

First Aid

Merit Badge Workbook

Merit badges are earned by doing: reading the pamphlet, practicing the skills, and showing your counselor what you have learned.
This workbook gives you a place to organize your notes and track your progress along the way.
Merit badge counselors may not require the use of this or any similar workbook.
You still must satisfy your counselor that you can demonstrate each skill and have learned the information.
Use the space under each requirement to note what you have done and what you want to talk about, not to write out full answers.
When a requirement says discuss, show, tell, explain, or demonstrate, that is what you must do.
No one may add to or subtract from the official requirements found on scouting.org (Guide to Advancement 7.0.4.8).
Scouting America last updated this badge's requirements page on December 1, 2025.
Requirements change from time to time. Double-check scouting.org before you start.

Scout's name: _____ Unit: _____ Date started: _____

Counselor's name: _____ Phone no.: _____ Email: _____

Links marked "Scouting America resources" are the ones Scouting America shares on its official badge page.
Links marked "ScoutSmarts" open the matching part of Cole's guide. This workbook is unofficial and not endorsed by Scouting America.

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1. Handling a First Aid Emergency. Do the following:

(a) Explain the steps necessary to assess and handle a first aid emergency, including a safety evaluation of the scene.

Scouting America resources: The 3 C's of First Aid: Check, Call, Care (website) · Check for Scene Safety (video)

Steps to assess and handle a first aid emergency, including checking that the scene is safe

(b) Tell how you would obtain emergency medical assistance from your home and from a remote location on a wilderness camping trip.

Scouting America resources: What to Say When You Call 911 (video) · What Happens When You Call 911 (video)
Preparing for a Medical Emergency at Home (website) · Calling for Help for a Wilderness Emergency (website)
ScoutSmarts: Requirement 1b explained

Getting emergency medical help from my home

Getting emergency medical help from a remote location on a wilderness camping trip

(c) Demonstrate the precautions you must take to reduce the risk of transmitting an infection between you and the victim while administering first aid, including the safe disposal of used first aid supplies.

Scouting America resources: Standard Precautions (video) · How to Remove Disposable Gloves (video) Using Personal Protective Equipment in First Aid (video) · **ScoutSmarts:** Requirement 1c explained

Date _____ Shown to _____

Precautions I took, and how I safely disposed of used supplies

(d) Demonstrate evaluation of and management of a patient's airway and breathing.

Scouting America resources: Head Tilt, Chin Lift, Jaw Thrust (video) · Look, Listen, Feel (video) · **ScoutSmarts:** Requirement 1d explained

Date _____ Shown to _____

(e) Demonstrate a thorough examination of an accident victim.

Scouting America resources: Head to Toe Exam (video) · **ScoutSmarts:** Requirement 1e explained

Date _____ Shown to _____

(f) Discuss why shock is an emergency.

Scouting America resources: Recognizing Shock (video) · Shock From Bleeding (video) · Shock and Bleeding (video)
ScoutSmarts: Requirement 1f explained

Why shock is an emergency

(g) Define the term triage and describe examples of triage situations that you may encounter.

Scouting America resources: Multiple Casualties in a Remote Location (video) · Triage (video) · **ScoutSmarts:** Requirement 1g explained

What triage means

Examples of triage situations I may encounter

Requirement 1 completed on _____ counselor initials _____

2. Preparing for First Aid Emergencies. Do the following:

(a) Obtain a copy of the Scout Annual Health and Medical Record and discuss the importance of the form including information on immunizations, allergies, medications, health history, and medical examinations to providing first aid at Scouting events.

Scouting America resources: Scout Health Forms (website)

Got my copy of the form on _____

Why the form matters for first aid at Scouting events

Information on the form	Why it is important
Immunizations	
Allergies	
Medications	
Health history	
Medical examinations	

(b) Using checklists provided in the First Aid merit badge pamphlet or ones approved by your counselor, do the following:

Scouting America resources: Personal, Family, and Troop First Aid Kit Checklist (PDF) · **ScoutSmarts:** Requirement 2b explained

(1) Assemble a personal first-aid kit for hiking and backpacking. Demonstrate the proper use of each item in your first-aid kit to your counselor.

