

List of First Aid for each Rank

Tenderfoot

- Simple cuts and scrapes
- Blisters on the hand and foot
- Minor (thermal/heat) burns or scalds (superficial, or first degree)
- Bites or stings of insects or ticks
- Venomous snakebite
- Nosebleed
- Frostbite and sunburn
- Choking

Second Class

- Object in the eye
- Bite of a warm-blooded animal
- Puncture wounds from a splinter, nail, and fishhook
- Serious burns (partial thickness, or second degree)
- Heat exhaustion
- Shock
- Heatstroke, dehydration, hypothermia, and hyperventilation

First Class

- Demonstrate bandages for a sprained ankle and for injuries on the head, the upper arm, and the collarbone.
- By yourself and with a partner, show how to:
 - Transport a person from a smoke-filled room
 - Transport for at least 25 yards a person with a sprained ankle.
 - Tell the five most common signals of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).
 - 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.
- Develop an emergency action plan for your home that includes what to do in case of fire, storm, power outage, and water outage.
- Explain how to obtain potable water in an emergency.

List of Knots Scouts should know for each Rank

Scout Rank

Square

2 half hitches

Taut-line hitch

Whip & fuse ends of a rope

Tenderfoot

Square

2 half hitches

Taut-line hitch

Second Class

Sheet bend knot

Bowline knot

First Class

Lashings – square, sheer, diagonal

Timber hitch

Clove hitch