding severely.
- (b) Show the steps that need to be taken for someone who has a large open wound or cut that is severely bleeding.
- (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.
- (d) Describe the proper application of a tourniquet.

**9. Explain when an insect or bee sting could be life threatening and what action should be taken for prevention and for first aid.**

**10. Do the following:**

- (a) Describe the signs and symptoms of an open or closed fracture or dislocation.

- (b) Explain what measures should be taken to reduce the likelihood of further complications of fractures and dislocations.

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

- (a) Forearm
- (b) Wrist
- (c) Hand and Fingers
- (d) Upper leg
- (e) Lower leg
- (f) Ankle

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

- (a) Anaphylaxis/allergic reactions
- (b) Asthma attack
- (c) Bruises
- (d) Sprains or strains
- (e) Hypothermia
- (f) Frostbite
- (g) Burns-first, second, and third degree
- (h) Concussion
- (i) Convulsions/seizures
- (j) Someone who is unconscious
- (k) Dehydration
- (l) Muscle cramps
- (m) Heat exhaustion
- (n) Heat stroke
- (o) Abdominal pain
- (p) 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.**

**Parents**

Merit badges are supposed to be done with the buddy system. *We highly recommend that you attend the program with your scouts especially if they do not have a buddy*; the chances of your scout completing all the work for the badge during the allotted time increases dramatically when properly motivated. There is never a fee for adults and you are sure to learn something. Also, our policy is that the program will not proceed if there are not 2 or more adults present for the program especially those containing hikes. We will attempt to enlist adult volunteers from our center but this is not always possible so *prepare for the possibility that you may have to stay for the program*

*and not just drop off your scout.* This will allow the instructor to concentrate more fully on the difficult task of imparting all the required information and assisting the scouts individually, if necessary, while other adults keep the atmosphere calm and productive.

If you have further questions, **please contact our senior interpreter Melodie at [Melodie.Stehling@fairfaxcounty.gov](mailto:Melodie.Stehling@fairfaxcounty.gov) or call the Huntley Meadows Visitor Center at 703-768-2525 and you will put you in contact with the appropriate counselor.**