



## Brownie

# First Aid

**Elves are  
always  
prepared to  
help!**



If someone was sick or hurt, would you know how to help? In this badge, you'll find out what to do in an emergency, from calling 911 to using first aid to treat minor injuries. When the unexpected happens, you'll be prepared!

### Steps

1. Find out how to get help from 911
2. Talk to someone who treats injured people
3. Make a first aid kit
4. Learn how to treat minor injuries
5. Know how to prevent and treat outdoor injuries

### Purpose

When I've earned this badge, I'll know how to get help in an emergency and treat minor injuries.

Every step has three choices. Do ONE choice to complete each step.  
Inspired?  
Do more!

STEP

# 1 Find out how to get help from 911

What should you do in an emergency? Stay calm and make sure the place where the emergency happened is safe. Find an adult to help right away. If there are no adults, call 911. The operator will send police officers, firefighters, or an ambulance.

Call



An emergency is when something serious like a fire or a car accident happens, or someone gets hurt or sick and can't get help for themselves. Find out more about how to handle an emergency.

## CHOICES – DO ONE:

- 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.  
**OR** 
- 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.  
**OR** 
- 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.

**Never call 911 as a joke.**

You might prevent other people from getting help.

# If You Call 911

You'll be giving information to the person on the other end of the phone so that help—police, firefighters, or an ambulance—can arrive as quickly as possible. It's okay if you don't know everything. Just give as much information as you can.

## What You Need to Know

- **Your name**
- **Your phone number**

Tell the operator the phone number you are calling from, which might not be your home number.

- **What happened**

Tell the operator what you know. For example, did someone fall off a ladder? Was there a car accident?

- **What's wrong**

Is the person who's been hurt bleeding? Has someone passed out? Is the person feeling dizzy, as if their head is spinning?

- **Where you are**

If you don't know the address, give the 911 operator a landmark, such as "next to the grocery store" or "down the road from the high school."

- **How many people are hurt**

If you or someone with you has been hurt, let the operator know.

- **What's already been done**

Don't hang up until the 911 operator tells you it's okay to do so—they may need to ask you more questions.



**Remember:**

**STEP**  
**2** **Talk to someone who treats injured people**

## Firefighting Dalmatians

Dalmatians are white dogs with black spots. In the time of horse-drawn carriages, dalmatians were popular with English ladies. The dogs were called "Ladies dogs," and they would ride about town on carriages. The ladies thought the dogs helped them look pretty!

In America, instead of riding with ladies, dalmatians rode on fire carriages. The dogs helped keep horses calm in emergencies. And they would run ahead of horse-drawn fire engines to clear the roads. Today, these dogs are still the symbol of many firehouses.



Ask for tips about staying safe, and find out how they use first aid.

### CHOICES – DO ONE:

**Interview a medical professional.** Tour a clinic and talk to a doctor or nurse, or interview your school nurse.

**OR**

**Talk to the police.** Interview officers at your local police station.

**OR**

**Visit a fire station.** Tour your local fire station and talk to the firefighters.

**FOR MORE FUN:** If you were to visit a fire station you might see boots and pants ready for the firefighter to step right into. Lay your clothes out the night before and be ready to jump into them just like a firefighter!



**STEP**  
**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.

**CHOICES – DO ONE:**

**Make a first aid kit for your home.** Keep it in a place where everyone in your family can find it easily.

**OR**

**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!

**OR**

**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.



**What Doesn't  
Belong in Your  
First Aid Kit?**

- watering can**
- bandages**
- thermometer**
- frog**
- antiseptic  
ointment**
- soda pop**
- carrot**



STEP

## 4 Learn how to treat minor injuries

### Why Do We Wear Bandages?

Adhesive bandages (like Band-Aids) can help heal wounds that are not deep enough to need stitches. Putting a bandage over a minor cut helps keep out germs. The bandage also keeps a scab from forming. Scabs can break open and let in germs. Band-Aids do the work of a scab, but they don't break open!

Band-Aids are often used along with **antiseptic**. An antiseptic is a spray or cream that kills germs and keeps them from spreading.



A Brownie bandages another Brownie in the 1950s.

Girl Scouts of the USA — National Historic Preservation Center. Used by Permission.

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.

#### CHOICES – DO ONE:

**Get tips from a medical professional.** Ask a doctor or nurse to talk to your group.

**OR**

**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.

**OR**

**Talk to an EMT.** Ask an emergency medical technician (also known as an EMT) to talk to your group.



#### More to Explore

**Go inside!** See if the EMT will show you the inside of an ambulance and how injured people are treated.

**STEP**

# 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:

## CHOICES – DO ONE:



**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.

**OR**

**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.

**OR**

**Talk to an outdoor expert.** Ask an older Girl Scout, an experienced hiker, or a 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.



Poison Ivy



Poison Oak

## Poison Ivy and Poison Oak

Poison ivy and poison oak can both cause an itchy rash.

Poison ivy and poison oak leaves both grow in sets of three, so a good rhyme to remember is “Leaves of three, let it be!” (They are not the only plants with leaves like this, but better to be safe than sorry.)

You can get a rash from the plant any time of year, even if there are no leaves—and even if the plant is dead!

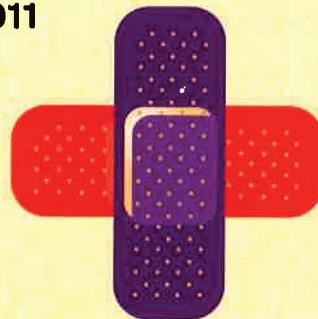


## Add the Badge to Your Journeys

Becoming a leader is full of adventures, and it's always best to be prepared for anything that could happen along the way. Your first aid skills help you live the Girl Scout motto as you have all sorts of Brownie fun in your world, your planet, or by telling your story!

