



Royal Rangers

Merit Requirements: **Red-Bordered Merit**

FIRST AID SKILLS

1. Explain the purpose of first aid.
 - a. Explain the meaning of first aid.
 - b. What is the first concern when giving first aid?
2. Explain the proper steps for contacting local authorities in the event of an emergency.
 - a. List the four pieces of information necessary for the EMS or 911 operator.
 - b. Explain when EMS should be contacted.
3. List the four steps of victim assessment.
4. Explain when an injured person should and should not be moved.
5. Explain and demonstrate treatment for shock.
 - a. Demonstrate how to treat hypovolemic shock.
 - b. Demonstrate how to treat shock due to allergic reactions.
6. Explain and demonstrate treatment for weather-related emergencies.
 - a. Hyperthermia
 - b. Hypothermia
7. Explain and demonstrate how to assist someone who is choking.
 - a. Demonstrate Heimlich.
 - b. Demonstrate abdominal thrusts.
8. Explain and demonstrate treatment for injuries related to the following:
 - a. A cut
 - b. A blister
 - c. A puncture
 - d. Arterial bleeding of an extremity
9. Explain and demonstrate treatment for the following:
 - a. An insect sting or bite
 - b. A splinter and tick
 - c. Poisonings
10. Explain and demonstrate treatment for the following:
 - a. A heat burn
 - b. A chemical burn
 - c. An electrical injury
11. Assemble a personal first aid kit.
 - a. Explain the purpose of each item you have selected.
 - b. Explain where it should be placed.