



Cascade Pacific Council

TRAIL TO FIRST CLASS

FIRST AID & EMERGENCY PREP

REQUIREMENTS & ACTIVITY SHEET

Tenderfoot: 4a & 4d

Second Class 6a, 6b, 6c, & 6d, First Class: 7a, 7c, & 7e

FIRST AID & EMERGENCY PREP

Tenderfoot 4a. Show first aid for the following:

- ☐ 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.

Tenderfoot 4d. 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.

How to Build Your Own First Aid Kit

Check out [this page](#) from Boys' Life for tips on building your First Aid kit.

What I Put in My Kit and How It Can Be Used:

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First Aid: Check out the link below for help with Second Class 6a & 6b.

[Boys' Life Second Class 6a](#)

FIRST AID & EMERGENCY PREP

Second Class 6a. Demonstrate first aid for the following:

- ☐ Object in the eye
- ☐ Bite of a suspected rabid animal
- ☐ Puncture wounds from a splinter, nail, and fishhook
- ☐ Serious burns (partial thickness, or second-degree)
- ☐ Heat exhaustion
- ☐ Shock
- ☐ Heatstroke, dehydration, hypothermia, and hyperventilation

Second Class 6b. Show what to do for "hurry" cases of stopped breathing, stroke, severe bleeding, and ingested poisoning.

Second Class 6c. 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.



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Second Class 6d. 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.

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

Basic First Aid Treatments for the Trail

Check out [this page](#) from Boys' Life for tips on bandaging a sprained ankle and collarbone.

First Class 7c. Tell the five most common signals of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).

Five Most Common Signals of a Heart Attack:

- | | | |
|---------|---------|---------|
| 1. | 2. | 3. |
| 4. | 5. | |

Explain the Steps in CPR

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First Class 7e. Develop an emergency action plan for your home that includes what to do in case of fire, storm, power outage, and water outage.

Emergency Action Plan

Use the space below to draft ideas for what to do in case of fire, storm, power outage, and water outage. Then create your emergency action plan on the computer or on a separate piece of paper.

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Fire:

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Storm:

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Power Outage:

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Water Outage:

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