**Now that I've earned this badge, I can give service by:**

- Getting help for injured people by calling 911
- Telling my friends how to play outside without getting hurt
- Helping others by treating minor injuries



**I'm inspired to:**



**Girl Scouts  
have often  
helped people  
because they  
were prepared  
to act in case  
of an accident.  
They have even  
saved lives.**

—Junior Girl Scout Handbook,  
1963

## Junior **First Aid**

**J**It can be scary if someone is sick or hurt, especially during an emergency. But when you've had practice and learned what to do, it's easier to stay calm! Find out how to help people when they're ill or injured and how to respond during an emergency in this badge.

### **Steps**

1. Learn the first steps to take in an emergency
2. Talk to first responders
3. Make a portable first aid kit
4. Find out how to handle urgent first aid issues
5. Know how to take care of someone who's sick

### **Purpose**

When I've earned this badge, I'll know how to help people who are sick or hurt.

Every step has three choices. Do ONE choice to complete each step. Inspired? Do more!

STEP

# 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. Then do one of the activities.

## CHOICES – DO ONE:

- 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.  
**OR** 
- Create a skit.** Make the skit about using Check, Call, Care in an emergency. Perform it for your family, your school, or friends.  
**OR** 
- 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.

## Fun FACT

One of the most common symbols for medicine is a snake twisted around a rod. The symbol is called the **Rod of Asclepius**. It is named for the ancient Greek god of medicine and healing.



# Check, Call, Care

It's easier to stay calm in an emergency if you know the clear steps to follow. Here they are:



## Check.

Before rushing to someone's aid, make sure the area is safe. That means there's no heavy traffic, fire, downed power lines, or other dangerous situations nearby.

## Call.

If the area is safe, check the injured person to see what's wrong. Then call

**9 1 1**

or ask an adult for help.

## Care.

Once you've called for help, you can offer to help the injured person by giving first aid.

### *Remember:*

Never put yourself in danger when you're trying to help someone else. For example, don't walk onto a highway, go into the ocean, or run into a burning building. You don't want emergency responders to have to rescue you, too.



Girl Scouts demonstrate the use of an improvised stretcher in the 1920s.

## First Responders

The first people called to the scene of an emergency are often called “first responders.” They might be police officers, firefighters, or paramedics.

## STEP 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.**

### CHOICES – DO ONE:

**Talk to an EMT or firefighter.** Ask an emergency medical technician (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.

**OR**

**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.

**OR**

**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.

**STEP**

# 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.

## CHOICES – DO ONE:

**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.

**OR**

**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!

**OR**

**Make a personal kit.** Keep it in your locker or desk at school.

## What Goes in a First Aid Kit



antiseptic wipes for cleaning wounds if soap and running water are not available



antibiotic ointment: apply a small amount to the bandage if the person is not allergic to the ingredients



assorted bandages for cuts, scrapes, and wounds

What else would you include?



## Epi Pen

An epinephrine autoinjector—also called EpiPen, Anapen, Twinject, or Jext—is a medical device usually used to treat allergic emergencies. A person may carry one of these injectors because they are allergic to something like nuts or bee stings.

## Inhaler

An inhaler—sometimes called a puffer—is a medical device used for quickly getting medicine into the lungs. It is often used by people with asthma, which is a chronic lung condition. Someone with asthma may have their lungs suddenly constrict, or tighten, and feel like they can't breathe. When a person with asthma is feeling uncomfortable, they may inhale deeply from one of these inhalers and hold their breath, giving the medicine time to settle in to the walls of their airways.

