

## Brownie First Aid Badge

Hello! Today we will be checking off our Brownie First Aid badge steps! 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!

To earn this badge we will need to complete these steps:

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

First, you need to know that an emergency is when something serious happens:

- fire
- car accident
- someone get hurts and can't help themselves

Find out how to get help from 911 by doing one of these activities. Role play with an adult or practice 911 with a friend or family member or get advice from an expert!

Use the PowerPoints as a reference to learn more about how to get help from 911 along with these activities!

[https://docs.google.com/presentation/d/1h5Z0ZW4eIjHIjY3EyZR9M3o50\\_c7qAIUMgqGIZheCO/edit#slide=id.p](https://docs.google.com/presentation/d/1h5Z0ZW4eIjHIjY3EyZR9M3o50_c7qAIUMgqGIZheCO/edit#slide=id.p)



Name: \_\_\_\_\_

## Calling 911

Directions: When do you call 911 for help? Read the scenes shown below. write a check mark next to an example of when you might call 911 for help.

- Daddy fell and banged his head and is bleeding.
- My friend Bobby stole my new marbles and hid them.
- Dad is next door and there's a man peeking in the windows.
- The neighbor stuck her tongue out at my sister.
- Fido ate my Math homework, again!
- My aunt and I were just in a car accident and my aunt isn't feeling well.
- Someone just threw a rock through the window at my next door neighbor's house.
- The ice cream man kept driving and didn't stop for me.

## STEP 2

For this step, ask for tips about staying safe, and find out how they use first aid!

To complete this step choose one of the following to complete, interview a medical professional or talk to the police or visit a fire station!

Learn more by reviewing the PowerPoint in addition to completing activities! Go on a virtual field trip with the fantastic crew from fire station 26 in Memphis, TN!

<https://docs.google.com/presentation/d/1R7CiY0aApnyH0YcitJFKiylsY1va8S60Q7Gx9LyhhO8/edit>

[https://www.youtube.com/watch?v=qO6j6oJtK\\_Q](https://www.youtube.com/watch?v=qO6j6oJtK_Q)

## STEP 3

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!

You can make a first aid kit for your home or for your Girl Scout meeting place or make a first aid kit and donate it to a local organization like a shelter or food pantry!

Review the PowerPoint to get inspired on making a first aid kit!

[https://docs.google.com/presentation/d/1o\\_sOlceE54luMHLyvHg\\_q0px0KurYz27QaVkgTNq\\_IJO/edit](https://docs.google.com/presentation/d/1o_sOlceE54luMHLyvHg_q0px0KurYz27QaVkgTNq_IJO/edit)

<https://www.youtube.com/watch?v=zy2FWEggCfs>

## STEP 4

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. Complete one of these activities to check off this step!

Get tips from a medical professional or learn with the Red Cross or talk to an EMT! Review the PowerPoint to learn more about treating minor injuries!

<https://youtu.be/tA6Pommd07U>

[https://docs.google.com/presentation/d/1TPsgxIB\\_OP1yQuZ-XA97UQRBO20NKtqRDTODdDPEc23w/edit](https://docs.google.com/presentation/d/1TPsgxIB_OP1yQuZ-XA97UQRBO20NKtqRDTODdDPEc23w/edit)

# FIRST-AID KIT CHECKLIST

<b>MEDICATION</b>	<b>OTHER</b>
<input type="checkbox"/> Antihistamine	<input type="checkbox"/> Tweezers
<input type="checkbox"/> Antacid tablets	<input type="checkbox"/> Thermometer
<input type="checkbox"/> Ibuprofen	<input type="checkbox"/> Tissues
<input type="checkbox"/> Rehydration pills or electrolytes replenisher	<input type="checkbox"/> Aloe
<input type="checkbox"/> Cold relief medicine	<input type="checkbox"/> Hand sanitizer
<input type="checkbox"/> Sleep aid	<input type="checkbox"/> Lip balm
<input type="checkbox"/> Motion sickness relief	
<input type="checkbox"/> Muscle relaxer	
<b>EMERGENCY</b>	
<input type="checkbox"/> Gauze pads	
<input type="checkbox"/> Various sized bandages	
<input type="checkbox"/> Alcohol swabs or antiseptic wipes	
<input type="checkbox"/> First-aid balm or sting relief, anti-itch cream, & antibiotic cream	

*Don't forget to fill out your Medical ID available via the Health app on iPhone to list emergency contacts, allergies, & your doctor's info.*

**SMARTERTRAVEL**

## STEP 5

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!

Choose one of these activities, take a hike or read all about it or talk to an outdoor expert!

<https://docs.google.com/presentation/d/1OhxpqZ6Equ-H0A8IfN7Nx-kKoLWX1WNeedidoCNdj/edit>

<https://www.kuhl.com/borninthemountains/common-outdoor-injuries-and-how-to-treat-them/>

## ADDITIONAL RESOURCES

[https://youtu.be/0fQ99\\_MS-Eo](https://youtu.be/0fQ99_MS-Eo)

<https://youtu.be/gO3UjPCu4Y>

<https://www.redcross.org/take-a-class/first-aid/performing-first-aid/first-aid-steps>

Name: \_\_\_\_\_

I. Circle things that go into a basic first aid kit:



II. Answer the multiple choice questions about using the above objects.

- How would you treat a scraped knee?
  - Give the injured person candy
  - Put an ice pack on it
  - Give them an aspirin and water
  - Put a band-aid on it
- If someone had sprained an ankle, what would you do?
  - Put an ice pack on it
  - Put a Band-aid on it
  - Wrap it with an Ace Bandage
  - Both A and C
- If someone is bleeding, what would you use to protect yourself from the blood?
  - Scarf
  - Paper Tape
  - Rubber Gloves
  - Ace Bandage
- If someone has heat exhaustion, which has symptoms of sweating, neausea, dilated pupils, and vomiting, how would you treat it?
  - Move to a cool place
  - Give them water to drink
  - Apply Ice Packs
  - All of the above