



Name _____

Do requirement 1

- ____1. Participate in a discussion with your patrol, Troop, family, or another group about the following:
- ____a. Read Genesis 1:26-27. What do these scriptures tell us about why we as a society spend so many resources (time, effort, and money) to protect people's health and safety using first aid and other emergency care?
 - ____b. Do we expend the same amount of resources on similar animal care?
 - ____c. What biblical truth explains those answers?
- ____2. Cardiopulmonary Resuscitation (CPR), Automated External Defibrillator (AED) Use, and Choking First Aid: **Choose either requirement 2a or 2b**
- ____a. Certification
 - ____i. Complete a CPR-AED certification class taught by the American Heart Association or American Red Cross, or Emergency Care and Safety institute that includes skill practice with CPR dummies and a teaching AED and teaches these three skill sets:
 - Adult CPR, AED, and choking,
 - Child CPR, AED, and choking, and
 - Infant CPR and choking.
 - ____ii. Find out if your meeting location has an AED and be aware of where it is located.
 - ____b. Self-study
 - ____i. Explain hands-only CPR.
 - ____ii. Stopped breathing.
 - ____iii. Explain the use of an AED.
 - ____iv. Find out if your meeting location has an AED and where it is located.
 - ____v. Describe and show how to tell if someone is choking and when intervention is required.
 - ____vi. Describe and show the positions for treating choking in an adult, pregnant woman, child, and infant.

Basic First Aid: Do either requirement 3 or requirements 4

- _____3. Complete a Basic First Aid certification class taught by the American Heart Association, American Red Cross, or Emergency Care and Safety Institute that includes a hands-on skills section.
- _____4. Self-study Option: Basic First Aid
 - _____a. Demonstrate the following first aid action plan basics:
 - _____i. Checking the scene
 - _____ii. Calling for help (911 or Poison Control)
 - _____iii. Approaching safely
 - _____iv. Providing urgent treatment
 - _____v. Treating for shock
 - _____vi. Deciding the next steps
 - _____b. Demonstrate the following rescuer safety precautions:
 - _____i. Wearing of eye protection, breathing mask, and vinyl gloves
 - _____ii. Proper glove removal
 - _____iii. Proper handwashing
 - _____c. Explain the symptoms and first aid for the following sudden illness emergencies:
 - _____i. Heart Attack
 - _____ii. Fainting
 - _____iii. Low blood sugar
 - _____iv. Stroke
 - _____v. Seizure
 - _____vi. Shock
 - _____vii. Poisoning
 - _____d. Explain and demonstrate the first aid response for the following:
 - _____i. Severe bleeding on a leg and arm
 - _____ii. Nosebleed
 - _____iii. Head, neck, and spine injuries
 - _____iv. Broken bones, including splinting
 - _____e. Explain the first aid response for the following injuries:
 - _____i. Severe bleeding you cannot stop with direct pressure
 - _____ii. Bleeding from mouth

- _____iii. Tooth injuries
- _____iv. Eye injuries
- _____v. Penetrating and puncturing objects
- _____vi. Internal bleeding
- _____vii. Burns (first, second, and third degree)
- _____viii. Electric shock injuries
- _____f. Explain the first aid for the following bites and stings:
 - _____i. Animal and human bites
 - _____ii. Snakebites
 - _____iii. Insect, bee, and spider bites and stings
 - _____iv. Poisonous spider, and scorpion bites and stings
 - _____v. Ticks
- _____g. Explain the first aid for the following temperature-related emergencies:
 - _____i. Heat cramps
 - _____ii. Heat exhaustion
 - _____iii. Heatstroke
 - _____iv. Frostbite
 - _____v. Hypothermia

Trail Life USA First Aid Addendum: Do requirements 5 through 12

- _____5. Explain and demonstrate first aid for the common outdoor injuries listed below:
 - _____a. Cuts and scrapes
 - _____b. Splinters
 - _____c. Blisters
 - _____d. Something in your eye
 - _____e. Sunburn
 - _____f. Poisonous plants
 - _____g. Dehydration
- _____6. Explain how the following methods help prevent common outdoor injuries and emergencies:
 - _____a. Work gloves, mole skin, adhesive tape (splinters and blisters)
 - _____b. Sunscreen, sunglasses, broad-brimmed hats
 - _____c. Long pants and long-sleeved shirts

- ____d. Insect repellent
- ____e. Plenty of water and a water filter
- ____f. Synthetic insulating layers and nylon/Gore-Tex outer wear
- ____g. Sturdy well-fitting hiking boots/shoes
- ____7. Explain why sun protection is especially important while on the water, in the snow, or at high altitude.
- ____8. Make first aid kits yourself:
 - ____a. Make a personal first aid kit for hiking and other wilderness trips.
 - ____b. Make a home first aid kit for your family.
- ____9. Explain how to get medical assistance while on a wilderness camping trip, river trip, and on open water.
- ____10. Demonstrate splinting, slings, and bandaging for the following injuries to permit transport of victims:
 - ____a. Twisted ankle (sprain or strain)
 - ____b. Broken ankle
 - ____c. Broken lower arm
 - ____d. Broken upper arm
 - ____e. Broken collarbone
 - ____f. Broken lower leg
 - ____g. Broken upper leg
- ____11. Demonstrate the following methods of transporting victims:
 - ____a. Walking assists: one and two rescuers
 - ____b. Drags: Blanket, Shoulder, and Ankle (conduct these with great care)
 - ____c. Two-rescuer Carries: Two-hand seat, four-hand seats, and chair carry
 - ____d. Human stretcher carry for 3-6 Trailmen
 - ____e. Improvised stretchers: blanket and shirt/coat (2)
- ____12. Demonstrate the emergency procedures for the following clothing fire emergencies:
 - ____a. Stop, Drop, and Roll response to your own clothes catching fire
 - ____b. Response to another person who panics and runs

Trail Badge Mentor Signature

Date

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