STEP

# 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.

### CHOICES – DO ONE:

**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.

**OR** 

**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.

**OR** 

**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.



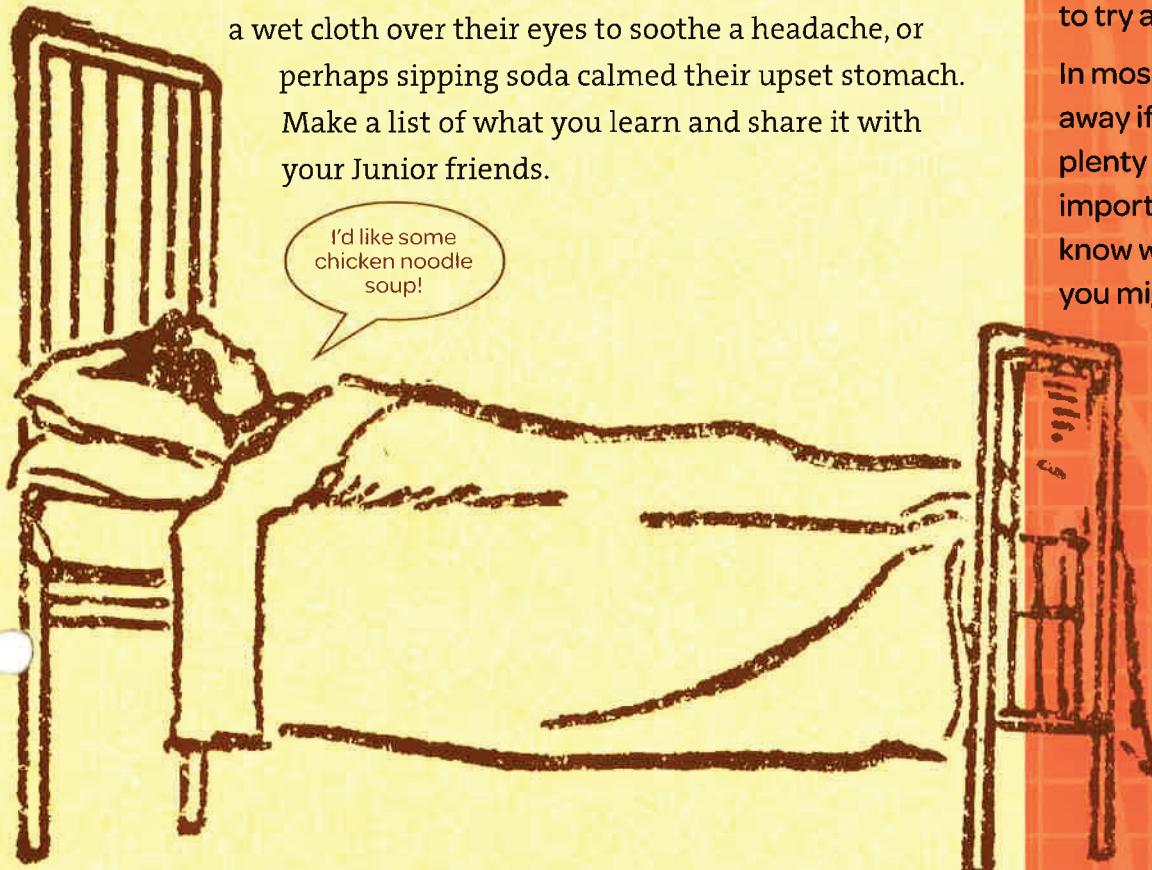
**STEP**

# 5 Know how to take care of someone who's sick

**When somebody 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).**

## CHOICES – DO ONE:

- 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.  
**OR** 
- Visit a medical clinic.** Talk to a doctor or nurse about simple things you can do to help people who are sick.  
**OR** 
- 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.



## Fevers

A fever is an increase in the body's temperature, usually caused by an infection or illness. A part of your brain called the hypothalamus knows that your body temperature should be around 98.6 degrees Fahrenheit (37° Celsius). It sends messages to the rest of your body to keep your temperature normal.

Body temperature can shift slightly during the day—it's often a little lower in the morning and higher at night. But if it goes much higher, it is usually a sign that you're sick. Scientists believe that the hypothalamus tells the body "to turn up the heat" to try and get rid of germs.

In most cases a fever will go away if you rest and drink plenty of fluids. Still, it's important to let your family know whenever you think you might have a fever!



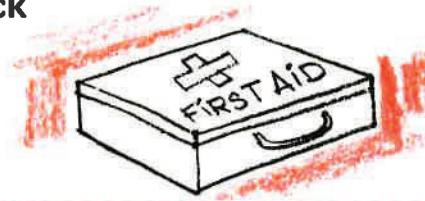
## Add the Badge to Your Journeys

Becoming a leader is full of adventures, and it's always best to be prepared for anything that could happen along the way. Your first aid skills will help you live the Girl Scout motto as you Take Action to make the world a better place.



### Now that I've earned this badge, I can give service by:

- Making portable first aid kits to be used on hikes and giving them to a Girl Scout camp
- Caring for family or friends who are sick
- Getting help quickly and calmly in an emergency



### I'm inspired to:



There are two things to do about all emergencies. The first is to prevent them from happening whenever possible. The second is to know how to deal with them swiftly and effectively when they do happen.

— Cadette Girl Scout Handbook, 1963

## Cadette

# First Aid

As you get older, you'll find yourself in charge more and more. That means you need to know what to do if people around you get sick or hurt! Find out how to deal with minor injuries and illnesses and how to tell when the problem is more serious in this badge.

### Steps

1. Understand how to care for younger children
2. Know how to use everything in a first aid kit
3. Find out how to prevent serious outdoor injuries
4. Know the signs of shock and know how to treat it
5. Learn to prevent and treat injuries due to weather

### Purpose

When I've earned this badge, I'll know how to take care of people in an emergency, including younger children in my care.

Every step has three choices. Do ONE choice to complete each step. Inspired? Do more!

