

# First Aid Award and Badge Activities

## Daisy

**Safety Award.** Daisies earn this award by completing these three steps:

1. Understand what to do if you get lost. Know your phone number, address, and who it's safe to ask for help (police officer, teacher, person in charge).
2. Find out what you should do if you or a friend is choking.
3. Learn how to do "Stop, Drop, and Roll" if your clothing catches on fire.

## Brownie

**Safety Award.** Brownies complete these five steps to earn the award:

1. Talk to a teacher, parent, or another adult about how to stay safe at school. Make a list of the three most important rules for playground safety or safety on the school bus.
2. Get a map of your neighborhood or town and mark where the police station, fire station, and other important points are located.
3. Find out how a smoke alarm works. Test the one at your home so you know what it sounds like and make sure it's working.
4. Choose an upcoming trip you plan to take – to a carnival, amusement park, the mall, or even just the grocery store – and make a safety plan with an adult. Find out what to do if a stranger approaches you in a public place.
5. Find out what natural disasters are most common in your area (earthquakes, blizzards, hurricanes, tornadoes, floods) and discuss with your family or another adult what to do when they happen.

**First Aid Badge.** Brownies complete these five steps to earn their First Aid Badge:

1. **Find out how to get help from 911.** An emergency is when something serious happens, or someone gets hurt or sick and can't get help for themselves. Find out more how to handle an emergency.
  - a. **Role-play 911.** Ask an adult to write different emergency situations on slips of paper and put them in a jar. With your Brownie friends, take turns pulling a paper from the jar. Role-play a call to 911 based on the information on the paper.
  - b. **Practice 911 with a friend or family member.** Take turns pretending to make calls to 911. One of you will play the role of the caller and the other the operator.
  - c. **Get advice from an expert.** Invite a police officer or firefighter to talk to your group about the importance of calling 911 in an emergency and what you need to say to get help.

2. **Talk to someone who treats injured people.** Ask for tips about staying safe and find out how they use First Aid.
  - a. **Interview a medical professional.** Tour a clinic and talk to a doctor, nurse, or interview your school nurse.
  - b. **Talk to the police.** Interview officers at your local police station.
  - c. **Visit a fire station.** Tour your local fire station and talk to the firefighters.
3. **Make a first aid kit.** It's a good idea to have a first aid kit handy to help anyone who has a minor injury, such as a cut or scrape. First, find out what should go into a first aid kit, then make your own.
  - a. **Make a first aid kit for your home.** Keep it in a place where everyone in your family can find it easily.
  - b. **Make a kit for your Girl Scout meeting place.** Think about what kinds of emergencies might occur during a meeting. Make your kit to be prepared for them!
  - c. **Make a first aid kit and donate it.** You might give the kit to a local organization, such as a homeless shelter or food pantry.
4. **Learn how to treat minor injuries.** If you know how to treat an injury like a cut, scrape, bruise, or insect bite, you can take care of yourself and help others. Find out how to prevent common injuries and how to use first aid to treat them.
  - a. **Get tips from a medical professional.** Ask a doctor or nurse to talk to your group.
  - b. **Learn with the Red Cross.** Take a first aid course or ask someone from your local Red Cross to talk to your group about first aid for girls your age.
  - c. **Talk to an EMT.** Ask an emergency medical technician (EMT) to talk to your group.
5. **Know how to prevent and treat outdoor injuries.** Enjoying the outdoors at camp, at the beach, or at a park is great fun. What's not so fun? Bug bites, bee stings, sunburn, and poison oak or ivy. Find out how to avoid and treat common outdoor injuries.
  - a. **Take a hike.** Ask a park ranger or camp director to take you on a nature walk. Identify plants, animals, and insects to avoid, and discuss how to protect yourself from sunburn. Talk about what to do if you have a bug bite, bee sting, sunburn, or poison oak or ivy rash.
  - b. **Read all about it.** Go to the library (or ask an adult to go online with you) and make a list of local plants, animals, and insects to avoid and how to protect yourself from sunburn. Get information about treating a bug bite, bee sting, sunburn, or poison oak or ivy rash, then discuss what you find with friends and family.
  - c. **Talk to an outdoor expert.** Ask an older Girl Scout, an experienced hiker, or member of an outdoor society about local plants, animals, and insects to avoid and how to protect yourself from sunburn. Talk about how to treat a bug bite, bee sting, sunburn, or poison oak or ivy rash.