My personal first-aid kit for hiking and backpacking

Item	How to use it

Demonstrated on _____ Counselor _____

(2) With your counselor, inspect a unit, home, vehicle, or camp first-aid kit and discuss your findings.

Kit I inspected (unit, home, vehicle, or camp) _____ Date _____

My findings

Requirement 2 completed on _____ counselor initials _____

3. Wounds with No External Bleeding. Describe the symptoms and signs of, show first aid for, and explain prevention of these wounds:

Scouting America resources: The Science of Skin (video) · How a Wound Heals Itself (video) · How Wounds Heal (video)

(a) Closed wounds, such as a bruise (contusion) or a hematoma

Scouting America resources: Bruise: What to Do (video) · First Aid for Bruises (website) · First Aid for a Hematoma (video) How Bruises Change Color (video)

	My notes
Symptoms and signs	
First aid	
Prevention	

(b) Superficial, partial thickness, and full thickness thermal (heat) burns or scalds

Scouting America resources: Types of Burns (video) · Thermal, Chemical and Electrical Burns (video) · **ScoutSmarts:** Requirement 3b explained

Superficial	**My notes**
Symptoms and signs	
First aid	
Prevention	

Partial thickness	**My notes**
Symptoms and signs	
First aid	
Prevention	

Full thickness	**My notes**
Symptoms and signs	
First aid	
Prevention	

(c) Chemical burns

Scouting America resources: Chemical Burns (website) · **ScoutSmarts:** Requirement 3c explained

	My notes
Symptoms and signs	
First aid	
Prevention	

(d) Electrical burns

Scouting America resources: Electrical Burns (website) · **ScoutSmarts:** Requirement 3d explained

	My notes
Symptoms and signs	
First aid	
Prevention	

(e) Sunburn

Scouting America resources: Sunburn (video) · Sunburn, Causes, Signs and Symptoms, Diagnosis and Treatment (video)
ScoutSmarts: Requirement 3e explained

	My notes
Symptoms and signs	
First aid	
Prevention	

(f) Snow blindness

Scouting America resources: Snow Blindness (video) · **ScoutSmarts:** Requirement 3f explained

	My notes
Symptoms and signs	
First aid	
Prevention	

(g) Immersion foot, frostnip, frostbite, and ice burns

Scouting America resources: Immersion (Trench) Foot (video) · Immersion (Trench) Foot (website) · Frostbite (video) Frostbite (website) · **ScoutSmarts:** Requirement 3g explained

Immersion foot	**My notes**
Symptoms and signs	
First aid	
Prevention	

Frostnip	**My notes**
Symptoms and signs	
First aid	
Prevention	

Frostbite	**My notes**
Symptoms and signs	
First aid	
Prevention	

Ice burns	My notes
Symptoms and signs	
First aid	
Prevention	

(h) Abrasions, such as chafing and rope burns

Scouting America resources: How To Prevent Chafing While Hiking (website) · Treatment of Rope Burns (website)
ScoutSmarts: Requirement 3h explained

	My notes
Symptoms and signs	
First aid	
Prevention	

(i) Blisters on the hands, feet, buttocks, and shoulders

Scouting America resources: How to Prevent and Treat Blisters (website) · **ScoutSmarts:** Requirement 3i explained

	My notes
Symptoms and signs	
First aid	
Prevention	

(j) Puncture wounds from splinters, rope splinters, nails, and fish hooks

Scouting America resources: Splinters (video) · Tips for Removing Splinters, Including Tape and White Glue (website)
Puncture Wounds on the Feet (website) · Removing a Fishhook (video) · **ScoutSmarts:** Requirement 3j explained

Splinters	My notes
Symptoms and signs	
First aid	
Prevention	

Rope splinters	My notes
Symptoms and signs	
First aid	
Prevention	

Nails	My notes
Symptoms and signs	
First aid	
Prevention	

Fish hooks	My notes
Symptoms and signs	
First aid	
Prevention	

(k) Rash from poisonous plants

Scouting America resources: Poisonous Plants (video) · Poisonous Plants (website) · **ScoutSmarts:** Requirement 3k explained