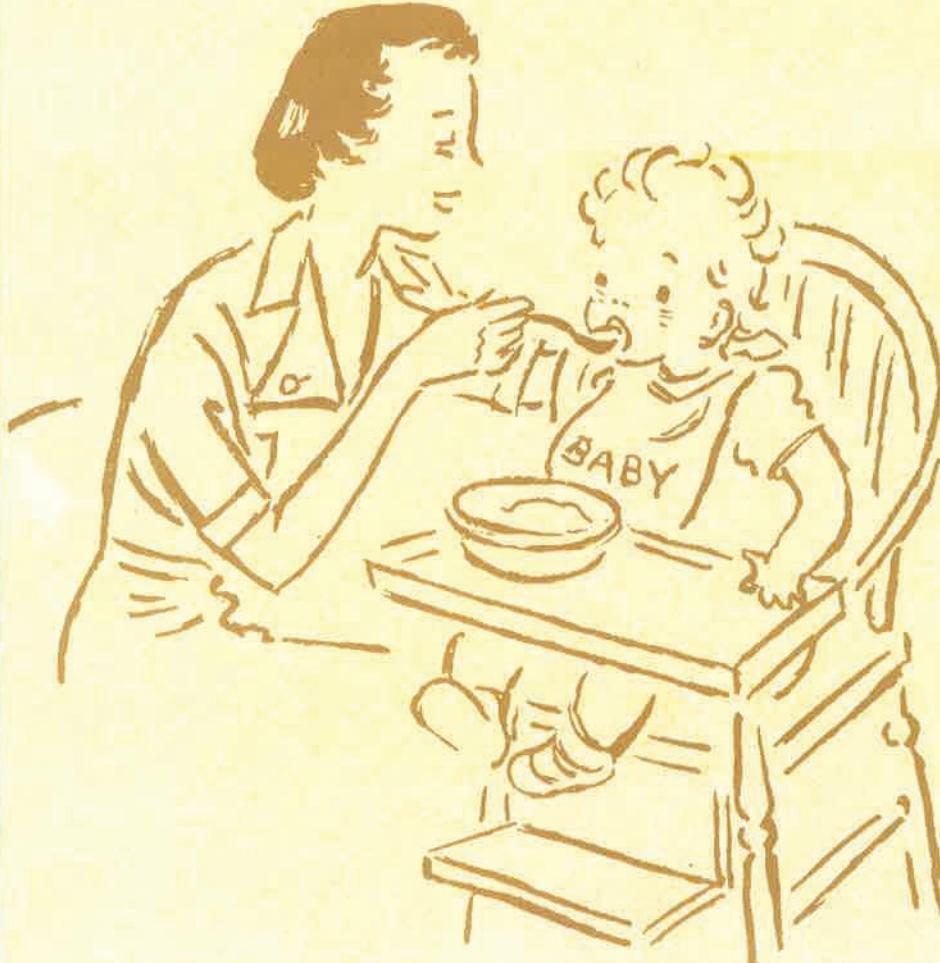
**STEP**

# **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.

## **CHOICES – DO ONE:**

- Take a babysitting class.** Find a class that includes first aid.  
**OR** .....
- 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.  
**OR** .....
- Talk to child care professionals.** Interview three people who work with children at a day-care center, camp, or your Girl Scout council about different medical emergencies they have encountered and how they handled them.



## **Careers to Explore**

- Pharmaceutical researcher
- Veterinarian
- Physical therapist
- First aid instructor
- Nursing aide
- Girl Scout camp counselor
- Paramedic
- Pharmacist
- Dentist
- Doctor
- Athletic trainer
- Massage therapist
- Nutritionist
- Chiropractor
- Wilderness guide

**STEP****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, by completing a choice below.

**CHOICES – DO ONE:**

**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.

**OR** .....

**Take a course.** Find one that includes information on using a first aid kit.

**OR** .....

**Talk to an emergency responder.** Ask an emergency medical technician (also known as an EMT) to visit your group and teach you to use the different pieces of a first aid kit. Divide into teams and practice using items in the kit on each other.

**FOR MORE FUN:** Make this a contest! Invite an EMT, firefighter, doctor, nurse, or Red Cross representative to be a judge.

**Personalize Your Kit**

Be sure to include:

- personal medications, if any
- emergency phone numbers and contact information
- information on any allergies
- any other items recommended by your doctor

Keep your kit up to date by:

- checking expiration dates and replace used or out-of-date contents
- making sure flashlight batteries work



## Survival Blanket

A survival blanket—also called a Mylar, solar, first aid, or thermal blanket—could save your life in an emergency. The blankets were first developed by the National Aeronautics and Space Administration (NASA) for use in space. They are made by coating a thin sheet of plastic with a reflecting agent. This agent reflects your body heat back into the body. If a person is injured on a hiking trip, a survival blanket can keep her warm while other people go for help. They may also be used to wrap a person who has fallen into cold water or to stay warm if the temperature drops suddenly on an overnight camping trip.



## STEP

## 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 the people who deal with wilderness emergencies.**

## CHOICES – DO ONE:

# SPRAIN SAVVY

What should you do if you or a friend sprains an ankle? Many muscle, bone, and joint injuries can be treated by following four steps, called **RICE**. That stands for Rest, Immobilize, Cold, Elevate.

## **R**est.

Don't move or straighten the injured area.

## **I**mmobilize.

Stabilize the injured area in the position in which you found it. Splint the injury only if the person must be moved and it doesn't cause more pain.

## **C**old.

Put ice in a plastic bag or damp cloth. Apply it to the injured area for up to 20 minutes at a time. Remove it for at least 20 minutes and then repeat if necessary. Always keep a barrier, such as plastic or cloth between ice and bare skin to reduce the risk of damaging skin and other soft tissue.

## **E**levate.

Propping up the injured leg or arm on something soft like a pillow or blanket will help reduce the swelling and make the person more comfortable. Do not elevate the injury if it causes more pain.



**STEP**

## **4 Know the signs of shock and know how to treat it**

Sometimes injured people act strangely after an accident or traumatic event. Find out what to do in this step.

