



- Nosebleed


- Frostbite and sunburn


- Choking


- b. Describe common poisonous or hazardous plants; identify any that grow in your local area or campsite location.


- identify any that grow in your local area or campsite location.


- Tell how to treat for exposure to them.


c. Tell what you can do while on a campout or other outdoor activity to prevent or reduce the occurrence of injuries or exposure listed in Tenderfoot requirements 4a and 4b.

- Simple cuts and scrapes


- Blisters on the hand and foot


- Minor (thermal/heat) burns or scalds (superficial, or first degree)


- Bites or stings of insects and ticks


- Venomous snakebite


- Nosebleed


- Frostbite and sunburn


- Choking


- Poisonous or hazardous plants


- d Assemble a personal first-aid kit to carry with you on future campouts and hikes.
- Tell how each item in the kit would be used.


## SECOND CLASS

### FIRST AID AND EMERGENCY PREPAREDNESS

6. a. Demonstrate first aid for the following:
- Object in the eye
  - Bite of a warm-blooded animal
  - Puncture wounds from a splinter, nail, and fishhook
    - Splinter
    - Nail
    - Fishhook
  - Serious burns (partial thickness, or second-degree)
  - Heat exhaustion
  - Shock
  - Heatstroke, dehydration, hypothermia, and hyperventilation
    - Heatstroke
    - Dehydration
    - Hypothermia
    - Hyperventilation
- b. Show what to do for "hurry" cases of stopped breathing, stroke, severe bleeding, and ingested poisoning.
- Stopped breathing
  - Stroke
  - Severe bleeding
  - Ingested poisoning
- c. Tell what you can do while on a campout or hike to prevent or reduce the occurrence of the injuries listed in Second Class requirements 6a and 6b.

Injury	How to prevent
Object in the eye	
Bite of a warm-blooded animal	
Puncture wounds from a splinter	
Puncture wounds from a nail	
Puncture wounds from a fishhook	
Serious burns	
Heat exhaustion	

Shock

Heatstroke

Dehydration

Hypothermia

Hyperventilation

Stopped breathing

Stroke

Severe bleeding

Ingested poisoning


- d. Explain what to do in case of accidents that require emergency response in the home and backcountry.


- Explain what constitutes an emergency and what information you will need to provide to a responder.


- e. Tell how you should respond if you come upon the scene of a vehicular accident.


## FIRST CLASS

### FIRST AID AND EMERGENCY PREPAREDNESS

7. a. Demonstrate bandages for a sprained ankle and for injuries on the head, the upper arm, and the collarbone.

- Sprained ankle
- Injuries on the head
- Injuries on the upper arm
- Injuries on the collarbone

b. By yourself and with a partner, show how to:

- Transport a person from a smoke-filled room.
- Transport for at least 25 yards a person with a sprained ankle

c. Tell the five most common signals of a heart attack.

1.	
2.	
3.	
4.	
5.	

Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).


- d. Tell what utility services exist in your home or meeting place. Describe potential hazards associated with these utilities and tell how to respond in emergency situations.

Utility	Hazards	How to respond

- e. Develop an emergency action plan for your home that includes what to do in case of fire, storm, power outage, and water outage.


- f. Explain how to obtain potable water in an emergency.




**REQUIREMENT 5**

**PREREQUISITE**

Do the following:

- a. Prepare a first-aid kit for your home. Display and discuss its contents with your counselor.


- b. With an adult leader. Inspect your troop's first-aid kit. Evaluate it for completeness. Report your findings to your counselor and Scout leader.