## Junior

**Safety Award.** Juniors earn this award by completing these five steps:

1. Find out what the most common injuries are for kids your age. Make a list of how to prevent them. Then do a home safety audit to check for dangers around the house.
2. Conduct an emergency evacuation drill of your home or the place your Girl Scout group meets. In the case of fire, know where your main exit is located, and plan an alternative way to get out if the first exit is blocked.
3. Find out how to read weather signs so you know when to head indoors and get to safety.
4. Learn about bicycle safety. Research why biking helmets are important and how to check if a helmet fits you properly.
5. Go on a hazard-identification walk along a local hiking trail, bike trail, or horse trail

**First Aid Badge.** Juniors earn this badge by completing these five steps:

1. **Learn the first steps to take in an emergency.** If you're near the scene of an accident or disaster, there are certain steps to follow. The steps are Check, Call, and Care. Talk with an adult about how you would follow those steps in an emergency.
  - a. **Make posters.** Explain why it's important to use Check, Call, Care in an emergency. Offer to put up the posters at your school, community center, or place of worship.
  - b. **Create a skit.** Make the skit about Check, Call, Care in an emergency. Perform it for your family, your school, or friends.
  - c. **Make a short video.** Create a video with your Junior friends that tells people how to use Check, Call, Care in an emergency. Show it at your school, community center, or place of worship.
2. **Talk to first responders.** Injured people often get help from a chain of people. First, someone might provide first aid at the scene. Then first responders show up. After that, the injured are often taken to hospital emergency rooms where doctors and nurses take over. Find out more about what these people do.
  - a. **Talk to an EMT or Firefighter.** Ask an EMT or firefighter to talk to your group and show how the equipment on an ambulance works. Find out what you can do to help someone who is sick or injured until professionals arrive.
  - b. **Talk to police officers.** When someone calls 911, the police often arrive first. Interview police officers about their first aid training and how you can help someone who is sick or injured until help arrives.
  - c. **Tour an emergency room or hospital.** Ask doctors or nurses how they help people who are injured in an emergency. Find out what you can do to help an injured person in an emergency.

3. **Make a portable first-aid kit.** Portable first aid kits help you be prepared to treat a minor injury no matter where you are. Make a small kit that you can use away from home.
  - a. **Make a first aid kit that fits in your backpack.** Include items that would help you deal with injuries that might happen on a hike or on your way to school.
  - b. **Make a kit that fits in a car's glove box.** Give it to a family member who drives a car or another adult who could use it!
  - c. **Make a personal kit.** Keep it in your locker or desk at school.
4. **Find out how to handle urgent first-aid issues.** Allergic reactions, asthma attacks, snakebites, and accidental poisonings are situations that require quick action. So is choking, one of the most common ways young children are seriously injured. Learn to handle these issues in this step.
  - a. **With your Junior friends, organize a panel discussion.** Invite a variety of people, such as doctors, nurses, EMTs, a Red Cross representative, and someone from your local poison control center.
  - b. **Research situations that require fast action.** Then interview a medical professional, asking questions about what you've learned and what you should know in order to get help.
  - c. **Go on a field trip to an emergency room.** Ask about situations that require fast action, how the ER staff deals with these issues, and how you can be prepared to help others.
5. **Know how to take care of someone who's sick.** When someone doesn't feel well, you can make them more comfortable by using basic first aid. Find out how to care for people who have common illnesses (cold, fever, flu).
  - a. **Read about illnesses and how to treat them.** Get familiar with the symptoms of common illnesses and how to help someone who's sick. Role-play with your friends or family. Assign someone to be the patient and then practice caring for them.
  - b. **Visit a medical clinic.** Talk to a doctor or nurse about simple things you can do to help people who are sick.
  - c. **Talk to family members and neighbors.** Find out what made them feel better when they were sick. Maybe they wanted a wet cloth over their eyes to soothe a headache, or perhaps sipping soda calmed their upset stomach. Make a list of what you learn and share it with your Junior friends.

## **Cadette**

**Safety Award.** Cadettes earn this award by completing these five steps:

1. Learn how to make a room safe for a young child.
2. Find out about water safety and learn to perform a reaching assist from a dock or the side of a pool to help someone out of the water.
3. Teach a Daisy or Brownie what to do if she gets lost and why she shouldn't talk to strangers. (Can't meet in person? Make a video you can share with younger girls.)
4. With your family, make sure you have enough food, water, and medication supplies on hand to last at least three days in case of a natural disaster. (Remember to plan for pets!) It's important to have someone outside the area whom everyone in your family can contact in case you are separated. Learn who your family contact is or help your family choose a contact.
5. Discuss bullying with your Girl Scout group, friends, or family. Write and sign a personal responsibility statement that covers how you'll behave at school, at home, and online.