### **CHOICES – DO ONE:**

**Research the signs of shock and how to treat it.** Discuss what you've learned with your family or Girl Scout group.

**OR** .....

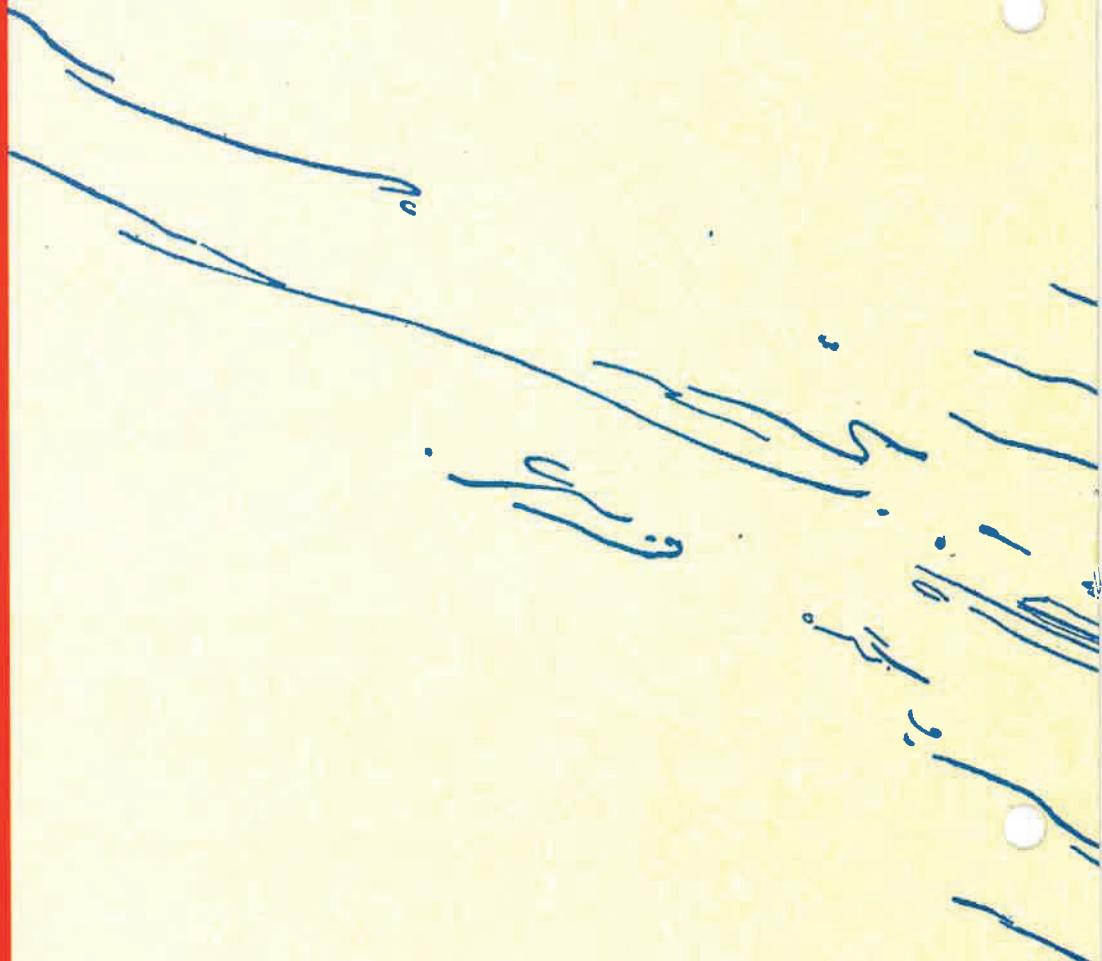
**Interview a doctor or nurse about the signs of shock.** Find out how you can help someone who is in shock, including how to get information from them that will help them get treated.

**OR** .....

**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.

## **Shock**

People often say they're "in shock" when something surprising happens, but the medical term is very serious. When a person is in shock, her body is not getting enough blood flow. Shock can be caused by several things, including heart problems, severe allergic reactions, or heavy bleeding from an injury.

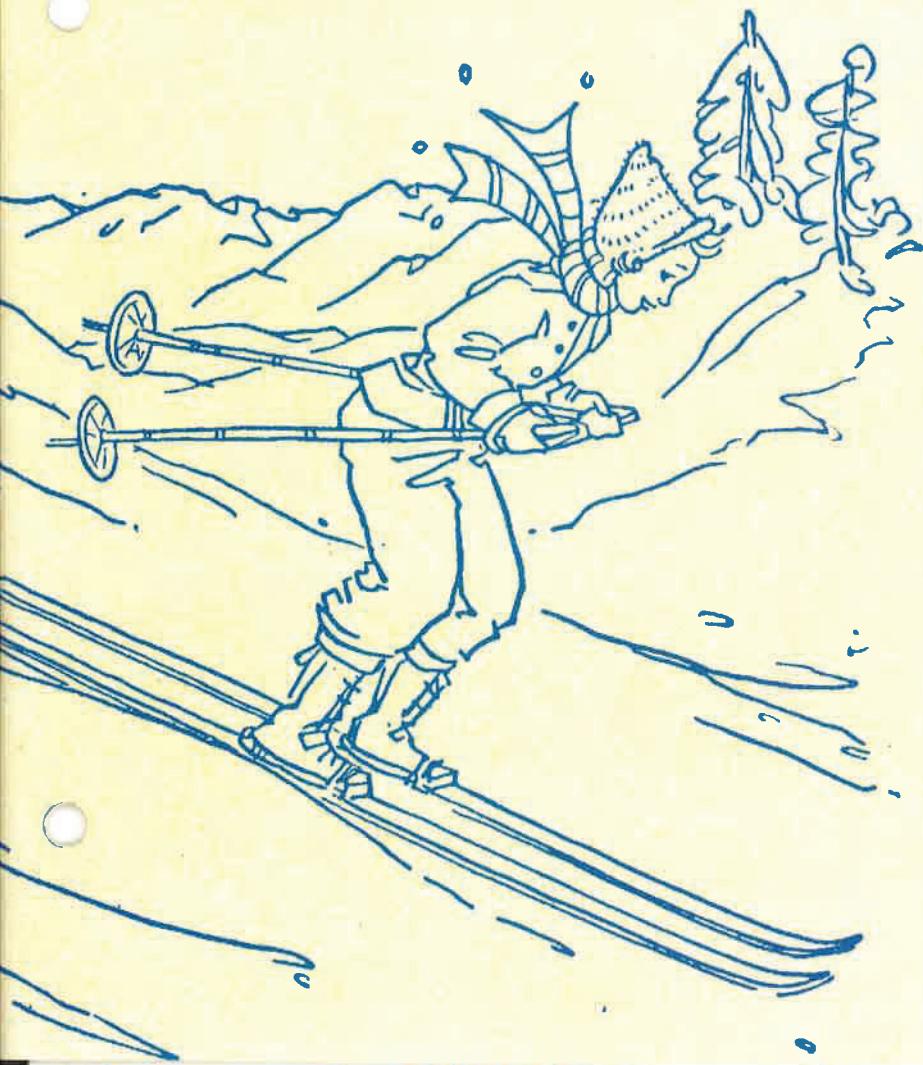


**STEP****5** Learn to prevent and treat injuries due to weather

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.

**CHOICES – DO ONE:**

- 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.  
**OR** .....
- 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 to get help.  
**OR** .....
- Interview a doctor or nurse.** Ask 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 to get help.



