

scouts@HMNS

Be Prepared Prerequisite/Homework Workbook

Scout's Name: _____ Troop: _____

Requirement 2b1 for First Aid - PREREQUISITE

Using checklists provided in the First Aid Merit Badge pamphlet or ones approved by your counselor, do the following:

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.

Troops may have different items they require for a scout backpacking and hiking first aid kit.

Personal First Aid Kit

Adhesive bandages: In assorted sizes, including finger bandages.

Sterile gauze pads: For covering wounds.

Adhesive tape: For securing dressings.

Moleskin or blister pads: Blister prevention

Antiseptic wipes or alcohol wipes: For cleaning wounds.

Antibacterial ointment: To help prevent infection.

Pain relievers: Such as ibuprofen or acetaminophen for minor aches.

Antihistamine: For allergic reactions or insect bites.

Insect bite cream (Benadryl or hydrocortisone): Use for insect bites or mild skin irritations.

Personal Medications: any prescriptions or EpiPen

Personal products: Female scouts

Hand sanitizer packets: For quick hand hygiene when soap and water are unavailable.

CPR mask: For providing mouth-to-mouth resuscitation.

Gloves (latex-free): For handling bodily fluids.

Tweezers: For removing splinters or ticks.

Scissors: For cutting gauze or other materials.

Medical tape: For securing bandages and dressings

Elastic Bandage: Wrap sprains or strains to provide support and reduce swelling.

Triangular Bandage: Create slings or support for an injured arm or shoulder.

Thermal Blanket: Keep an injured person warm to help prevent shock.

First-Aid Manual or Cheat Sheet: A small guide provides quick instructions in an emergency.

Requirement 1 for Emergency Preparedness

Earn the First Aid merit Badge this will be done in class if scout completes the prerequisites. Please make sure scouts are here that day.

Emergency Preparedness

Requirement 3a for Emergency preparedness - HOMEWORK – This can be done on Monday Night

At a family meeting, discuss the situations on the chart you created for requirement 2b and make emergency plans for sheltering-in-place and for evacuation of your home. Discuss your family meeting and plans with your counselor.

Notes:

Requirement 4a for Emergency Preparedness

Requirement 5d for Fire Safety

Requirement 2a for Safety

PREREQUISITE/HOMEWORK

4a. Using a home safety checklist included in the Emergency Preparedness Merit Badge pamphlet or one approved by your counselor, inspect a home (or a similar building near where you live or at a camp) for safety hazards with the help of an adult. Present your completed checklist to and discuss your findings with your counselor. In the back of this workbook.

Notes:

Requirement 9b for Emergency Preparedness

PREREQUISITE/HOMEWORK - Have your scout talk with their Scoutmaster or Assistant Scoutmaster about their troop’s mobilization plan.

Prepare a written plan for mobilizing your troop when needed to do emergency service. If your troop already has a mobilization plan, present the plan to your counselor and tell your part in making the plan work. Do this on a separate piece of paper or get a copy of your troops mobilization plan.

Requirement 9d for Emergency Preparedness

PREREQUISITE

Take part in an emergency service project, either a real one or a practice exercise, with a Scouting troop or a community agency or at Scout camp or at a school. Review what you learned and practiced with your counselor.

Requirement for Fire Safety 5e
PREREQUISITE/HOMEWORK

Determine if, and what types of, smoke and CO alarms are required in homes in your community (Covered in class). List what types of smoke and CO alarms your home has, their locations, and their expiration dates.

Types of smoke and CO alarms	Location	Expiration Date

Requirement 5g for Fire Safety and 2b for Safety
PREREQUISITE/HOMEWORK

- 5g. Develop a home fire-escape plan and a fire-drill schedule with your family, draw a floor plan of your home with exits marked and a map showing your family meeting point, and conduct a home fire drill.
- 2b. Review and develop your family's fire prevention plan. Review your family's emergency action plan for fire in your home.

As you develop these plans with family members, share with them facts about the common causes of fire in the home, such as smoking, cooking, electrical appliances, and candles. (Note this will be homework, after these common causes have been covered in class.)

☐Signed Off _____

PREREQUISITE

PRÉREQUISITE

☐ Signed Off _____

PRÉREQUISITE

PREREQUISITE/HOMEWORK

[illegible]

Check safety steps that are being taking in your home. Write N/A if the item is not applicable. Items left blank may present a safety hazard. This list provides some sample safety steps you might take. See the Merit Badge pamphlet and your counselor for more information. Ask your parent or guardian before making any changes.

