



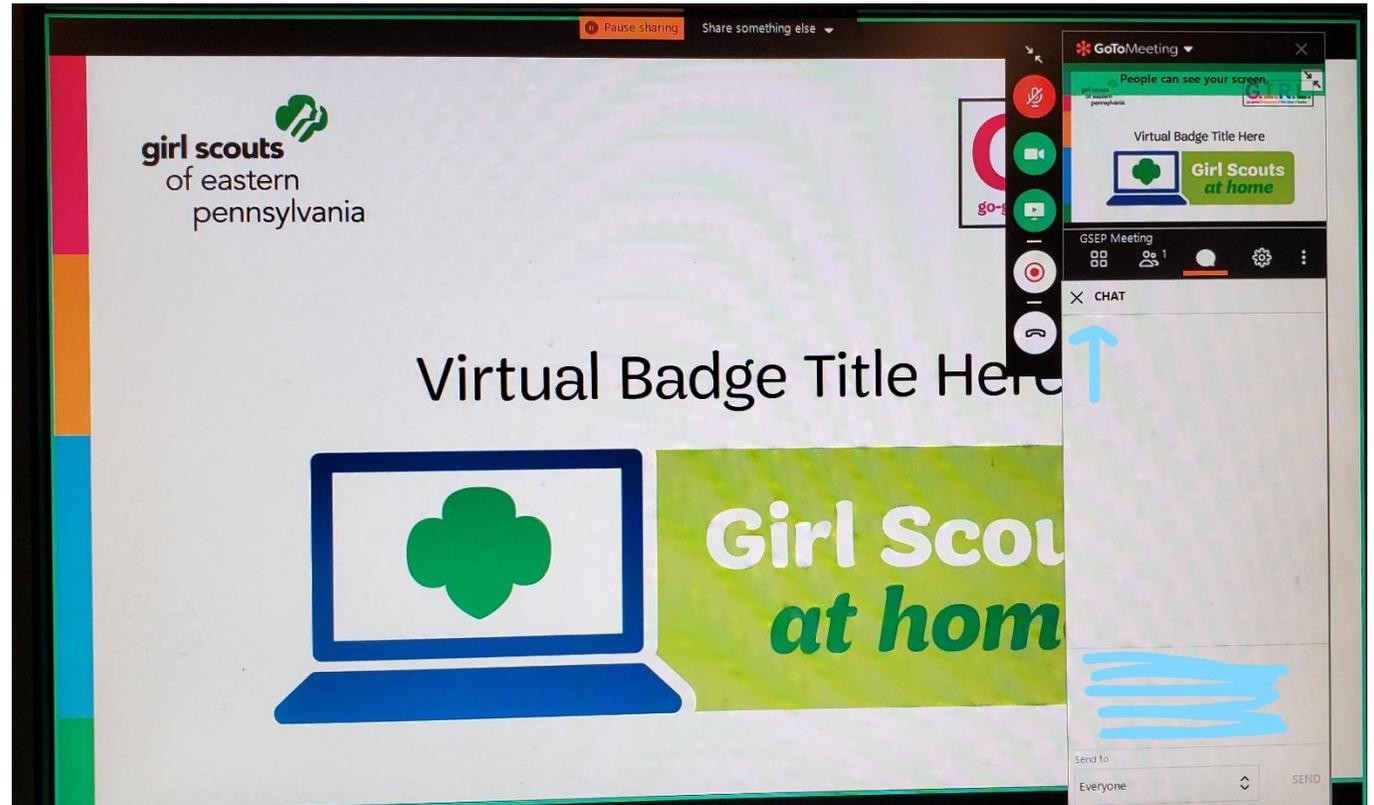
Cadette First Aid



Girl Scouts
at home

How will this Virtual Troop Meeting Work?

- On the right side of your screen, there is a control panel. You should see a microphone, a video camera and a chat bubble.
- When we sing together, you will want to click on your microphone so it is green. Then everyone will be able to hear you.
- If you have a webcam, clicking on it will let everyone else in the meeting see you too.
- The Chat Log looks like a cartoon thought bubble...see it underlined in red? You can type questions or comments into the chat log and everyone will be able to see what you write!