	My notes
Symptoms and signs	
First aid	
Prevention	

(l) Bug bites of chiggers, ticks, mosquitoes, and biting gnats

Scouting America resources: First Aid for Chigger Bites (video) · Removing a Tick and Preventing Tick Bites (website) Preventing and Treating Mosquito Bites (website) · Biting Gnats (video) · **ScoutSmarts:** Requirement 3l explained

Chiggers	My notes
Symptoms and signs	
First aid	
Prevention	

Ticks	My notes
Symptoms and signs	
First aid	
Prevention	

Mosquitoes	My notes
Symptoms and signs	
First aid	
Prevention	

Biting gnats	My notes
Symptoms and signs	
First aid	
Prevention	

(m) Bee stings

Scouting America resources: How to Treat a Bee Sting (video) · What if a Bee Stings You? (video) · Never Pinch a Bee Sting (video)
ScoutSmarts: Requirement 3m explained

	My notes
Symptoms and signs	
First aid	
Prevention	

(n) Bites of spiders

Scouting America resources: Black Widow vs Brown Recluse Spider Bites (video) · Spider Bites (website)
ScoutSmarts: Requirement 3n explained

	My notes
Symptoms and signs	
First aid	
Prevention	

(o) Sting of a scorpion

Scouting America resources: How Scorpion Stings Work (video) · Scorpion Stings (website) · **ScoutSmarts:** Requirement 3o explained

	My notes
Symptoms and signs	
First aid	
Prevention	

(p) Bite of a pet or wild mammal or human

Scouting America resources: Treatment of Animal and Human Bites (video) · **ScoutSmarts:** Requirement 3p explained

	My notes
Symptoms and signs	
First aid	
Prevention	

(q) Bite of a venomous snake

Scouting America resources: First Aid for Snake Bites (website) · First Aid for Snake Bites (video) · Venomous Snakes (website)
ScoutSmarts: Requirement 3q explained

	My notes
Symptoms and signs	
First aid	
Prevention	

Requirement 3 completed on _____ counselor initials _____

4. Bleeding Wounds. Describe the symptoms and signs of, show first aid for, and explain prevention of these wounds:

(a) A nosebleed.

Scouting America resources: Nosebleed (video)

	My notes
Symptoms and signs	
First aid	
Prevention	

(b) An open wound with mild or moderate bleeding, such as a scratch or a scrape (abrasions), or a shallow cut (laceration).

Scouting America resources: Care of Minor Wounds (video) · **ScoutSmarts:** Requirement 4b explained

	My notes
Symptoms and signs	
First aid	
Prevention	

(c) An open wound with severe bleeding such as a deep cut on an arm or leg.

Scouting America resources: Using Direct Pressure to Control Life-Threatening Bleeding (video)

	My notes
Symptoms and signs	
First aid	
Prevention	

(d) Explain when it is appropriate and is not appropriate to use one or more tourniquets. List some of the benefits and dangers of using a tourniquet. Demonstrate the application of a tourniquet without tightening it.

Scouting America resources: How to Use a Tourniquet (video) · Tourniquet Mistakes (video)

When it is appropriate to use one or more tourniquets

When it is not appropriate

Benefits of using a tourniquet	Dangers of using a tourniquet

Applied (without tightening) on _____ Shown to _____

Requirement 4 completed on _____ counselor initials _____

5. Breathing Emergencies. Describe the symptoms and signs of, show first aid for, and explain prevention of these conditions affecting breathing:

(a) Choking

Scouting America resources: Back Blows and Abdominal Thrusts for Choking (video)
First Aid for an Unresponsive Choking Adults (video) · **ScoutSmarts:** Requirement 5a explained

	My notes
Symptoms and signs	
First aid	
Prevention	

(b) Asthmatic attack

Scouting America resources: What is Asthma? (video) · Using Albuterol for an Asthma Attack (video)
Pursed Lip Breathing for Asthma (video) · **ScoutSmarts:** Requirement 5b explained