## Hypothermia

Hypothermia (lowered body temperature) occurs when the body loses heat faster than it can produce it. This can happen when wind, moisture, and cool temperatures draw heat away from the body at a rapid rate. A cool, breezy, drizzly day—even when the temperature is above freezing—can be more dangerous in terms of hypothermia than a calm, dry, cold day.

Being prepared is one of the best ways to prevent hypothermia. Stay warm in cold weather by dressing in layers and wearing a hat. Wool garments insulate well even when wet, but cotton holds moisture next to the skin and dries slowly. Prevent getting wet by covering up or immediately changing wet clothes. Eat high-energy foods and drink hot liquids.



## Add the Badge to Your Journeys

Becoming a leader is full of adventures, and it's always best to be prepared for anything that could happen along the way. Your first aid skills will help you live the Girl Scout motto as you head out on your Journeys to make the world a better place.

### Now that I've earned this badge, I can give service by:

- Educating others about staying safe while enjoying the outdoors
  - Being prepared to treat minor injuries with a first aid kit
  - Sharing my knowledge about caring for children with friends who are just starting to babysit
- .....



### I'm inspired to:



# Senior First Aid

**Keep cool. The only way to do this effectively is to learn beforehand what to do and how to do it. Then you are not frightened and can do readily and with coolness whatever is necessary to be done.**

— Girl Scout Handbook, 1930

Developed in partnership  
with the American Red Cross

As a Girl Scout Senior, you're on the go—home, school, clubs, activities. Wherever you are, you never know when you'll find yourself in the middle of an emergency. Would you know what to do? In this badge, find out how to differentiate between minor and major injuries, provide emergency treatment in some life-threatening situations, and share important information about injuries and illnesses.

## Steps

1. Find out how to perform triage
2. Know how to help a head or neck injury
3. Learn how to use everyday objects to make splints
4. Recognize the signs of drug overdose and alcohol poisoning
5. Share your knowledge with others

## Purpose

When I've earned this badge, I'll know how to give first aid for life-threatening injuries and illnesses.

Every step has  
three choices. Do ONE  
choice to complete each  
step. Inspired? Do more!

## Triage:

The process of sorting patients based on the severity of their injuries.



### More to Explore

#### Mock emergency drill.

With the help of a medical professional or qualified first responder, organize a mock emergency drill for your group. You could stage the aftermath of a multiple-vehicle car accident, a building collapse, a major fire, or a natural disaster such as a hurricane or tornado. Assign some people to be victims and give them different types of injuries. Designate others to do triage and offer first aid.

After you're done, discuss how you did with your expert and find ways you could have improved your response.

## Tip Before Takeoff

When you've earned this badge, you'll be able to help people in serious situations. But you can actually hurt the people you are trying to help if you don't have top-notch first aid skills. For that reason, you *must* take a first aid course and become CPR certified as part of this badge (in step 1, step 2, or step 3).

#### STEP

## 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 treat the injured.

#### CHOICES – DO ONE:

- 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 others.  
**OR**
- 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.  
**OR**
- Talk to an emergency medical technician (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.

#### STEP

## 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.

#### CHOICES – DO ONE:

- Take a first aid course.** Find one from the Red Cross or a community organization that covers head and neck injuries.  
**OR**
- Take a lifeguarding course.** Find one that covers head and neck injuries.  
**OR**
- Talk to a professional.** Ask a doctor, nurse, or qualified first responder to show you how to care for head or neck injuries.

**STEP**

## 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, then do one of the activities below.

### CHOICES – DO ONE:

- 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 at 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.  
**OR**
- 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.  
**OR**
- 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.

**STEP**

## 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.

### CHOICES – DO ONE:

- Interview a police officer.** Find one who often deals with teen drug and alcohol emergencies.  
**OR**
- Visit an emergency room.** Interview a doctor, nurse, or EMT.  
**OR**
- 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.

### Careers to Explore

- **Military doctor**
- **Pharmacy aide**
- **Alcohol and substance abuse counselor**
- **Dental hygienist**
- **CPR instructor**
- **Speech therapist**
- **Day care owner**
- **Biomedical engineer**
- **Nurse**
- **Psychologist**
- **Physical education teacher**
- **Sleep technician**
- **Public health educator**
- **Medical illustrator**
- **Social worker**

**STEP****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.**

**CHOICES – DO ONE:**

- 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.

**OR**

- 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.

**OR**

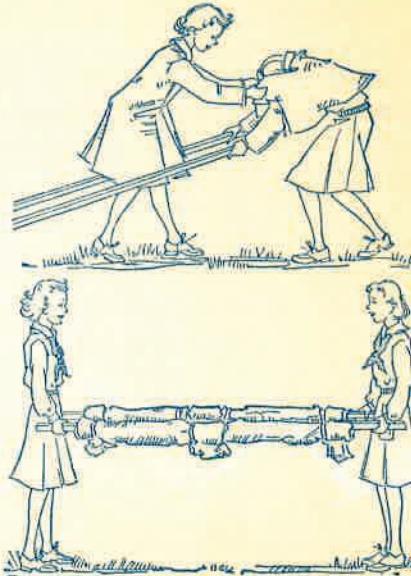
- Share with your community.** For example, you might volunteer to assist local agencies during a Disaster Preparedness Day event and to talk to community members about what you've learned.

