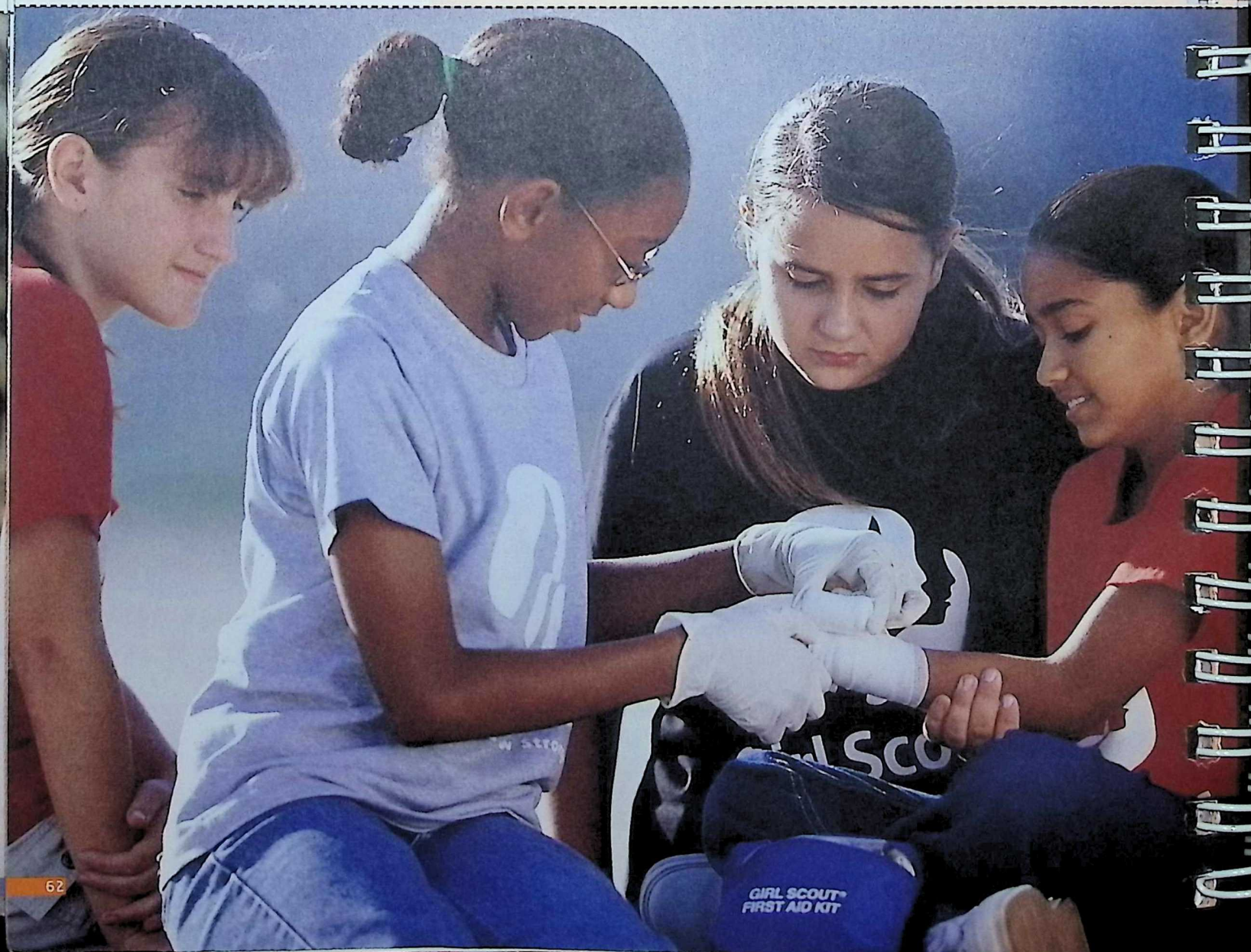
First Aid



Do you know how to act quickly in an emergency? Do you know what is in a first aid kit and how to use one? Become first-rate at first aid with this badge.



1. Learn First Aid

Read the sections on first aid and emergency telephone calls in the "How to Stay Safe" chapter of your *Junior Girl Scout Handbook*. Complete the activities in those sections.

2. Ouch!

Learn and practice first aid for cuts, sprains, and fractures. Ask a medical professional—nurse, doctor, emergency medical technician (EMT)—to show you and your troop the right way to treat these injuries. Or ask your family and friends to learn with you.

3. Oooh

How would you treat a nosebleed? What would you do if a friend became faint? Ask a medical professional—nurse, doctor, EMT—to show you and your troop the right ways to treat these conditions. Or ask your family members and friends to learn these treatments with you.

4. Get Help

Do you know how to get help quickly in your community? Should you dial 911, or some other emergency number? What information would the operator need to know? Read that section in your *Junior Girl Scout Handbook* and practice placing an emergency call. However, do *not* actually dial the emergency number.

5. Until Help Arrives

What can you do while you're waiting for help to come? Learn the first aid procedures for a child or adult who: stopped breathing, is breathing heavily, is in shock, has been poisoned, or is choking. Ask a medical professional to show you what to do.



6. Share the Messages

Create a four-page first aid and safety book (it could be a coloring book or an activity book) to help educate younger children about basic safety concepts. Important topics to include are emergency telephone numbers, first aid procedures, and warning signs in an emergency. You can use slogans to get your message across. For example, you might promote the American Red Cross slogan, "Check, Call, Care," or create your own slogan.

7. Helping Hands

First aid skills are important in many different careers. Identify the types of emergencies each of these professionals might encounter on their jobs: camp director, police officer, firefighter, teacher, lifeguard, and emergency medical technician. What special first aid training do their jobs require?

8. Staying Safe

Make a list of all the items included in a basic first aid kit. Use this list to create a kit for your troop, group, or for your family. How would a first aid kit for a home differ from a first aid kit for camping?

9. Survivor

With a group of friends, list the top five survival tips you need for very hot or cold weather. Learn about hypothermia and hyperthermia and how to treat each. What can happen if you aren't prepared? How do you treat those conditions? Use your tips to role-play how you would survive outdoors in extreme weather.

10. First Aid Challenge

In a group, ask each person to come up with one or more first aid situations. Write them on pieces of paper and place them in a bag or a box. Select a piece of paper and use a first aid kit to demonstrate how to handle the situation. You could create a relay game in which teams take turns acting out the situations that are picked by the team members.