	My notes
Symptoms and signs	
First aid	
Prevention	

(c) Anaphylaxis from an insect bite or sting or from food or product allergy

Scouting America resources: Food Allergy with Anaphylaxis (video) · How to Inject an EpiPen (video) · **ScoutSmarts:** Requirement 5c explained

	My notes
Symptoms and signs	
First aid	
Prevention	

(d) Inhalation injuries

Scouting America resources: Airway Burns (video) · Carbon Monoxide Poisoning (video) · **ScoutSmarts:** Requirement 5d explained

	My notes
Symptoms and signs	
First aid	
Prevention	

(e) Altitude sickness

Scouting America resources: High Altitude Illness Treatment and Prevention (video) · **ScoutSmarts:** Requirement 5e explained

	My notes
Symptoms and signs	
First aid	
Prevention	

Requirement 5 completed on _____ counselor initials _____

6. Loss of Consciousness. Describe the symptoms and signs of, show first aid for, and explain prevention of these conditions causing loss of consciousness:

(a) Fainting

Scouting America resources: Fainting (video) · **ScoutSmarts:** Requirement 6a explained

	My notes
Symptoms and signs	
First aid	
Prevention	

(b) Hypoglycemia

Scouting America resources: Diabetic Emergencies (video) · **ScoutSmarts:** Requirement 6b explained

	My notes
Symptoms and signs	
First aid	
Prevention	

(c) Seizure

Scouting America resources: First Aid for a Seizure (video) · **ScoutSmarts:** Requirement 6c explained

	My notes
Symptoms and signs	
First aid	
Prevention	

(d) Drug overdose and alcohol poisoning

Scouting America resources: Naloxone Treatment of an Opioid Overdose (video) · Alcohol Poisoning (video)
ScoutSmarts: Requirement 6d explained

	Drug overdose	Alcohol poisoning
Symptoms and signs		
First aid		
Prevention		

(e) Underwater hypoxic blackout

Scouting America resources: Underwater Blackout (website) · **ScoutSmarts:** Requirement 6e explained

	My notes
Symptoms and signs	
First aid	
Prevention	

(f) Cold water shock and drowning

Scouting America resources: Understanding Cold Water Shock (video) · How to Perform CPR for a Drowning Victim (video)
ScoutSmarts: Requirement 6f explained

	Cold water shock	Drowning
Symptoms and signs		
First aid		
Prevention		

(g) Lightning strike and electric shock

Scouting America resources: First Aid for Electrical Shocks and Lightning Strikes (video) · **ScoutSmarts:** Requirement 6g explained

	Lightning strike	Electric shock
Symptoms and signs		
First aid		
Prevention		

Requirement 6 completed on _____ counselor initials _____

7. Heart Attack. Do the following:

(a) Explain what a heart attack is.

Scouting America resources: What Happens During a Heart Attack (video) · Heart Attack vs. Cardiac Arrest (video)
ScoutSmarts: Requirement 7a explained

What a heart attack is

(b) Describe the symptoms and signs of a heart attack and first aid for this condition.

Scouting America resources: Symptoms & Signs of a Heart Attack in Women & Men (video)

	My notes
Symptoms and signs	
First aid	

(c) Describe the conditions that must exist before performing CPR on a person.

Scouting America resources: Responding to Cardiac Arrest (video) · **ScoutSmarts:** Requirement 7c explained

Conditions that must exist before performing CPR

(d) Demonstrate proper CPR technique using a training device approved by your counselor.

Scouting America resources: Hands-Only CPR (video)

Date _____ Training device _____ Shown to _____

(e) Explain the use of an automated external defibrillator (AED).

Scouting America resources: Using an AED (video) · **ScoutSmarts:** Requirement 7e explained

How an AED is used

(f) Demonstrate or simulate the proper use of an AED, using an AED training device if available.

Scouting America resources: AEDs in Scouting (website)

Date | AED training device (if used) | Shown to

(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 smartphone app. Discuss the reasons for choosing locations like these.

Scouting America resources: Where to Place AEDs (website)

AED locations in my community

Public facility	Where the AED is located

Reasons for choosing locations like these

Requirement 7 completed on | counselor initials

8. Muscle and Bone Injuries. Do the following:

(a) Explain the similarities and differences in a strain, a muscle tear, a tendon rupture, a sprain, a dislocation, a simple fracture, and a compound fracture.

