



First Aid

Scouts BSA · Health & Safety · Eagle-required

Name

Started

Completed

First Aid is about staying calm and knowing how to help when someone is hurt or sick. You'll practice treating everything from small cuts to serious emergencies, and learn when to call for more help. It's Eagle-required, and it may be the most useful badge you ever earn.

Requirements

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

1 Handling a first aid emergency

Tips for this section: Practice the steps of checking a scene for safety, checking the person, and calling for help. Role-play a few scenarios with your patrol.

Example for this section: Practice out loud: "Scene safe? Yes, no traffic. I'm a Scout trained in first aid, can I help? He's breathing but confused. You, in the red shirt, call 911 and come back." Then check for bleeding and shock.

- ☐ **1a** Explain the steps for sizing up and handling a first aid emergency, including checking that the scene is safe

- ☐ **1b** Explain how you'd get emergency medical help from home and from a remote spot on a wilderness campout

- ☐ **1c** Show the precautions that lower the chance of passing an infection between you and the person you're helping, including safely throwing away used supplies

- ☐ **1d** Show how to check and manage a person's airway and breathing

- ☐ **1e** Show how to do a thorough exam of an injured person

- ☐ **1f** Talk about why shock is an emergency

- ☐ **1g** Define triage and describe situations where you might need it

2 Preparing for emergencies

Tips for this section: Look over your own health form with a parent, then go through a troop or family first-aid kit and restock anything missing.

Example for this section: A patrol first-aid kit might hold adhesive bandages, gauze pads, roller gauze, tape, elastic wrap, gloves, a CPR mask, tweezers, antiseptic wipes, blister care, and a small notebook. Check expiration dates before each trip.

- ☐ **2a** Get the Scout Annual Health and Medical Record form and discuss why its details (immunizations, allergies, medications, health history, and exams) matter for first aid at Scouting events

2b First-aid kits

- ☐ **2b1** Using a checklist from the First Aid pamphlet or one your counselor approves, put together your own first-aid kit for hiking and backpacking, and show your counselor how to use each item in it

- ☐ **2b2** Using a checklist from the pamphlet or one your counselor approves, check a first-aid kit for a unit, home, vehicle, or camp with your counselor and talk about what you found

- ☐ **3** For each wound below (none bleed on the outside), describe its signs and symptoms, show the first aid, and explain how to prevent it:

Tip: Practice cooling a burn and caring for bruises and blisters on a partner, talking through each step out loud.

- ☐ **3a** Closed wounds, such as a bruise (contusion) or hematoma

- ☐ **3b** Superficial, partial thickness, and full thickness heat burns or scalds

- ☐ **3c** Chemical burns

- ☐ **3d** Electrical burns

- ☐ **3e** Sunburn

- ☐ **3f** Snow blindness

- ☐ **3g** Immersion foot, frostnip, frostbite, and ice burns

- ☐ **3h** Abrasions such as chafing and rope burns

- ☐ **3i** Blisters on the hands, feet, buttocks, and shoulders

- ☐ **3j** Puncture wounds from splinters, rope splinters, nails, and fishhooks

- ☐ **3k** Poisonous plant rashes

- ☐ **3l** Bites from chiggers, ticks, mosquitoes, and biting gnats

- ☐ **3m** Bee stings

- ☐ **3n** Spider bites

- ☐ **3o** Scorpion stings

- ☐ **3p** Bites from a pet, a wild mammal, or a human

- ☐ **3q** Venomous snakebite

- ☐ **4** For each bleeding injury below, describe its signs and symptoms, show the first aid, and explain how to prevent it:

Tip: Use a partner and practice applying direct pressure and bandages. Speed and calm matter most with severe bleeding.

Example: Practice on a partner: put on gloves, press firmly with a gauze pad, add more gauze on top if blood soaks through (don't lift the first one), and wrap a pressure bandage. Explain when a tourniquet is used for life-threatening bleeding.

