

1ST CLASS FIRST AID AND EMERGENCY PREPAREDNESS REQUIREMENTS

Additional requirement sheets and helps are available from ScouterMom.com.

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.