



Pathfinder's Name

First Aid, Standard

(Instructor for Skills Required)

If residing in the United States or another country in which Red Cross instruction is given, satisfactorily pass the Red Cross Examination in Standard First Aid and receive your certificate.

In British countries pass the examination in St. John Ambulance and receive certificate for the same.

Or complete the following requirements:

1. Know the basic principles for mouth-to-mouth breathing and the treatment for an obstructed airway.

Principles _____

Treatment _____

2. What is the difference between a heart attack and a stroke and the treatment for each?

Heart attack _____

Treatment _____

Stroke _____

Treatment _____

3. Know the proper procedure for assisting a bleeding victim.

- 4. Know the pressure points and how to correctly apply pressure at those points.

- 5. Know the proper method of applying a tourniquet and when to apply one.

- 6. Know the causes of shock and demonstrate its proper treatment.

- 7. Know the proper procedure for assisting a victim of poisoning.

- 8. Know the proper procedure for assisting a burn victim.

- 9. Know how to properly apply the following bandages:
 - a. Open and closed spiral
 - b. Figure-eight
 - c. Fingertip
 - d. Cravat bandage to the head

- 10. Know how to apply the following splints:
 - a. Upper arm splint
 - b. Forearm splint
 - c. Ankle splint
 - d. Kneecap splint

- 11. Know the proper treatment for the following:
 - Head injuries _____
 - _____
 - Internal injuries _____
 - _____
 - Gunshot wounds _____
 - _____
 - Injuries to the eye _____
 - _____
 - Animal and insect bites _____
 - _____
 - Fainting and epilepsy _____
 - _____
 - Effects of heat and cold _____
 - _____

- 12. Know what to do in an electrical emergency.

- 13. Know how to escape from a fire.

- 14. Know how to obtain help in an emergency

15. Know the proper procedure to assist a radiation-exposure victim.

16. Know the following rescue carries:

- | | | | |
|----|----------------------|----|----------------------------|
| a. | Drag by shoulder | e. | Improvised litter |
| b. | Blanket drag | f. | Three-person hammock carry |
| c. | Two-person carry | g. | Litter carry |
| d. | Carry by extremities | | |

Note: The white oval on the patch designates “standard” level.

Date completed _____

Instructor's Signature

**First Aid, Standard
2002 Edition**