- ☐ **4a** Nosebleed

- ☐ **4b** An open wound that bleeds mildly or moderately, such as a scratch, scrape (abrasion), or shallow cut (laceration)

- ☐ **4c** An open wound that bleeds heavily, like a deep arm or leg cut

- ☐ **4d** Explain when one or more tourniquets should and shouldn't be used, list some benefits and dangers, and show how to apply a tourniquet without tightening it

- ☐ **5** For each breathing problem below, describe its signs and symptoms, show the first aid, and explain how to prevent it:

Tip: Learn the signs of choking and other breathing problems, and practice the response on a manikin or with a trained instructor.

☐ **5a** Choking

☐ **5b** Asthma attack

☐ **5c** Anaphylaxis caused by an insect bite or sting, or by a food or product allergy

☐ **5d** Inhalation injuries

☐ **5e** Altitude sickness

☐ **6** For each cause of passing out below, describe its signs and symptoms, show the first aid, and explain how to prevent it:

Tip: Make a quick list of things that can cause someone to pass out and what you'd do for each.

☐ **6a** Fainting

☐ **6b** Hypoglycemia

☐ **6c** Seizure

☐ **6d** Drug overdose and alcohol poisoning

☐ **6e** Underwater hypoxic blackout

☐ **6f** Cold water shock and drowning

☐ **6g** Lightning strike and electric shock

7 Heart attack

Tips for this section: Learn the warning signs of a heart attack and when to call for help. Then take a hands-on CPR and AED class to practice on a manikin with an instructor.

Example for this section: In a CPR class you'll push hard and fast in the center of the chest, about 100 to 120 times a minute, and practice with an AED trainer that talks you through each step. Know heart attack signs, like chest pressure and pain spreading to the arm or jaw.

- ☐ **7a** Explain what a heart attack is

- ☐ **7b** Describe the signs and symptoms of a heart attack and the first aid for it

- ☐ **7c** Describe what must be true before you give someone CPR

- ☐ **7d** Show correct CPR on a training device your counselor approves

- ☐ **7e** Explain what an automated external defibrillator (AED) is used for

- ☐ **7f** Show or simulate how to use an AED, on an AED trainer if one is available

- ☐ **7g** Find where AEDs are usually kept in public places near you (school, place of worship, meeting place, sports facility, camp) or with a phone app, and discuss why they're placed there

8 Muscle and bone injuries

Tips for this section: Practice splinting with things you'd have on a campout, like sticks, rolled clothing, or trekking poles.

Example for this section: Splint a forearm with what's at camp: a rolled foam pad or trekking pole, padded with a fleece jacket, tied above and below the injury with bandanas. Check fingers for warmth and color before and after.

- ☐ **8a** Explain how a strain, muscle tear, tendon rupture, sprain, dislocation, simple fracture, and compound fracture are alike and different

- ☐ **8b** Describe the signs and symptoms of a muscle strain, muscle tear, and tendon rupture, and the first aid for each

- ☐ **8c** Describe the signs, symptoms, and possible complications of a fracture, a sprain, and a dislocation

- ☐ **8d** Show how to bandage each of these injuries:

- ☐ **8d1** Arm sling for a broken forearm, upper arm, or collarbone

- ☐ **8d2** Elastic wrap and cravat bandages for a sprained ankle

- ☐ **8d3** Elastic wrap and cravat bandages for a sprained wrist or hand injury

- ☐ **8e** Show how to handle and splint a possible closed or open fracture or dislocation of each of these:

- ☐ **8e1** Finger and toe

- ☐ **8e2** Forearm or wrist

- ☐ **8e3** Upper leg

- ☐ **8e4** Lower leg or ankle

9 Head and spine injuries

Tips for this section: Learn why it's important not to move someone with a possible head or spine injury, and practice keeping them still.

- ☐ **9a** Describe the signs and symptoms of head, neck, and back injuries, how they relate, their possible complications, and how to prevent them

- ☐ **9b** Describe the signs and symptoms of a concussion and how to give first aid for one

- ☐ **9c** Show first aid for an open head wound using a triangular or other bandage

- ☐ **9d** Show first aid for someone who may have a neck or back injury

10 Moving a patient

Tips for this section: Talk through when moving someone is the right choice and when it isn't, then practice a few carries with your patrol.

