



First Aid Trail Badge Worksheet



Trailman Name: _____ Troop #: _____

Cardiopulmonary Resuscitation (CPR), Automated External Defibrillator (AED) Use, and Choking First Aid: Do either requirement 1 or 2.

	Date Completed	Verification
1. Certification		
a. Complete a CPR-AED instruction class taught by the American Heart Association or American Red Cross that teaches these three skill sets: <ol style="list-style-type: none"> 1. Adult CPR, AED, and choking 2. Child CPR, AED, and choking 3. Infant CPR and choking 		
b. Find out if your meeting location has an AED and where it is located.		
2. Self-study		
a. Explain hands-only CPR.		
b. Stopped breathing.		
c. Explain the use of an AED.		
d. Find out if your meeting location has an AED and where it is located.		
e. Describe and show how to tell if someone is choking and when intervention is required.		
f. Describe and show the positions for treating choking in an adult, pregnant woman, child, and infant.		



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Basic First Aid: Do either requirement 3 or requirements 4 through 10

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3. Complete a Basic First Aid (BFA) class taught by the American Heart Association or American Red Cross		
4. Demonstrate the following first aid emergency action plan basics		
a. Checking the scene		
b. Calling for Help (911 or Poison Control)		
c. Approaching Safely		
d. Providing Urgent Treatment		
e. Triage		
f. Deciding the next steps		
5. Demonstrate the following rescuer safety precautions:		
a. Wearing of eye protection, breathing masks, and vinyl gloves		
b. Proper glove removal		
c. Proper hand washing		
6. Explain the symptoms and first aid for the following Sudden Illness Emergencies:		
a. Heart Attack		
b. Fainting		
c. Low blood sugar		
d. Stroke		
e. Seizure		
f. Shock		
g. Poisoning		



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7. Explain and demonstrate the first aid response for the following:		
a. Severe bleeding on a leg and arm		
b. Nosebleed		
c. Head, neck, and spine injuries		
d. Broken bones, including splinting		
8. Explain the First Aid response for the following injuries:		
a. Severe bleeding you cannot stop with direct pressure		
b. Bleeding from mouth		
c. Tooth injuries		
d. Eye injuries		
e. Penetrating and puncturing objects		
f. Internal Bleeding		
g. Burns (first, second, and third degree)		
h. Electric shock injuries		
9. Explain the first aid for the following bites and stings:		
a. Animal and human bites		
b. Snakebites		
c. Insect, bee, and spider bites and stings		
d. Poisonous spider and scorpion bites and stings		
e. Ticks		
10. Explain the first aid for the following temperature related emergencies.		
a. Heat cramps		
b. Heat exhaustion		
c. Heatstroke		



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d. Frostbite		
e. Hypothermia		

Notes: _____



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Trail Life First Aid Addendum: Do requirements 11 through 18

	Date Completed	Verification
11. 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		
12. 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)		
13. Explain why sun protection is especially important while on the water, in the snow, or at high altitude		



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14. 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		
15. Explain how to get medical assistance while on a wilderness camping trip, a river trip, and on open water.		
16. 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		
17. 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)		
18. 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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