



First Aid Trail Badge Worksheet



Trailman Name: _____ Troop #: _____

Do requirement 1

	Date Completed	Verification
1. Participate in a discussion with your patrol, Troop, family, or another group about the following:		
a. Read Genesis 1:26-27. What do the 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 instruction class taught by the American Heart Association or American Red Cross that teaches these three skill sets: <ul style="list-style-type: none"> • Adult CPR, AED, and choking • Child CPR, AED, and choking • Infant CPR and choking 		
ii. Find out if your meeting location has an AED and 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. <ul style="list-style-type: none"> • An Adult • A Pregnant Woman • A Child • An Infant 		



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Basic First Aid: Do either requirement 3 or requirements 4

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3. Complete a Basic First Aid (BFA) class taught by the American Heart Association or American Red Cross		
4. Self-study Option: Basic First Aid		
a. Demonstrate the following first aid emergency 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 masks, and vinyl gloves		
ii. Proper glove removal		
iii. Proper hand washing		
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		



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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		



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Trail Life First Aid Addendum: Do requirements 5 through 12

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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 (sun protection)		
c. Long pants and long-sleeved shirts (sun protection, poisonous plants)		
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 (prevent blisters/sprains)		
7. Explain why sun protection is especially important while on the water, in the snow, or at high altitude		



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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 clothes catching fire		
b. Response to another person who panics and runs.		



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Notes: _____