- ☐ **10a** Describe when a hurt person should be moved and when they shouldn't

- ☐ **10b** Explain how you'd choose the best way to move a sick or injured person who must be moved, and show those methods

- ☐ **10c** Show how to get a person out of a smoke-filled room, both alone and with a partner

- ☐ **10d** Alone and with a partner, show how to carry a person with a sprained ankle at least 25 yards

- ☐ **10e** Supervise helpers as you build an improvised stretcher and move a person acting unconscious at least 25 yards

- ☐ **11** For each heat-, cold-, or exertion-related condition below, describe its signs and symptoms, show the first aid, and explain how to prevent it:

Tip: Learn the signs of heat exhaustion, heat stroke, and hypothermia. Think about how to prevent them on your next outing.

Example: Heat exhaustion on a summer hike: pale, sweaty, nauseous. Move to shade, loosen clothing, sip water, and cool with wet cloths. If they get confused or stop sweating, it may be heat stroke: call 911 and cool them fast.

- ☐ **11a** Dehydration and over-hydration

- ☐ **11b** Heat cramps and muscle pain after exercise

- ☐ **11c** Heat exhaustion

- ☐ **11d** Heat stroke

- ☐ **11e** Chest pain linked to cold exposure

- ☐ **11f** Hypothermia

12 Mental health conditions

Tips for this section: Learn the warning signs that someone is in crisis and how to listen and get help from a trusted adult. It's OK to ask for help yourself too.

Example for this section: Know the warning signs, like a friend saying they feel hopeless or talking about not wanting to be here. Listen without judging, stay with them, and tell a trusted adult right away. In the U.S., anyone can call or text 988.

- ☐ **12a** Describe how people react to at least three stressful situations, such as backpacking in mountains, rappelling, a ropes course, public speaking, calling an adult, a swim test, homesickness, lighting a match, team tryouts, or meeting someone new

- ☐ **12b** Describe what you and others should do to get ready for and handle those situations

- ☐ **12c** Describe warning signs that a person could be a danger to themselves or to others

- ☐ **12d** Describe what you should do if you suspect a person could be a danger to themselves or to others

- ☐ **13** For each condition below, describe its signs and symptoms, show the first aid, and explain how to prevent it:

Tip: Make flash cards for things like something in the eye, a knocked-out tooth, and the signs of a stroke, and quiz yourself with a buddy.

- ☐ **13a** Something in the eye

- ☐ **13b** A broken, chipped, loose, or knocked-out tooth

- ☐ **13c** Vomiting and diarrhea from food poisoning

- ☐ **13d** Stomach (abdominal) pain

- ☐ **13e** Stroke

- ☐ **14** With your counselor's guidance, make a plan to teach a first-aid topic or skill using EDGE. Go over the plan with your counselor, then teach it to your family or one or more Scouts

Tip: Pick a skill you know well and teach it to a younger Scout: explain, demonstrate, guide, and then let them do it.

Example: Teach a younger Scout to treat a blister with EDGE: explain why blisters form, demonstrate cutting a donut-shaped moleskin, guide them as they try, then enable them by checking their feet on the next hike.

15 EMS visit, careers, or hobbies: Choose 1 of 4

Tips for this section: Ask your local EMS or fire department if you can visit and see an ambulance up close.

- ☐ **15a** Visit an EMS station or training center in person. Learn from the first responders how they serve the community and about their careers, then tell your counselor what you learned

- ☐ **15b** Interview an EMS professional about their job, how they chose it, and their duties. Discuss with your counselor what you learned and whether the career interests you

- ☐ **15c** Name three careers that use EMS skills. Research one: training, education, certification, experience, cost to get started, job outlook, starting pay, and advancement. Discuss it with your counselor and whether it interests you

- ☐ **15d** Find how EMS skills could support a hobby or healthy lifestyle. Research the extra training, costs, and groups to join that would help, then share with your counselor what you learned and your short- and long-term goals