Stairways, Halls, and Outdoor Steps

N/A

- ☐ Stairways with three or more steps have a strong handrail and slip resistant finish. ☐
- ☐ Stairways & halls are kept free from boxes, toys, shoes, brooms, tools, and other tripping hazards. ☐
- ☐ Gates at top and bottom of stairs prevent children from falling. ☐
- ☐ The head and foot of stairs have no small or loose rugs. ☐
- ☐ Stair carpeting or covering is fastened securely. ☐
- ☐ Stairways & halls have good lighting, controllable at each end. ☐

Kitchen

- ☐ Matches are kept where children cannot get them. ☐
- ☐ Emergency numbers are posted next to the telephone, including 911 and poison control. ☐
- ☐ Knives & sharp instruments are kept in knife drawers or holder. ☐
- ☐ Can openers don't leave sharp edges on cans. ☐
- ☐ Disinfectants & cleaning products are out of reach of children. ☐
- ☐ Pan handles are turned away from stove edges. ☐
- ☐ Spilled grease, water, or bits of food are wiped up immediately. ☐
- ☐ Pot holders are located near the stove, within easy reach. ☐
- ☐ A dry chemical fire extinguisher is mounted near the stove. ☐

Attic and Basement

- ☐ Ladder is strong, solid, and sturdily constructed. ☐
- ☐ Stairway is sturdy and well lighted. ☐
- ☐ Children keep skates and play gear in a specific place. ☐
- ☐ Walls and beams are free from protruding nails. ☐
- ☐ Fuses or circuit breakers are the proper size. ☐

- ☐ Rubbish & flammable materials are in covered metal cans. ☐

- ☐ Wastepaper is kept away from furnace and stairs. ☐

Living Room and Dining Room

N/A

- ☐ Furniture is placed to allow easy passage in an emergency. ☐
- ☐ Before bedtime, furniture placement is checked for orderliness. ☐
- ☐ Furniture and woodwork solid, in good repair, and free from splinters and rough spots. ☐
- ☐ Fireplace screen fits snugly. ☐
- ☐ Rugs are fastened or laid on non-slip pads. ☐
- ☐ Rugs are kept from curling at their edges. ☐
- ☐ Wax on floors is thoroughly buffed. ☐
- ☐ Fire in fireplace is extinguished at bedtime. ☐
- ☐ Candles are in stable holders and fully extinguished after use, before bedtime, or before leaving home ☐

Bathroom

- ☐ Tub and shower are equipped with strong handholds. ☐
- ☐ Tub floor has non-slip surface. ☐
- ☐ Poisons and dangerous chemicals are marked, sealed shut in original containers, and out of reach of children. ☐
- ☐ Medicines are out of reach of children in childproof containers. ☐
- ☐ No one takes medicine in the dark. ☐

Bedroom

- ☐ Smoke alarm has fresh battery or secure electrical connection & is tested regularly. ☐
- ☐ Carbon monoxide detector has fresh battery or secure electrical connection and is tested regularly. ☐
- ☐ Furniture placement for clear passage between bed and door. ☐
- ☐ Light switch or lamp is within easy reach from bed. ☐
- ☐ A night-light illuminates bedroom or hall. ☐

- ☐ Bureau and dresser drawers are closed when not in use. ☐
- ☐ Bar across upper bunk beds helps prevent falls. ☐
- ☐ Children are taught not to lean against windows or screens. ☐
- ☐ Low sill windows have sturdy screens to prevent children from falling out. ☐
- ☐ Smoking in bed is prohibited. ☐
- ☐ Gas and electric heating devices are turned off at bedtime. ☐

Nursery

N/A

- ☐ Bars on cribs are closely spaced – no more than 2 3/8" apart so baby's head cannot slip between them. ☐
- ☐ Crib is approved by Consumer Products or similar. ☐
- ☐ Crib is free from sharp edges or corners. ☐
- ☐ Crib does not have a "drop" side. ☐
- ☐ Sleeping garments and covers keep baby warm without danger of smothering. ☐
- ☐ Pillows are kept out of bassinet or crib. ☐
- ☐ No thin, plastic material is in or near the crib. ☐
- ☐ No toys or objects in or near the crib or within reach of any child under 3 are less than 1 inch in diameter and 2 inches long. ☐
- ☐ No toys or objects have small parts that can be removed. ☐
- ☐ Children are taught not to give marbles, etc. to younger children. ☐
- ☐ Toys are sturdy, do not come apart easily, & have no sharp edges or points. ☐
- ☐ Nontoxic paint is used on baby furniture and toys. ☐
- ☐ All houseplants are nonpoisonous. ☐