Scouting America resources: Understanding Limb Injuries: Strains, Sprains, Dislocations, Fractures (video)

Muscle Strains and Tears (video) · Dislocations and Types of Fractures (video) · **ScoutSmarts:** Requirement 8a explained

Injury	What it is, and how it is similar to or different from the others
Strain	
Muscle tear	
Tendon rupture	
Sprain	
Dislocation	
Simple fracture	
Compound fracture	

(b) Describe the symptoms and signs of and first aid for a muscle strain, a muscle tear, and a tendon rupture.

Scouting America resources: Muscle Strains and Tears (video) · **ScoutSmarts:** Requirement 8b explained

Injury	Symptoms and signs	First aid
Muscle strain		
Muscle tear		
Tendon rupture		

(c) Describe the symptoms and signs of, and potential complications of, a sprain, a fracture, and a dislocation.

Scouting America resources: Fractures and Dislocations (video) · **ScoutSmarts:** Requirement 8c explained

Injury	Symptoms and signs	Potential complications
Sprain		
Fracture		
Dislocation		

(d) Demonstrate bandages for these injuries:

ScoutSmarts: Requirement 8d explained

(1) Arm slings for forearm or upper arm or collarbone fractures

Scouting America resources: Bandages for Sprained Ankle, Head, Upper Arm, Collarbone (video)

Date _____ Shown to _____

(2) Elastic wrap and cravat bandages for ankle sprain

Scouting America resources: Elastic Wrap for Ankle Sprain (video)

Date _____ Shown to _____

(3) Elastic wrap and cravat bandages for wrist sprain or hand injury

Scouting America resources: Wrist Wrap (video)

Date _____ Shown to _____

(e) Demonstrate the proper procedures for handling and splinting of suspected closed or open fractures or dislocations of the:

(1) Finger and toe

Scouting America resources: Buddy Taping Toes (video)

Date _____ Shown to _____

(2) Forearm or wrist

Scouting America resources: Splints for Arms and Legs (video)

Date _____ Shown to _____

(3) Upper leg

Scouting America resources: Upper Leg Splint (video)

Date _____ Shown to _____

(4) Lower leg or ankle

Scouting America resources: Leg Splints (video)

Date _____ Shown to _____

Requirement 8 completed on _____ counselor initials _____

9. Head and Spine Injuries. Do the following:

(a) Describe the symptoms and signs of, relationships between, possible complications of, and prevention of head, neck, and back injuries.

Scouting America resources: Head, Neck, and Spine Injuries (video) · Assessing a Head Injury (video)
ScoutSmarts: Requirement 9a explained

Head injuries	My notes
Symptoms and signs	
Possible complications	
Prevention	

Neck injuries	My notes
Symptoms and signs	
Possible complications	
Prevention	

Back injuries	My notes
Symptoms and signs	
Possible complications	
Prevention	

How head, neck, and back injuries are related

(b) Describe the symptoms and signs of and first aid for a concussion.

Scouting America resources: What Is a Concussion? (video) · First Aid for Concussions (video) · **ScoutSmarts:** Requirement 9b explained

Concussion	My notes
Symptoms and signs	
First aid	

(c) Demonstrate first aid for an open head wound with a triangular or other bandage.

Scouting America resources: Forehead Cravat Bandage (video) · **ScoutSmarts:** Requirement 9c explained

Date _____ Bandage used _____ Shown to _____

(d) Demonstrate first aid for someone with a suspected neck or back injury.

Scouting America resources: Head, Neck, and Spine Injuries During Sports (video) · **ScoutSmarts:** Requirement 9d explained

Date _____ Shown to _____

Requirement 9 completed on _____ counselor initials _____

10. Moving a Patient. Do the following:

(a) Describe the conditions under which an injured person should and should not be moved.

Scouting America resources: When to Move an Injured Person (website) · **ScoutSmarts:** Requirement 10a explained

When an injured person should be moved

When an injured person should not be moved

(b) If a sick or an injured person must be moved, tell how you would decide the best method. Demonstrate these methods.

