



First Aid

Cub Scouts · Required · Arrow of Light rank

Name

Started

Completed

First Aid teaches you how to help when someone gets hurt. You'll learn what to do in serious emergencies and how to treat everyday injuries. Knowing these skills helps you stay calm and be useful.

Requirements

Every official requirement, in plain language. Check the official wording when you sign off (scouting.org/cub-scout-adventures/first-aid/). Tips and examples are ideas, not extra requirements.

- ☐ **1** With permission from a parent or legal guardian, watch the Arrow of Light Protect Yourself Rules video

Tip: Watch the video with a parent or guardian and talk about the rules together.

- ☐ **2** Explain what to do if you come across someone who needs first aid

Tip: Learn the steps: check the scene is safe, call for help, then help the person if you can.

Example: First, check that the scene is safe for you. Then check the person, call or send someone to call 911, and give help you've been trained for. Wear gloves if there's blood, and stay with them until help arrives.

- ☐ **3** Show what to do in these hurry cases: serious bleeding, sudden cardiac arrest or heart attack, stopped breathing, stroke, and poisoning

Tip: Practice each hurry case with a buddy and an adult. Act out calling 911 and what you would say.

Example: Hurry cases: for heavy bleeding, press hard with a clean cloth. For someone not breathing or whose heart has stopped, call 911 and get an AED. For stroke, use FAST: Face, Arms, Speech, Time to call. For poisoning, call Poison Help.

☐ **4** Show how to help someone who is choking

Tip: Practice the choking steps on a training dummy or by acting it out, never with real force on a person.

☐ **5** Show how to treat for shock

Tip: Learn the signs of shock and practice keeping someone warm and calm.

Example: Shock can happen after any serious injury. Signs include pale or clammy skin, weakness, and confusion. Have the person lie down, keep them warm with a jacket or blanket, keep them calm, and call for help.

☐ **6** Show how to treat cuts and scratches, burns and scalds, insect and animal bites and stings, and nosebleeds

Tip: Practice with bandages, cool water for burns, and the right way to pinch a nose.

Example: Nosebleed: sit up, lean forward, and pinch the soft part of the nose for 10 minutes. Small burn: cool running water for several minutes. Bee sting: scrape the stinger out and use a cold pack.

☐ **7** Put together a personal first-aid kit and show how to use each item in it properly

Tip: Pack a small kit with bandages, gauze, gloves, and tape. Explain what each item is for.

Example: A small kit might have adhesive bandages, gauze pads, tape, gloves, antiseptic wipes, moleskin, and a small card with emergency numbers. Show your patrol what each item is for.