Girl Scout Promise & Law

Girl Scout Promise

On my honor,
I will try, to serve God,
and my country, to help
people at all times,
and to live by the Girl
Scout Law.



Girl Scout Law

I will do my best,
to be honest and fair,
friendly and helpful,
considerate and caring,
courageous and strong,
responsible for what I say and do,
to respect myself and others,
respect authority,
use resources wisely,
make the world a better place and
be a sister to every Girl Scout.

First Aid

Purpose:

To learn to take care of people in an emergency, including younger children in your care.

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 how to treat it
5. Learn to prevent and treat injuries due to weather

Caring for Younger Children

- What are some common injuries or illnesses children have?



Caring for Younger Children

Issue

- Nose bleeds
- Sore throat
- Stomachaches
- Headaches
- Bumps and bruises and scrapes



What to do.....

- Apply pressure to the bridge of the nose, have child sit down and put head forward
- Fluids, warm tea/ water, soft foods, rest
- Ask them if they are hungry, or thirsty, or if they need to go to the bathroom
- Have them rest, and drink some water
- Wash all open wounds with soap and water. You can apply ointment and bandages if needed

Caring for Younger Children

Issue

- Common colds
- Sore throat
- Diarrhea

What to do.....

- Rest, fluids
- Rest, fluids
- Rest, fluids



First Aid Kits

- What do you think is important to have in a first aid kit?





Outdoor Injury Prevention

What are some common Injuries we can get when in the outdoors?

Outdoor Injury Prevention

- Be Prepared
- Pack Accordingly
- Let people know where you will be, what your plan is
- Know how to get help if you need it

Know Risk Factors

Rocky Slopes = joint injuries

Water Activities = hypothermia / drowning

Animal Injuries = most common bug bites— leading to infections

Outdoor Injury Treatment



- Hygiene
 - Small issues will become big issues if they become infected
 - Keep injuries clean and covered

Local infection – near the site of the wound, warm and red

Infection is Spreading – redness, warm to touch, and swelling over entire area (if in the arm the whole arm is affected)

Severe Infection- All the symptoms above, as well as puss, hot to the touch, person has general fever, redness and swelling spreading over other body parts

A photograph of a campfire burning brightly in a forest. The fire is contained within a ring of dark, jagged rocks. The background is filled with lush green foliage and fallen logs. On the right side of the image, there is a semi-transparent white box with a thin black border containing text.

Outdoor Injury Treatment

- **Rule of 3**
 - **3 seconds** - PMA
 - **3 minutes** - Air
 - **3 hours** - Shelter
 - **3 days** - Water
 - **3 weeks** - Food

SHOCK

- **Shock** may result from trauma, heatstroke, blood loss, an allergic reaction, severe infection, poisoning, severe burns or other causes.
- When **a person** is in **shock**, his or her organs aren't getting enough blood or oxygen. If untreated, this can lead to permanent organ damage or even death.