Scouting America resources: Lifts and Carries (website) · **ScoutSmarts:** Requirement 10b explained

How I would decide the best method

Methods I demonstrated

Method	Date	Shown to

(c) By yourself and with a partner, demonstrate how to transport a person from a smoke-filled room.

Scouting America resources: Fire and EMS Training | Moving a Victim | Moving a Patient (video) · **ScoutSmarts:** Requirement 10c explained

Date _____ Partner _____

☐ By myself
☐ With a partner

(d) By yourself and with a partner, demonstrate how to transport a person with a sprained ankle for at least 25 yards.

Scouting America resources: Human Crutch Techniques (video) · **ScoutSmarts:** Requirement 10d explained

Date _____ Partner _____

☐ By myself, at least 25 yards
☐ With a partner, at least 25 yards

(e) With helpers under your supervision, improvise a stretcher and move a presumably unconscious person for at least 25 yards.

Scouting America resources: Improvised Stretchers (video) · **ScoutSmarts:** Requirement 10e explained

Date _____ Helpers _____

How we improvised the stretcher

Requirement 10 completed on _____ counselor initials _____

11. Heat- and Cold-Related Conditions. Describe the symptoms and signs of, show first aid for, and explain prevention of these conditions associated with exertion and/or heat or cold exposure:

(a) Dehydration and over-hydration

Scouting America resources: What is Dehydration? (video) · Overhydration (video) · **ScoutSmarts:** Requirement 11a explained

	Dehydration	**Over-hydration**
Symptoms and signs		
First aid		
Prevention		

(b) Heat cramps and muscle pain after exertion

Scouting America resources: Heat Cramps, Heat Exhaustion, and Heat Stroke (video) · Muscle Damage from Over-exercising (video)
ScoutSmarts: Requirement 11b explained

	My notes
Symptoms and signs	
First aid	
Prevention	

(c) Heat exhaustion

Scouting America resources: Heat Exhaustion vs Heat Stroke (video) · **ScoutSmarts:** Requirement 11c explained

	My notes
Symptoms and signs	
First aid	
Prevention	

(d) Heat stroke

Scouting America resources: Diagnosis and Treatment of Heat Stroke (video) · **ScoutSmarts:** Requirement 11d explained

	My notes
Symptoms and signs	
First aid	
Prevention	

(e) Chest pains associated with cold exposure

Scouting America resources: Heart Attacks from Shoveling Snow (video) · **ScoutSmarts:** Requirement 11e explained

	My notes
Symptoms and signs	
First aid	
Prevention	

(f) Hypothermia

Scouting America resources: Hypothermia (video) · C.O.L.D. Guidelines for Staying Warm (website)
How To Recognize and Avoid Hypothermia (video) · **ScoutSmarts:** Requirement 11f explained

	My notes
Symptoms and signs	
First aid	
Prevention	

Requirement 11 completed on _____ counselor initials _____

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

Scouting America resources: 3 Tools for Situational Anxiety (video) · Overcoming Social Anxiety (video)
Power of Self-Confidence (video) · **ScoutSmarts:** Requirement 12a explained

Three stressful situations

Situation	Reactions associated with it

(b) The actions that you and others should take to prepare for and manage these situations

Scouting America resources: Techniques to Manage Stress (video)
Box Breathing | The Breathing Exercise Used By Navy SEALs (video) · Tips for Overcoming Phone Anxiety (video)
How To STOP Letting Social Anxiety Control You (video) · **ScoutSmarts:** Requirement 12b explained

Situation	How to prepare for it	How to manage it

(c) The indications that someone might be a danger to themselves or others

ScoutSmarts: Requirement 12c explained

Signs 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

ScoutSmarts: Requirement 12d explained

What I should do if I suspect someone might be a danger to themselves or others

Requirement 12 completed on _____ counselor initials _____

13. Miscellaneous Conditions. Describe the symptoms and signs of, show first aid for, and explain prevention of the following conditions:

(a) Object in the eye

Scouting America resources: 5 Ways To Safely Remove Something Stuck In Your Eye (video) Penetrating and Chemical Eye Injuries (video) · **ScoutSmarts:** Requirement 13a explained