**First Aid Badge.** Cadettes earn this badge by completing these five steps:

1. **Understand how to care for younger children.** Imagine you're helping out at Girl Scout camp. What should you do if a younger girl is knocked unconscious or twists her ankle? Or what if you're babysitting and a toddler develops a high fever or starts vomiting? Find out how to care for a younger child who is sick or hurt and how to recognize common medical emergencies.
  - a. **Take a babysitting class.** Find a class that includes first aid,
  - b. **Ask a medical professional.** Invite an expert such as a pediatric nurse or doctor to talk to your group about how to treat minor illnesses and injuries when caring for younger children. Find out what to do if the problem isn't minor, including whether you should handle it or hand it over to someone with more experience.
  - c. **Talk to child care professionals.** Interview 3 people who work with children at a child-care center, camp, or your Girl Scout council about different medical emergencies they have encountered and how they handled them.
2. **Know how to use everything in a first aid kit.** A first aid kit contains everything you need to treat minor injuries. But how do you use gauze, anyway? And what do you do with that triangle-shaped bandage? Know how to use each piece of a first aid kit, and how to tell a minor injury from a more serious condition.
  - a. **Talk to a medical professional.** You might visit your school nurse or a doctor at a local clinic. Ask her or him to show you how to use each piece of a first aid kit, then try it yourself.
  - b. **Take a course.** Find one that includes information on using a first aid kit.
  - c. **Talk to an emergency responder.** Ask an EMT to visit your group and teach you how to use the different pieces of a first aid kit. Divide into teams and practice using items in the kit on each other.
3. **Find out how to prevent serious outdoor injuries.** What do you do if someone breaks a leg while you're hiking in the mountains? Or how do you help someone who has nearly drowned on a boat trip? Find out about these people who deal with wilderness emergencies.

- a. **Talk to first aiders.** Interview certified wilderness first aiders who work with your Girl Scout council. Find out more about how to prevent serious injuries, how they treat these injuries when they happen, how you can get help if someone is injured, and what to do while you're waiting for help to arrive.
  - b. **Ask a wilderness expert.** Invite a park ranger or member of a wilderness search-and-rescue squad to talk to your group about how to prevent serious injuries. Find out more about how they treat these injuries, how you can get help if someone is injured, and what to do while you're waiting for help to arrive.
  - c. **Find out about common injuries.** Go online and research injuries suffered by people participating in an outdoor activity you enjoy, such as canoeing or skiing. Interview someone from a search-and-rescue squad or emergency response unit about how they treat these injuries, how you can get help if someone is injured, and what to do while you're waiting for help to arrive.
4. **Know the signs of shock and know how to treat it.** Sometimes injured people act strangely after an accident or traumatic event.
  - a. **Research the signs of shock and how to treat it.** Discuss what you've learned with your family or Girl Scout troop.
  - b. **Interview a doctor or nurse about the signs of shock.** Find out how you can help someone who is in shock, including how to get information from them that will help them get treated.
  - c. **Ask an EMT or first responder to talk to your group.** Find out how you can help someone who is in shock, including how to get information from them that will help them get treated.
5. **Learn to prevent and treat injuries due to weather.** Whether you're snowshoeing in the depths of winter or hanging out on the beach on a summer day, extreme temperatures can make you sick. Learn the signs of heatstroke, frostbite, hypothermia, and hyperthermia, and how to treat them.
  - a. **Take a first aid course.** Find one through your Girl Scout council or local Red Cross chapter that covers the warning signs and basic care for minor heat and cold related injuries.
  - b. **Ask a park ranger, lifeguard, or ski patrol member.** Invite them to talk to your group about how to recognize the warning signs of heat or cold related injuries, how you can care for minor cases, and how to know when you need help.
  - c. **Interview a doctor or nurse.** Ask how to recognize the warning signs of heat or cold related injuries, how you can care for minor cases, and how to know when you need help.



