TENDERFOOT FIRST AID REQUIREMENTS AND NATURE REQUIREMENTS

Additional checkoff sheets and helps are available from <u>ScouterMom.com</u>.

4a-1. Simple cuts and scrapes 4a-2. Blisters on the hand and foot 4a-3. Minor (thermal/heat) burns or scalds (superficial, or first degree) 4a-4. Bites or stings of insects or ticks 4a-5. Venomous snakebite 4a-6. Nosebleed 4a-7. Frostbite and sunburn 4a-8. Choking 4b. Describe common poisonous or hazardous plants, identify any that grow in your local area or campsite location. Tell how to treat for exposure to them. 4c. Tell what you can do on a campout or other outdoor activity to prevent or reduce the occurrence of injuries or exposure listed in Tenderfoot requirements 4a and 4b. 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.	These are one part of the requirements for the rank of Tenderfoot. These are for requirement 4 - First Aid and Nature.					
4a-2. Blisters on the hand and foot 4a-3. Minor (thermal/heat) burns or scalds (superficial, or first degree) 4a-4. Bites or stings of insects or ticks 4a-5. Venomous snakebite 4a-6. Nosebleed 4a-7. Frostbite and sunburn 4a-8. Choking 4b. Describe common poisonous or hazardous plants, identify any that grow in your local area or campsite location. Tell how to treat for exposure to them. 4c. Tell what you can do on a campout or other outdoor activity to prevent or reduce the occurrence of injuries or exposure listed in Tenderfoot requirements 4a and 4b. 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.	4a. Show first aid for the following:					
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4a-8. Choking 4b. Describe common poisonous or hazardous plants, identify any that grow in your local area or campsite location. Tell how to treat for exposure to them. 4c. Tell what you can do on a campout or other outdoor activity to prevent or reduce the occurrence of injuries or exposure listed in Tenderfoot requirements 4a and 4b. 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.	4a-6. Nosebleed					
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Completed	Completed					
Presented Presented	Presented					