1ST CLASS FIRST AID AND EMERGENCY PREPAREDNESS REQUIREMENTS

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

| 7a. Demonstrate bandages for a sprained ankle and for injuries on the head, the upper arm, and the collarbone. | | | | | |
|---|--|--|--|--|--|
| 7b. By yourself and with a partner, show how to: | | | | | |
| 7b-1. Transport a person from a smoke-filled room | | | | | |
| 7b-2. • Transport for at least 25 yards a person with a sprained ankle | | | | | |
| 7c. Tell the five most common signals of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR). | | | | | |
| 7d. Tell what utility services exist in your home or meeting place. Describe potential hazards associated with these utilities and tell how to respond in emergency situations. | | | | | |
| 7e. Develop an emergency action plan for your home that includes what to do in case of fire, storm, power outage, and water outage | | | | | |
| 7f. Explain how to obtain potable water in an emergency. | | | | | |
| Completed | | | | | |
| Presented | | | | | |