## **Senior**

**Safety Award.** Seniors earn this award by completing these five steps:

1. Take a self-defense class or ask a police officer to talk to you or your group about self-defense tips. (Can't meet in person? Find some tips or watch a self-defense video online.)
2. Teach younger Girl Scouts about fire and kitchen safety, water safety, or safety on the trail. (Can't meet in person? Make a short video you can share with younger troops.)
3. Learn about the dangers of distracted driving, and make a poster or PSA about paying attention at the wheel.
4. Help two people to resolve a disagreement peacefully and respectfully.
5. Discuss the dangers of alcohol and drug use with your Girl Scout group, friends, or family. Write a personal-responsibility statement that covers how you'll behave.

**First Aid Badge.** Seniors earn this badge by completing these five steps:

1. **Find out how to perform triage when several people are injured.** In a major emergency, more than one person may be injured and need your help. In that case, you'll have to perform triage to figure out the order in which you need to treat the injured.
  - a. **Interview emergency room doctors and nurses.** Find out how they decide who to treat first when they have many people with injuries. Ask them to tell you how you could do the same thing, and then create a triage checklist to share with them.
  - b. **Take a first aid course.** Find one through your Girl Scout council, the Red Cross, or a community organization that teaches how to prioritize care for multiple victims with different types of injuries.
  - c. **Talk to an EMT or first responder.** Ask about an emergency situation they faced and how they decided whom to treat first in a situation with multiple victims. Ask them to tell you how you could do the same thing, and then create a triage checklist.
2. **Know how to help a head or neck injury.** Head and neck injuries require special care and can complicate CPR or rescue breathing. Find out about assisting a victim until help arrives, including how to avoid making the injury worse.
  - a. **Take a first aid course.** Find one from the Red Cross or a community organization that covers head and neck injuries.
  - b. **Take a lifeguarding course.** Find one that covers head and neck injuries.
  - c. **Talk to a professional.** Ask a doctor, nurse, or qualified first responder to show you how to care for head and neck injuries.

3. **Learn how to use everyday objects to make splints.** If you're caught in a natural disaster or are in a remote location, you may have to improvise as you offer help to others. Research how to use common materials to make splints.
  - a. **Practice making splints at a meeting.** Bring a variety of common materials – things you might have around the house or in your car – and set them up in stations around your Girl Scout meeting room. With your friends, divide into pairs and go to separate stations. Practice using the materials to make different kinds of splints. When you're finished, share what was easy and difficult about the exercise.
  - b. **Ask an expert.** Invite an emergency first responder to show you and your Senior friends how to make splints, then take turns trying it out. Ask your guest to give feedback on how well you did and tips for making a splint in the middle of an emergency situation.
  - c. **Research how to make splints from everyday objects.** Then ask your family to help you practice this skill in real life. Notice which objects are easiest to make into splints and which are the hardest. Ask your family to give you feedback about how well they think you did.
4. **Recognize the signs of drug overdose and alcohol poisoning.** If someone has overdosed on drugs or had so much to drink that they're suffering from alcohol poisoning, that person's life could be in danger. Learn how to recognize the warning signs and how to care for the person until help arrives.
  - a. **Interview a police officer.** Find one who often deals with teen drug and alcohol emergencies.
  - b. **Visit an emergency room.** Interview a doctor, nurse, or EMT.
  - c. **Watch a presentation.** Invite a qualified speaker to talk to your group by calling organizations such as Mothers Against Drunk Driving or Students Against Drunk Driving.
5. **Share your knowledge with others.** When you can teach what you've learned, you know you're on the way to mastering a skill.
  - a. **Give a presentation to younger Girl Scouts.** If they're working on their First Aid badge, you may be able to help them complete a step by answering their questions.
  - b. **Talk to other teens.** Tell them what you've learned about drug overdoses and alcohol poisoning. Offer tips on what they should do if they have to deal with an emergency related to drugs or alcohol.
  - c. **Share with your community.** For example, you might volunteer to assist local agencies during a Disaster Preparedness Day event and to talk to community members about what you've learned.



## **Ambassador**

**Safety Award.** Ambassadors earn this award by completing these five steps:

1. Pick a safety issue important to you, and organize a forum where other teens can discuss the issue. (Can't meet in person? Hold an online forum or pose questions on social media to start conversation.)
2. Talk to younger Girl Scouts about Internet safety and safe use of social media. (Can't meet in person? Make a video you can share with younger girls.)
3. List your duties as a counselor-in-training, volunteer-in-training, or in other leadership roles you hold. Carry the list with you, and use it to make sure you've covered all your bases when making a safety plan for trips and events.
4. Talk to a counselor, social worker, or someone who works at a local women's shelter to find out more about how to stay safe while dating. (Can't meet in person? Try email, phone, or search online for resources.)
5. Pick a sport or outdoor activity you enjoy. Find out how rules, training, and safety equipment are designed to protect players.