**Add the Badge to Your Journeys**

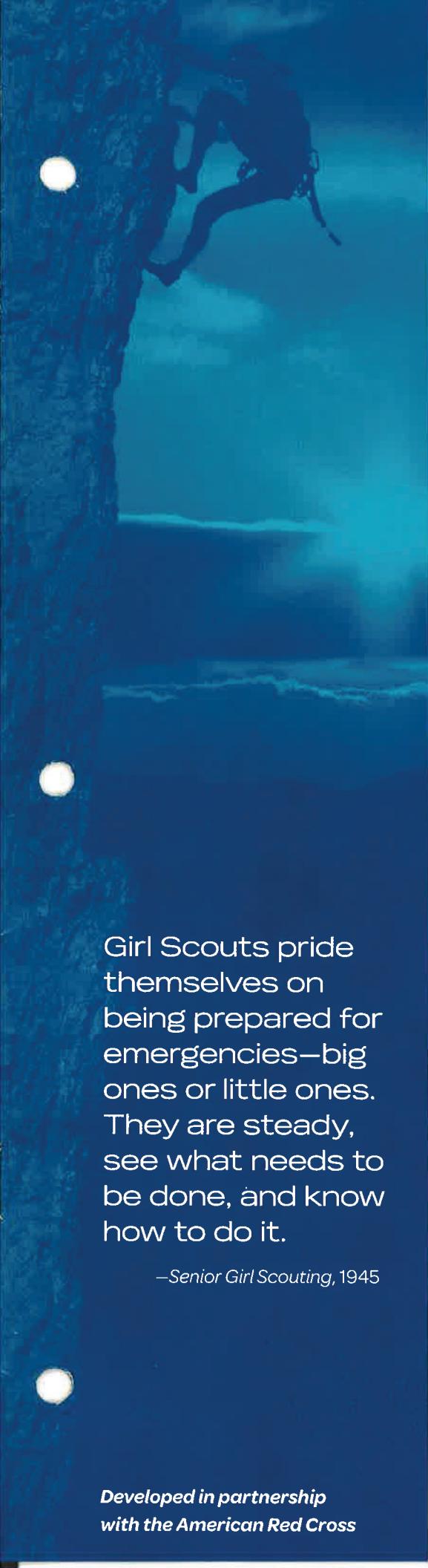
Your first aid skills help you be prepared for any emergencies you encounter in your Journeys or in your daily life.

**Now that I've earned this badge, I can give service by:**

- Educating others about the dangers of drinking or doing drugs, as well as how to get help for a drug overdose or alcohol poisoning
- Volunteering to help younger Girl Scouts earn their First Aid badges
- Being prepared to offer first aid when needed

**I'm inspired to:**

IMPROVISED STRETCHER MADE OF TWO COATS



## Ambassador

# First Aid

Girl Scouts get the chance to experience amazing outdoor adventures—and when you're exploring outside, anything can happen. When it does, others may look to you as an Ambassador to know what to do in an emergency situation. In this badge, learn skills that define the Girl Scout motto. You'll be prepared to handle any outdoor situation, from treating a mosquito bite to saving a life.

Girl Scouts pride themselves on being prepared for emergencies—big ones or little ones. They are steady, see what needs to be done, and know how to do it.

—Senior Girl Scouting, 1945

## Steps

1. Learn how to deal with medical emergencies in the wilderness
2. Research careers that save lives in extreme conditions
3. Find out how to care for a critically injured person
4. Know how to move an injured person
5. Explore real-life examples for handling wilderness emergencies

## Purpose

When I've earned this badge, I'll know more about how to provide first aid in extreme conditions.

Every step has  
three choices.  
Do ONE choice to  
complete each step.  
Inspired? Do more!

## Tip Before Takeoff

- If you haven't earned the Senior First Aid badge or had any formal training in first aid and CPR, complete a basic first aid course through your local Red Cross chapter or Girl Scout council before starting this badge.

STEP

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.

### CHOICES – DO ONE:

- 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.  
**OR**
- Open water.** Interview a certified lifeguard, emergency medical technician (EMT) who works on open water, or Coast Guard medic about how to handle the kinds of emergencies you might encounter on the ocean or a large body of water.  
**OR**
- Mountains.** Talk to an EMT, wilderness first responder, or rescue squad member with wilderness first aid training about the emergencies you might encounter on a trip in the mountains—including high-altitude sickness—and how to handle them.

## High-Altitude Sickness

The higher you climb, the less oxygen there is in the atmosphere—and the greater the chances you or a companion will experience altitude-related problems.

At heights above 8,000 feet—or even at lower altitudes during strenuous activities like hiking, biking, and climbing—many people experience mild effects from acute mountain sickness. In severe cases, acute mountain sickness can cause life-threatening conditions such as swelling or extra fluid in the heart, lungs, brain, and muscles.

### Prevention

What's the best way to avoid high-altitude sickness?

Here are the basics:

- Climb slowly. Take at least two days to reach 8,000 feet. For every 1,000 or 2,000 feet you go above that, rest for a day or two to let your body adjust before you continue.
- Drink plenty of fluids.
- Eat regularly, especially foods high in carbohydrates.

## Early Warning Signs

- Headaches, breathlessness, fatigue
- Nausea or vomiting
- Difficulty sleeping
- Swelling of the face, hands, and feet
- Rapid pulse

## More Serious Symptoms

- Bluish skin tone or gray complexion
- Confusion
- Congestion/tightness in the chest
- Cough/coughing up blood
- Withdrawal from social interaction/loss of consciousness
- Inability to walk in a straight line, or to walk at all
- Shortness of breath when resting

## Treatment

If you recognize any of the early warning signs, the most important thing is to descend to a lower altitude (quickly but safely) before the symptoms get worse. If you or a companion suffers from more serious symptoms, call for emergency help immediately. You may need treatment with oxygen, specialized drugs, or in a hyperbaric chamber.



## 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.

### CHOICES – DO ONE:

- Wilderness rescue.** Interview a lifeguard, park ranger, or member of a wilderness search-and-rescue squad or ski patrol.  
**OR**
- 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.  
**OR**
- 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.

