REQUIREMENTS BY SKILL

First Aid & Emergency Prep Requirements by Rank

Minor injuries, "hurry cases," bandages, transports, and home emergency plans.

First aid appears at every early rank, and each level builds on the last. Tenderfoot covers everyday injuries and a personal first aid kit. Second Class moves to more serious injuries and the "hurry cases" — the emergencies where seconds count. First Class adds bandaging, carrying an injured person, CPR knowledge, and planning for home emergencies. Since three of the Life rank's Teaching EDGE options are first aid sets, it's also the skill area where older scouts most often do the teaching.

> Requirements are paraphrased for planning, and numbers follow the current Scouts BSA Requirements book. Verify wording at scouting.org before signing off.

How First Aid & Emergency Prep Builds Across the Ranks

Tenderfoot

4a Show first aid for minor injuries: cuts and scrapes, blisters, minor burns, insect and tick bites, venomous snakebite, nosebleed, frostbite, sunburn, and choking.

Sign-off: Scout demonstrates on a partner for each item. Reciting the steps isn't enough.

4b Describe common poisonous or hazardous plants, identify any found locally, and explain how to treat exposure.

4c Explain how to prevent the injuries in 4a and 4b on a campout or outing.

4d Put together a personal first aid kit for campouts and explain how each item is used.

Sign-off: Have the scout bring the actual kit and walk through it.

Second Class

6a Demonstrate first aid for more serious problems, including an object in the eye, animal bites, puncture wounds, serious burns, heat exhaustion, heatstroke, shock, dehydration, hypothermia, and hyperventilation.

Sign-off: Use realistic scenarios. "Your buddy is pale and shaky after the hike — go."

6b Show what to do for "hurry cases": stopped breathing, stroke, severe bleeding, and swallowed poison.

6c Explain how to prevent the injuries in 6a and 6b on a campout or hike.

First Class

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

Sign-off: Bandages should be functional — check that they'd actually hold up.

7b Alone and with a partner, show how to move someone out of a smoke-filled room and how to carry someone with a sprained ankle at least 25 yards.

7c Name the common warning signs of a heart attack and explain the steps of CPR.

Sign-off: This is an explanation requirement, not a CPR certification. Hands-on practice with a manikin is still a great idea.

7d Identify the utilities in your home or meeting place, their hazards, and how to respond to emergencies involving them.

7e Create a home emergency plan covering fire, storms, power outages, and water outages.

Sign-off: Scout should have done this with their family. Ask to see the written plan.

7f Explain how to get safe drinking water in an emergency.

After First Class

First Aid merit badge is Eagle-required, and Emergency Preparedness (or Lifesaving) fills another Eagle slot. Scouts who learned the rank first aid well can often finish First Aid merit badge in one or two sessions.

First Aid EAGLE — Eagle-required. Builds directly on all three ranks of first aid.

Emergency Preparedness EAGLE — Eagle-required option. Expands the First Class home emergency plan.

Search and Rescue — A popular elective for scouts who like the scenario work.

Can rank work count toward a merit badge? Sometimes. Under the Guide to Advancement (4.2.3.6), one activity can count for both when the two requirements match exactly and have the same purpose, like camping nights for the ranks and the Camping merit badge. For safety skills such as first aid and CPR, the counselor should be satisfied the Scout still remembers what was learned. When requirements only look alike, the Scout still does each one's own work. The unit leader or merit badge counselor makes the call.

Life rank tie-in: Three of the Life rank Teaching EDGE choices are first aid: Tenderfoot 4a and 4b, Second Class 6a and 6b, or First Class 7a and 7b. A Star scout teaching a first aid station is working on Life rank at the same time.

First Aid Station Night

A regular troop meeting, about 60 minutes. One station per rank level, each run by an older scout.

1. **Set up three stations**
   Tenderfoot station (minor injuries, 4a). Second Class station (serious injuries and hurry cases, 6a/6b). First Class station (bandages and carries, 7a/7b). If possible, have a Star scout working on Life run each one.

2. **Teach (20 min)**
   Station leaders use EDGE: explain, demonstrate, guide the scouts through it, then enable them to try it alone.

3. **Scenario rounds (25 min)**
   A leader calls out a scenario. Patrols respond together, and whichever scout's rank covers it takes the lead. Stack a minor injury with a hurry case so scouts practice triage.

4. **Prevention wrap-up (10 min)**
   Discuss with the whole group how to prevent what you just practiced. That covers T 4c and SC 6c.

5. **Homework**
   Tenderfoots build personal first aid kits for next meeting (T 4d). First Class candidates draft home emergency plans with their families (FC 7e).

Signing It Off

First aid is a "demonstrate" skill. Use real scenarios, not a quiz.

Revisit first aid every few months. A scout who passed Tenderfoot 4a a year ago should still be able to do it at their Second Class review.

Home-based items (FC 7d, 7e) are good opportunities to involve parents. Ask families to confirm the plan was made together.

Common Mistakes

Teaching first aid only from a slideshow. Scouts need to practice on each other.

Treating First Class 7c as CPR certification (or skipping it because no one is certified). It only requires an explanation.

Signing off a whole first aid group at once without checking each item.