



# BOY SCOUTS OF AMERICA

## Troop 146

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### Tenderfoot Requirement 4c

**"Tell what you can do while on a campout or other outdoor activity to prevent or reduce the occurrence of injuries or exposure listed in Tenderfoot requirements 4a and 4b."**

**(Handbook pages 125-141)**

\_\_\_\_\_ Name

1. **Simple cuts and scrapes:**

a. One way to have fewer cuts and scrapes during a camping trip is...

(Hint: use the word "don't allow" and "running"): \_\_\_\_\_

\_\_\_\_\_

b. A good way to prevent a simple cut from becoming infected is...

(Hint: use the word "ointment"): \_\_\_\_\_

\_\_\_\_\_

2. **Blisters on the hand and foot:**

a. How to prevent blisters on your hands when you are chopping wood?

(Hint: use the word "gloves"): \_\_\_\_\_

b. What kind of socks are the best to wear to prevent blisters on your feet when you are hiking? (choose one each)

Wool

Dry

Cotton

Moist from sweat

c. Another way to prevent blisters on your feet while hiking is...

(Hint: use the word "hot spot" and "moleskin"): \_\_\_\_\_

\_\_\_\_\_

3. **Minor (first degree) burns:**

a. How to prevent burns when working with hot pots and griddles?

(Hint: use the words "gloves" and "pot tongs"): \_\_\_\_\_

\_\_\_\_\_

b. How to prevent burns when sitting around a campfire?

(Hint: use the words "not a plaything"): \_\_\_\_\_

\_\_\_\_\_

4. **Bites or stings of insects and ticks:**

a. How to prevent getting a tick bite when in the woods?

(Hint: use the words "long pants" and "repellant"): \_\_\_\_\_

\_\_\_\_\_

b. What to do after a hike in the woods and you are back in camp?

(Hint: use the words "buddy" and "tick check"): \_\_\_\_\_

\_\_\_\_\_

5. **Venomous snakebite:**

a. How to test if a clump of brush has a lurking snake?

(Hint: use the words "walking stick"): \_\_\_\_\_

\_\_\_\_\_

b. Why are high-top boots a good preventative measure against snake bites?

(Hint: use the words "strike" and "ankle-high"): \_\_\_\_\_

\_\_\_\_\_

6. **Nosebleed:**

If someone has a nosebleed, how can you prevent him from getting sick to his stomach from swallowing blood?

(Hint: use the words "lean forward"): \_\_\_\_\_

\_\_\_\_\_

7. **Frostbite and sunburn:**

a. Frostbite can be a problem during a winter hike, especially when it's windy. What's a good thing to do while the hike is in progress?

(Hint: use the words "buddy" and "inspect"): \_\_\_\_\_

\_\_\_\_\_

b. Sunburn is no fun, and excess sun has been related to skin cancer. Name two good preventative measures:

(Hint: use the words "SPF 30"): \_\_\_\_\_

(Hint: use the words "long sleeves"): \_\_\_\_\_

8. **Poisonous plants:** a. What's the best way to not get a case of poison ivy?

(Hint: use the words "learn to recognize" and "stay away"): \_\_\_\_\_

b. If you touch a poison ivy leaf, what's the best way to stop the poison from forming a rash and starting to itch?

(Hint: use the words "scrub" and "soap or alcohol"): \_\_\_\_\_