	My notes
Symptoms and signs	
First aid	
Prevention	

(b) Broken, chipped, loosened, or knocked out tooth

Scouting America resources: Dental Emergencies (video) · Dental Injuries (website) · **ScoutSmarts:** Requirement 13b explained

	My notes
Symptoms and signs	
First aid	
Prevention	

(c) Vomiting and diarrhea associated with food poisoning

Scouting America resources: First Aid for Vomiting and Diarrhea (video) · **ScoutSmarts:** Requirement 13c explained

	My notes
Symptoms and signs	
First aid	
Prevention	

(d) Abdominal pain

Scouting America resources: Causes of Abdominal Pain (website) · Appendicitis (video) · What Does Appendix Pain Feel Like? (video) **ScoutSmarts:** Requirement 13d explained

	My notes
Symptoms and signs	
First aid	
Prevention	

(e) Stroke

Scouting America resources: Types of Strokes (video) · First Aid for Stroke (video) · FAST Symptoms and Signs of a Stroke (video) What Causes Strokes? (video) · **ScoutSmarts:** Requirement 13e explained

	My notes
Symptoms and signs	
First aid	
Prevention	

Requirement 13 completed on _____ counselor initials _____

14. With guidance from your counselor, develop a plan to teach a first-aid skill or topic using the EDGE method. Discuss your skill, topic, and plan with your counselor, and then teach your skill or topic to your family or to one or more Scouts.

Scouting America resources: The Teaching EDGE: The Best Way To Teach Someone a New Skill (website)

ScoutSmarts: Requirement 14 explained

Skill or topic I taught _____ Who I taught _____

My teaching plan

Step	What I will do
Explain	
Demonstrate	
Guide	
Enable	

☐ Discussed my skill, topic, and plan with my counselor

☐ Taught it to my family or to one or more Scouts

Date I taught it _____

Requirement 14 completed on _____ counselor initials _____

15. Do ONE of the following:

ScoutSmarts: Requirement 15 explained

☐ **(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. Discuss with your counselor what you learned during your tour and interviews.

Scouting America resources: EMS Training Center Virtual Tour (video)

Station house or training center I visited _____ Date _____

How they serve their community

What I learned about their careers

☐ **(b)** Interview an emergency medical services professional about their work. Learn about how they chose this career and about their duties. Discuss what you learned with your counselor and whether you might be interested in this career.

Scouting America resources: A Day with a Paramedic (video) · Female EMS Helicopter Pilot: A Day in a Life (video) An ER Nurse (video)

Professional I interviewed _____ Their job _____

How they chose this career

Their duties

Whether I might be interested in this career, and why

☐ **(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. Discuss what you learned with your counselor and whether you might be interested in this career.

Scouting America resources: 5 Careers that Require CPR & First Aid Certification (video)

Three careers in emergency medical services

Career	Skills and knowledge it uses

The career I picked

What I researched

Topic	What I found
Training	
Education	
Certification requirements	
Experience	
Expenses	
Prospects for employment	
Starting salary	
Advancement opportunities	
Career goals	

Whether I might be interested in this career, and why

☐ **(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.

Scouting America resources: EMS and Fire Volunteers in Washington State (video)

My hobby or healthy lifestyle idea

How I might use emergency medical skills and knowledge for it

What I researched

Topic	What I found
Additional training required	
Expenses	
Affiliation with organizations	

My short-term goals

My long-term goals

Requirement 15 completed on counselor initials

Counselor sign-off

Your counselor signs your blue card or approves the badge in Scoutbook, and your unit records it. This line is for your own records.

Counselor's signature Date completed

Official Scouting America resources

Scouting America resources: First Aid merit badge page (requirements and resources) · First Aid merit badge pamphlet (free PDF) All merit badges · **ScoutSmarts:** First Aid Merit Badge Guide, Part 1 · First Aid Merit Badge Guide, Part 2 First Aid Merit Badge Guide, Part 3

Made by Cole at ScoutSmarts.com, an Eagle Scout who loves helping Scouts.
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