### Careers to Explore

First response or wilderness EMT

Girl Scout outdoors specialist

Veterinarian

Physician's assistant

Home health aide

Special education teacher

Veterinary technician

Hearing therapist

Combat medic

Dental hygienist

Epidemiologist

Nurse

Ultrasound technician

Midwife

Laboratory technician

Acupuncturist

Pharmacy technician

## Page from the Past

### First Aide badge

1924–1938

Girls earning this badge in 1925 had to demonstrate:

- Applying a sterile dressing
- Stopping bleeding
- Putting on a splint
- Making a stretcher from uniform blanket or Scout neckerchief and poles



## STEP 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 can take over. Find out how to keep an injured person alive for 16 to 24 hours.

### CHOICES – DO ONE:

**Take a wilderness first aid course.** Find a course taught by a certified instructor or endorsed by an accredited organization such as the Wilderness & Remote First Aid course offered by the Red Cross. (Ambassadors can be certified as American Red Cross Instructors in this course and others.)

OR

**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.

OR

**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.



**STEP****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 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.

**CHOICES – DO ONE:**

- 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.

**OR**

- 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.

**OR**

- 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.

Photo courtesy of Girl Scouts of the USA-National Historic Preservation Center. Used by permission.



First Aid was a basic part of Girl Scouting in 1913. Savannah Girl Scouts demonstrate the proper way to carry an invalid.

**First Responders**

The people called to the scene of an emergency are often called "first responders." They might be police, firefighters, and paramedics, but people in many other career fields are also trained to be first responders. A first responder may be someone from child protection agencies, Poison Control, mental health service employees, or members of a crisis hotline.

# Flight Paramedics

A flight paramedic, or flight medic, is a paramedic who is trained to work on patients in flight. They usually travel in helicopters with other medical personnel, such as doctors and nurses. (Most large hospitals have helicopters and places for them to land safely.) A flight paramedic works to keep a patient stable while they're flown to a hospital. These paramedics must be able to stay calm and focused in a hectic environment—and usually have at least five years' experience working as a paramedic on the ground.

STEP  
**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.

### CHOICES – DO ONE:

- 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.

**OR**
- Investigate extreme first aid.** Find at least five 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 else's life?

**OR**
- 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?



# Wilderness Challenge



Once you've earned this badge, you will be prepared for many of the challenges the wilderness can throw at you. So why not put your skills to the test with a friend or two—and find out if you have what it takes to survive a real wilderness challenge?

**C**ome up with a scenario that would really challenge your limits, and find a group of two to six people to take it on with you. Imagine a raging blizzard moving in while you're hiking, your car breaking down on a lonely stretch of road in the desert, or other test. Then, come up with a way to spend a full 24-hour day—maybe even two—testing your ability to "be prepared" and survive using your skills. Work on your challenge idea with an experienced Girl Scout adult who can help decide on details and create a backup emergency plan.

## THINK ABOUT

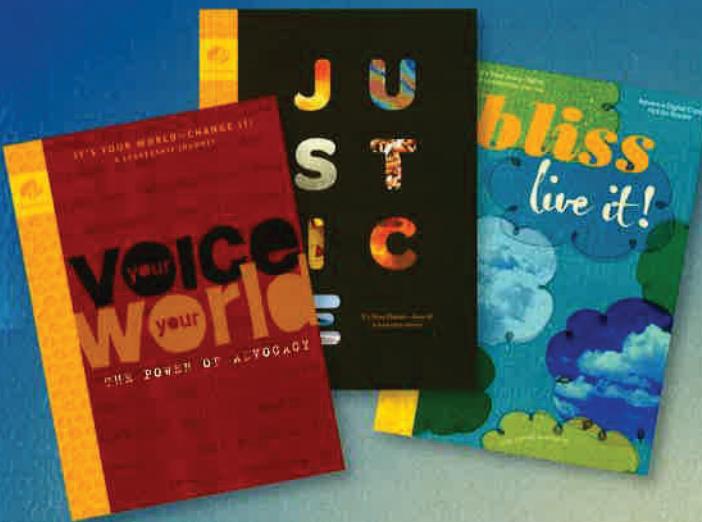
- **Supplies:** What do you normally have available in your school backpack, handbag, or car? If you are suddenly stranded you will be limited, adding to the challenge, so make your supply list as realistic as possible.
- How you'll find water if you need it
- What you'll need to keep yourself warm (or cool if it's hot)
- How to make sure everyone in the group is staying healthy. What will you do if someone starts showing signs of dehydration, hypothermia, heatstroke, or altitude sickness? What will you do in case of poisonous insect or snake bites? How would these types of situations influence the decision-making capacity of the affected group member?

During your challenge, have each girl write a few sentences in a journal every hour. Keep track of your moods and that of the group as a whole. You may be surprised by how quickly people fall into certain roles—one girl may take on the role of the leader, while another may work at keeping people cheerful and motivated. Capture your thoughts about how well your group works together.

Once you are safely back home, reflect on your challenge. What did you learn about things you should always carry? Is there anything you'd like to have on hand in an emergency that you don't normally have with you? What about things you'd do without? Were you surprised by anything that happened within your group?

"I don't ever remember Mrs. Low being without her beloved whistle and knife dangling from her leather belt!"

— Josephine Daskam Bacon, early Girl Scout Chairman of Publications and Publicity

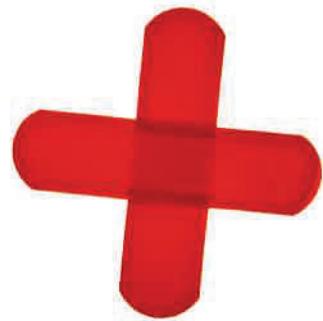


## Add the Badge to Your Journeys

Any time you venture outside on your journeys, the skills you learned in this badge will keep you prepared.

### Now that I've earned this badge, I can give service by:

- Inspiring others to learn first aid by sharing stories of people who have used their training to save other people's lives
- Organizing a career day to help others learn about jobs in wilderness or survival medicine
- Being prepared to handle serious medical emergencies on outdoor adventures with confidence



I'm inspired to: