

## **TENDERFOOT FIRST AID REQUIREMENTS AND NATURE REQUIREMENTS**

Additional requirement sheets and helps are available from [ScouterMom.com](http://ScouterMom.com).

These are one part of the requirements for the rank of Tenderfoot. These are for requirement 4 - First Aid and Nature.

4a. Show first aid for the following:

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.