Stoves, Furnaces, and Heaters

- ☐ Stoves are away from curtains. ☐
- ☐ Stoves & furnace pipes and flues are inspected & cleaned annually. ☐
- ☐ Gas burners are properly adjusted and free from leaks. ☐
- ☐ Gas water and space heaters are equipped with vents or flues. ☐
- ☐ Water heater or boiler has a safety valve & is checked yearly. ☐

- ☐ Water heater temperature is set below 120 degrees Fahrenheit to reduce the risk of serious burns. ☐
- ☐ Flames of gas burners are protected from drafts. ☐
- ☐ Insulating shield protects woodwork within 18" of furnace, etc. ☐
- ☐ Keep flammable materials away from stoves, furnaces, etc. ☐
- ☐ A wrench is stored near the shut-off valve of outside gas line. ☐
- ☐ The flue is opened before using the fireplace. ☐

Porch, Yard, and Garage

N/A

- ☐ Railings and banisters are sound and inspected periodically. ☐
- ☐ Steps and walks are kept free from ice and snow. ☐
- ☐ Yard/play space are free from holes, stones, glass, etc. ☐
- ☐ Tools and dangerous articles are out of reach of children. ☐
- ☐ Dangerous products & chemicals are kept in original containers in locked storage areas. ☐
- ☐ Wires and low fences are brightly painted or clearly marked. ☐
- ☐ Wells, cisterns, and pits are kept securely covered. ☐
- ☐ Disposable materials are not burned outside. ☐
- ☐ An area is marked off in the garage for bicycles, wagons, etc. ☐
- ☐ Lawn mower is equipped with proper safeguards. ☐

Workshop

- ☐ Good ventilation exists, especially when sanding or painting. ☐
- ☐ Safety goggles or face mask, and hearing protection are worn when working with or around power tools, and an appropriate eyewash is available. ☐
- ☐ Baking soda is kept handy to neutralize acid burns. ☐
- ☐ All electrical tools are either grounded with three-wire plugs or are double-insulated. ☐

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| <input type="checkbox"/> Work area is well lit & free of clutter, scraps, rags. | <input type="checkbox"/> |
| <input type="checkbox"/> All tools have a place & are in their place. | <input type="checkbox"/> |
| <input type="checkbox"/> Guards are in place on all power tools. | <input type="checkbox"/> |
| <input type="checkbox"/> A push stick is available for use with power saws. | <input type="checkbox"/> |
| <input type="checkbox"/> Tools are unplugged when not in use and before changing blades, servicing or repairing. | <input type="checkbox"/> |

Electrical Devices and Fixtures

N/A

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| <input type="checkbox"/> Electrical fixtures and appliances are located & used beyond arm's length of the sink, stove, tub, shower, or other grounded metal unless outlet is protected by a ground-fault interrupter. | <input type="checkbox"/> |
| <input type="checkbox"/> Do not touch electrical fixtures or appliances with wet hands. | <input type="checkbox"/> |
| <input type="checkbox"/> Disconnect seldom-used appliances when not in use. | <input type="checkbox"/> |
| <input type="checkbox"/> Household appliances are disconnected before repairs. | <input type="checkbox"/> |
| <input type="checkbox"/> Light bulbs are installed in all lamp sockets. | <input type="checkbox"/> |
| <input type="checkbox"/> All pull-type sockets have an insulating link. | <input type="checkbox"/> |
| <input type="checkbox"/> Frayed or worn electric cords are promptly replaced. | <input type="checkbox"/> |
| <input type="checkbox"/> Long trailing cords are not in evidence. | <input type="checkbox"/> |
| <input type="checkbox"/> Cords are kept out from under rugs, doors, and furniture. | <input type="checkbox"/> |
| <input type="checkbox"/> UA-approved extension cords are the proper size. | <input type="checkbox"/> |
| <input type="checkbox"/> Children are taught never to touch electric sockets or fixtures. | <input type="checkbox"/> |
| <input type="checkbox"/> Fuses are adequate for the load and are not bypassed. | <input type="checkbox"/> |
| <input type="checkbox"/> Circuit breakers are labeled and not overloaded. | <input type="checkbox"/> |

For Emergency

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|---|--------------------------|
| <input type="checkbox"/> Know how to get emergency help (911, poison control, etc.). | <input type="checkbox"/> |
| <input type="checkbox"/> Be able to find water, gas, & electric shutoffs. Check annually. | <input type="checkbox"/> |
| <input type="checkbox"/> First aid kit approved by your doctor/American Red Cross. | <input type="checkbox"/> |
| <input type="checkbox"/> Know basic first aid procedures. | <input type="checkbox"/> |