**First Aid Badge.** Ambassadors earn this badge by completing these five steps:

1. **Learn how to deal with medical emergencies in the wilderness.** Adventure trips test your limits, build new skills, and increase your confidence – all while you enjoy the thrill of being outdoors. They also create the possibility of serious medical emergencies. Find out how to handle a worst-case scenario in a particular kind of terrain.
  - a. **Backcountry.** Interview someone from a search-and-rescue team about the kinds of emergencies you might encounter on a backcountry trip and how to handle them.
  - b. **Open water.** Interview a certified lifeguard or EMT who works on open water, or a Coast Guard medic about how to handle the kinds of emergencies you might encounter on the ocean or a large body of water.
  - c. **Mountains.** Talk with an EMT, wilderness first responder, or rescue squad member with wilderness first aid training about emergencies you might encounter on a trip in the mountains – including high-altitude sickness – and how to handle them.
2. **Research careers that save lives in extreme conditions.** Some people go to work each day ready to save lives in extraordinarily tough situations. Find out more about these careers in an interview. Ask about the training and education needed, and the situations where they've used their expertise.
  - a. **Wilderness rescue.** Interview a lifeguard, park ranger, or member of a wilderness search-and-rescue squad or ski patrol.
  - b. **Disaster preparedness.** Interview a firefighter, EMT, or member of a local emergency response unit who's trained to handle major disasters such as hurricanes, floods, earthquakes, or terrorist attacks.
  - c. **Military medicine.** Interview a combat medic or member of a military medical unit to find out more about how they care for soldiers during training exercises or combat.
3. **Find out how to care for a critically injured person.** In a remote location or extreme situation that prevents help from reaching you, it's important to know how to keep someone who is critically injured alive until professionals take over. Find out how to keep an injured person alive for 16-24 hours.

- a. **Take a wilderness first aid course.** Find a course taught by a certified instructor or endorsed by an accredited organization such as the Wilderness and Remote First Aid course offered by the Red Cross.
  - b. **Interview a doctor, nurse, EMT, or first responder.** Find someone who specializes in wilderness or survival medicine and ask about the techniques they use to keep people alive in remote areas. Have them help you role-play what you would need to do to treat injuries you may encounter in your outdoor adventures.
  - c. **Discover how to use what's on hand in an emergency.** With the help of a doctor, nurse, or EMT who specializes in disaster or survival medicine, find out how common items found in the house or car might help keep a critically injured person alive when emergency help is delayed.
4. **Know how to move an injured person.** When you took your first aid and CPR certification course, you learned not to move someone with a serious injury. But sometimes there's no choice. If there's an immediate danger, such as a fire, fallen power lines, or flooding, you may need to move the person out of harm's way. Find out how to do this safely.
  - a. **Visit a medical school.** Schools often have student clubs focusing on wilderness, survival, or disaster medicine. Find one near you and set up a time when you and your Girl Scout friends can meet with them. (Tip: Contact the Wilderness Medical Society to see if they have a student interest group registered near you.)
  - b. **Take a wilderness first aid course.** Find one that teaches different techniques for carrying people to safety on your own or with others. This may be the same course you take to complete step 3.
  - c. **Organize a mock emergency drill.** Get help from emergency responders such as firefighters or EMTs. Assign some people to be victims with various injuries, while others learn to move them safely. Switch roles so that everyone has a chance to "treat" victims, then ask the emergency responders to give you feedback on how you did.
5. **Explore real-life examples for handling wilderness emergencies.** When you read about a tragedy or accident in which people are injured, often there's an average person who doesn't panic and uses a little bit of training and a lot of courage to save someone's life. Find out more about everyday heroes.
  - a. **Explore wilderness survival.** Read a book or magazine article or see a movie that tells a real-life story about people who faced an emergency in the wilderness. Note what they did or didn't do to create the situation and how they handled it.
  - b. **Investigate extreme first aid.** Find at least 5 news items about everyday people who saved someone's life using first aid during an extreme situation. Share them with friends and family and discuss common threads in the stories. Did the heroes have training? What do they credit with helping them save someone's life?
  - c. **Interview an everyday hero.** Talk to someone who used first aid to save a life, or someone whose life was saved by a person who gave them first aid. What aspects of their training were most helpful? How did they make decisions about what to do? Did anything unexpected happen that they had to deal with?