

FIRST AID — LEADER KEY

SAINTS GLOBAL MEMBER

NAME: _____

BATTALION: _____

TROOP: _____

SKILL BADGE ADVISOR

NAME: _____

EMAIL: _____

PHONE: _____

LEADER KEY

WITH EVALUATION HINTS

Gold boxes contain leader hints for evaluating each requirement

STEP 1 | DISCOVER

INITIALS

- a) Explain the priorities of first aid (scene safety, patient assessment, and getting help) and why shock and airway problems are life-threatening emergencies. _____
- b) Define triage and describe two situations where triage decisions may be required. _____

STEP 2 | PLAN

INITIALS

- a) Explain how to obtain emergency medical assistance from home and from a remote or wilderness location, including what information must be given. _____
- b) Assemble a personal first-aid kit suitable for outdoor activity and explain the purpose of each item. _____

STEP 3 | ACT

INITIALS

- a) Demonstrate a complete primary and secondary assessment of an injured patient, including airway, breathing, circulation, and a head-to-toe exam. _____

♂ LEADER KEY

Assessment must follow correct order and be hands-on with a live or simulated patient.

- a.1) Scene safety scan: identify hazards and state what makes the scene safe to enter. _____
- a.2) Primary assessment (ABC): check responsiveness, airway, breathing, and circulation; identify life threats. _____
- a.3) Secondary assessment: head-to-toe exam and SAMPLE history (Signs/Symptoms, Allergies, Medications, Past history, Last intake, Events). _____
- a.4) Document or verbally report findings in correct order to the leader. _____
- b) Demonstrate proper infection-control precautions, including glove use and disposal of contaminated materials. _____
- b.1) Demonstrate proper hand hygiene before and after care. _____
- b.2) Put on and remove gloves without contaminating yourself. _____
- b.3) Use barrier methods appropriately (mask/CPR barrier) when indicated. _____
- b.4) Show safe disposal of contaminated items (bagging, sharps awareness) and cleaning of reusable gear. _____

- c) Demonstrate first aid for bleeding wounds, including direct pressure, bandaging, and correct tourniquet placement without tightening. _____

 LEADER KEY

Verify correct pressure technique and tourniquet placement without over-tightening.

- c.1) Apply direct pressure and elevate/position appropriately while maintaining patient safety. _____
- c.2) Apply a pressure bandage correctly and reassess bleeding control. _____
- c.3) Demonstrate wound packing technique on a trainer or simulated wound (if available). _____
- c.4) Explain when tourniquets are appropriate and not appropriate; list benefits and dangers. _____
- c.5) Place a tourniquet correctly on a limb trainer without tightening; state where it should be placed and what to record/communicate. _____
- d) Demonstrate first aid responses for breathing emergencies such as choking, asthma attack, and anaphylaxis. _____
- d.1) Choking: demonstrate correct response for a conscious victim and describe response if victim becomes unconscious. _____
- d.2) Asthma attack: identify key signs and demonstrate supportive first aid (positioning, assisting with prescribed inhaler if available, monitoring). _____
- d.3) Anaphylaxis: identify signs and demonstrate supportive first aid (activate EMS, position, assist with auto-injector trainer if available, monitor airway). _____
- d.4) Inhalation injury: identify signs and demonstrate safe actions (move to fresh air if safe, activate EMS, monitor breathing). _____
- d.5) Altitude illness: describe signs and demonstrate first aid priorities (rest, descend, hydrate as appropriate, monitor). _____

- e) Demonstrate CPR using an approved training device and explain when CPR and AED use are appropriate. _____

 LEADER KEY

CPR must meet current recognized standards using an approved manikin or trainer.

- e.1) Explain conditions required before starting CPR (unresponsive, not breathing normally) and activating EMS. _____
- e.2) Demonstrate high-quality CPR on an approved manikin (rate, depth, full recoil, minimal interruptions). _____
- e.3) Demonstrate AED steps with a trainer: power on, attach pads, clear for analysis, clear for shock, resume CPR. _____
- e.4) Identify typical AED locations in your community (school/place of worship/sports facility) and explain why those locations are chosen. _____
- f) Demonstrate bandaging and splinting for at least three injuries (sprain, fracture, dislocation) using proper materials and technique. _____
- f.1) Explain differences between strain, sprain, dislocation, simple fracture, and open/compound fracture. _____
- f.2) Demonstrate an arm sling and swathe for forearm/upper arm/collarbone support. _____
- f.3) Demonstrate an elastic wrap/cravat bandage for an ankle sprain. _____
- f.4) Demonstrate an elastic wrap/cravat bandage for a wrist sprain or hand injury. _____
- f.5) Demonstrate splinting procedure for one suspected fracture/dislocation: finger/toe, forearm/wrist, upper leg, or lower leg/ankle (choose at least one). _____

- g)** Demonstrate safe methods for moving an injured patient, including a one-person drag, two-person carry, and improvised stretcher. _____

 LEADER KEY

Ensure patient movement methods prioritize rescuer safety and spinal precautions.

- g.1)** Explain conditions under which an injured person should and should not be moved. _____
- g.2)** Demonstrate a one-person drag suitable for smoke-filled room conditions (practice simulation). _____
- g.3)** Demonstrate a two-person carry for a patient with a sprained ankle for at least 25 yards (or simulated distance if space-limited). _____
- g.4)** Improvise a stretcher with helpers under your supervision and move a patient for at least 25 yards (or simulated distance if space-limited). _____
- g.5)** Describe spinal precautions and when to avoid movement unless necessary for safety. _____

STEP 4 | REFLECT

INITIALS

- a)** Explain which first aid skill was most difficult to perform and how repeated practice improved your confidence and effectiveness. _____
- b)** Describe how first aid knowledge enables you to better serve family, neighbors, and community in moments of crisis. _____

Continue to next page for certification signature

END OF REQUIREMENTS

BY SIGNING BELOW, I CERTIFY TO THE BEST OF MY KNOWLEDGE THAT ALL
REQUIREMENTS WERE MET AT OR ABOVE THE REQUIRED STANDARDS AS OUTLINED
IN THE BADGE REQUIREMENTS CHECKLIST.

SKILL BADGE ADVISOR

DATE (YYYY-MM-DD)