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| <input type="checkbox"/> Have a fire escape plan from your home. | <input type="checkbox"/> |
| <input type="checkbox"/> Emergency water supply. | <input type="checkbox"/> |
| <input type="checkbox"/> Handheld flashlights readily available. | <input type="checkbox"/> |
| <input type="checkbox"/> In earthquake-prone areas, make sure that the water heater and bookcases are bolted to the walls. | <input type="checkbox"/> |

General

N/A

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| <input type="checkbox"/> Home has smoke and Carbon Monoxide detectors, with at least one smoke detector in each bedroom, near the kitchen, and in the basement & garage. | <input type="checkbox"/> |
| <input type="checkbox"/> Everything has a place and is in its place. | <input type="checkbox"/> |
| <input type="checkbox"/> Stepladders are in good repair and stored out of the way. | <input type="checkbox"/> |
| <input type="checkbox"/> Window screens and storm windows are securely fastened. | <input type="checkbox"/> |
| <input type="checkbox"/> Guns are stored unloaded and in locked cases. | <input type="checkbox"/> |
| <input type="checkbox"/> Guns and ammunition are stored separately. | <input type="checkbox"/> |
| <input type="checkbox"/> Children are permitted to use only blunt-end scissors. | <input type="checkbox"/> |
| <input type="checkbox"/> Housework clothing has no drooping sleeves, sashes, or frills. | <input type="checkbox"/> |
| <input type="checkbox"/> Shoes worn for housework have low heels. | <input type="checkbox"/> |
| <input type="checkbox"/> All shoes are in good repair. | <input type="checkbox"/> |
| <input type="checkbox"/> Kerosene, gasoline, paint thinners, and other volatile materials are stored outside in special, clearly marked metal containers. | <input type="checkbox"/> |
| <input type="checkbox"/> Oil mops, dust rags, painting equipment, and other oily materials are stored outside in open metal containers. | <input type="checkbox"/> |
| <input type="checkbox"/> Everyone turns on a light before entering a dark room. | <input type="checkbox"/> |
| <input type="checkbox"/> Matches are extinguished before they're thrown away. | <input type="checkbox"/> |
| <input type="checkbox"/> Children are never permitted to play with matches. | <input type="checkbox"/> |
| <input type="checkbox"/> Fire extinguishers are readily available and in good working order. | <input type="checkbox"/> |

For Criminals**N/A**

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|--|--------------------------|
| <input type="checkbox"/> Do you keep a list of all valuable property? Is this list made in duplicate, with at least one copy kept in a place outside your home? (This list will help with insurance claims.) | <input type="checkbox"/> |
| <input type="checkbox"/> Do you have a list of credit card numbers and the serial numbers of your valuable property (cameras, computers, TVs, stereo equipment)? Is the list in a secure location. | <input type="checkbox"/> |
| <input type="checkbox"/> Do you have a description and a photograph or video recording of all valuables that do not have an identifying number? Is this list kept in a safety deposit box? | <input type="checkbox"/> |
| <input type="checkbox"/> Do you avoid unnecessary displays of, or publicity about, your valuables? Articles about your collections in a newspaper story. | <input type="checkbox"/> |
| <input type="checkbox"/> Do you keep excess cash and other valuables in a bank? | <input type="checkbox"/> |
| <input type="checkbox"/> Do you have a fire-resistant safe? | <input type="checkbox"/> |
| <input type="checkbox"/> Do your family members know what to do if they discover a burglar breaking in or already in your house? | <input type="checkbox"/> |
| <input type="checkbox"/> Do your family members and you know to leave everything undisturbed and call the sheriff or police? | <input type="checkbox"/> |
| <input type="checkbox"/> Are your trees and shrubs trimmed to eliminate hiding places? | <input type="checkbox"/> |
| <input type="checkbox"/> Is the outside of your house well lit, including porch lights? | <input type="checkbox"/> |
| <input type="checkbox"/> Can all of your doors be securely locked? | <input type="checkbox"/> |
| <input type="checkbox"/> Are all of your locks in good repair? | <input type="checkbox"/> |
| <input type="checkbox"/> Do you lock your garage door and the door between your house and garage at night? | <input type="checkbox"/> |
| <input type="checkbox"/> Do you lock your car and remove the keys even when it is parked in your garage? | <input type="checkbox"/> |
| <input type="checkbox"/> Are all of your windows in your home locked? | <input type="checkbox"/> |