

Outdoor and Weather Emergencies

This virtual workshop will cover Injuries and Illnesses that can occur outside or could be due to weather conditions. It will meet some of the requirements for First Aid badges. Please check the full Badge requirements in your Girl Guide or in Volunteer Tool Kit.

Supplies needed: None! But if you want to practice some of the skills we'll learn you might need a first aid kit, water bottle, a magazine or coloring book, a ruler or straight stick, bandanas or elastic bandage, and a blanket.

Resources you can use:

Hike Safe <https://hikesafe.com/> is a website of resources for outdoor adventures.

Centers for Disease Control

Poisonous plants <https://www.cdc.gov/niosh/topics/plants>

Weather emergencies <https://www.cdc.gov/disasters/>

Girl Scouts of the Green and White Mountains Facebook Live First Aid Events

What's in your First Aid kit? <https://www.facebook.com/events/552706142044864/>

Injuries and Illness... what to do? <https://www.facebook.com/events/1076478612729747/>

Coastal CPR & First Aid Virtual Programs <http://coastalcpr.com/virtual-programs/gsgwm/>

Brownie First Aid Step 5: Know how to prevent and treat outdoor emergencies.

Can you share with your troop how to prevent a sunburn, what plants to avoid, and preventing bug bites?



Did you know that if you watch the previous 2 Facebook Live Events—What's in your first aid kit? And Injuries and Illness... what to do, and then watch today's event on Outdoor and Weather Emergencies you will have completed 4 out of 5 steps to earn your Brownie First Aid Badge?

Junior First Aid Badge



Today's Facebook Live does not include any steps for the Junior First Aid badge. However if you watch the previous 2 Facebook Live Events—What's in your first aid kit? And Injuries and Illness... what to do you have completed 4 out of 5 steps to earn your Junior First Aid Badge.

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Cadette First Aid Step 3: Find out how to prevent serious outdoor injuries.

The best way to treat an injury is to prevent it. We'll discuss how to prevent several common outdoor injuries and how to treat them.



Cadette First Aid Step 4: Know the signs of shock and how to treat it.

Can you explain what it is and how to treat it?

Cadette First Aid Step 5: Learn to prevent and treat injuries due to weather.

We'll discuss Frostbite, Hypothermia, Dehydration, Heat Exhaustion, Heat Cramp, and Heat Stroke.



Senior First Aid Step 3: Learn how to use everyday objects to make splints.

What might you have at home or on an outdoor adventure you can use to make a splint if someone has a sprain or broken bone?

"There are two things to about all emergencies. The first is to prevent them from happening whenever possible. The second is to know how to deal with them effectively when they do happen." ~Cadette Girl Scout Handbook, 1963

The Girl Scout Motto is Be Prepared. Preparation and Planning are key to preventing outdoor emergencies.

Prevention starts with Planning:

- ◆ What are you doing?
- ◆ Where are you going?
- ◆ What do you need to do it?
- ◆ How will you prepare to do it?

Before any trip or activity ask yourself or your troop these questions so that you plan and prepare to keep your adventures safe!

Questions? Feel free to post questions in our Facebook Live First Aid Event!