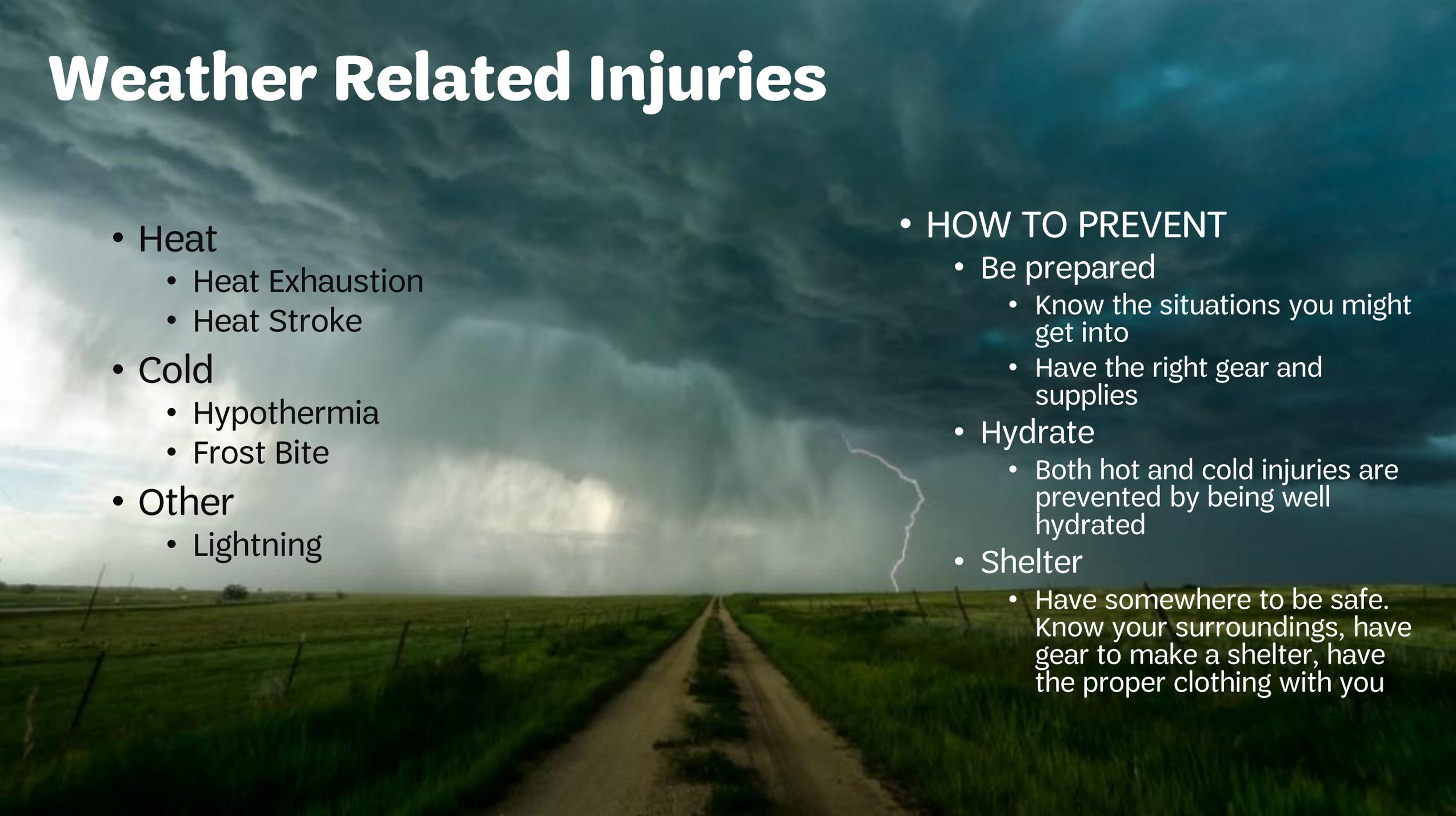
Symptoms of all types of shock include:

1. Rapid, shallow breathing
2. Cold, clammy skin / Pale or ashen skin
3. Rapid, weak pulse
4. Dizziness or fainting
5. Weakness
6. Bluish/Gray tinge to lips or fingernails
7. Rapid pulse
8. Enlarged pupils
8. Changes in mental status or behavior, such as anxiousness or agitation

TREATMENT

- Lay the Person Down, if Possible. Elevate the person's feet about 12 inches
- Begin CPR, if Necessary. If the person is not breathing or breathing seems dangerously weak
- Treat Obvious Injuries.
- Keep Person Warm and Comfortable

Weather Related Injuries



- Heat

- Heat Exhaustion
- Heat Stroke

- Cold

- Hypothermia
- Frost Bite

- Other

- Lightning

- HOW TO PREVENT

- Be prepared

- Know the situations you might get into
- Have the right gear and supplies

- Hydrate

- Both hot and cold injuries are prevented by being well hydrated

- Shelter

- Have somewhere to be safe. Know your surroundings, have gear to make a shelter, have the proper clothing with you



What is next?

- On your Own....
 - Learn about the different common injuries and illnesses you are interested in
 - Build Your Own First Aid Kit
 - You may want more than one depending on your activities
 - Add items as you learn more
 - Learn more about treatment of:
 - Outdoor Injuries
 - Hypothermia
 - Heat Stroke
 - Shock