



Junior First Aid

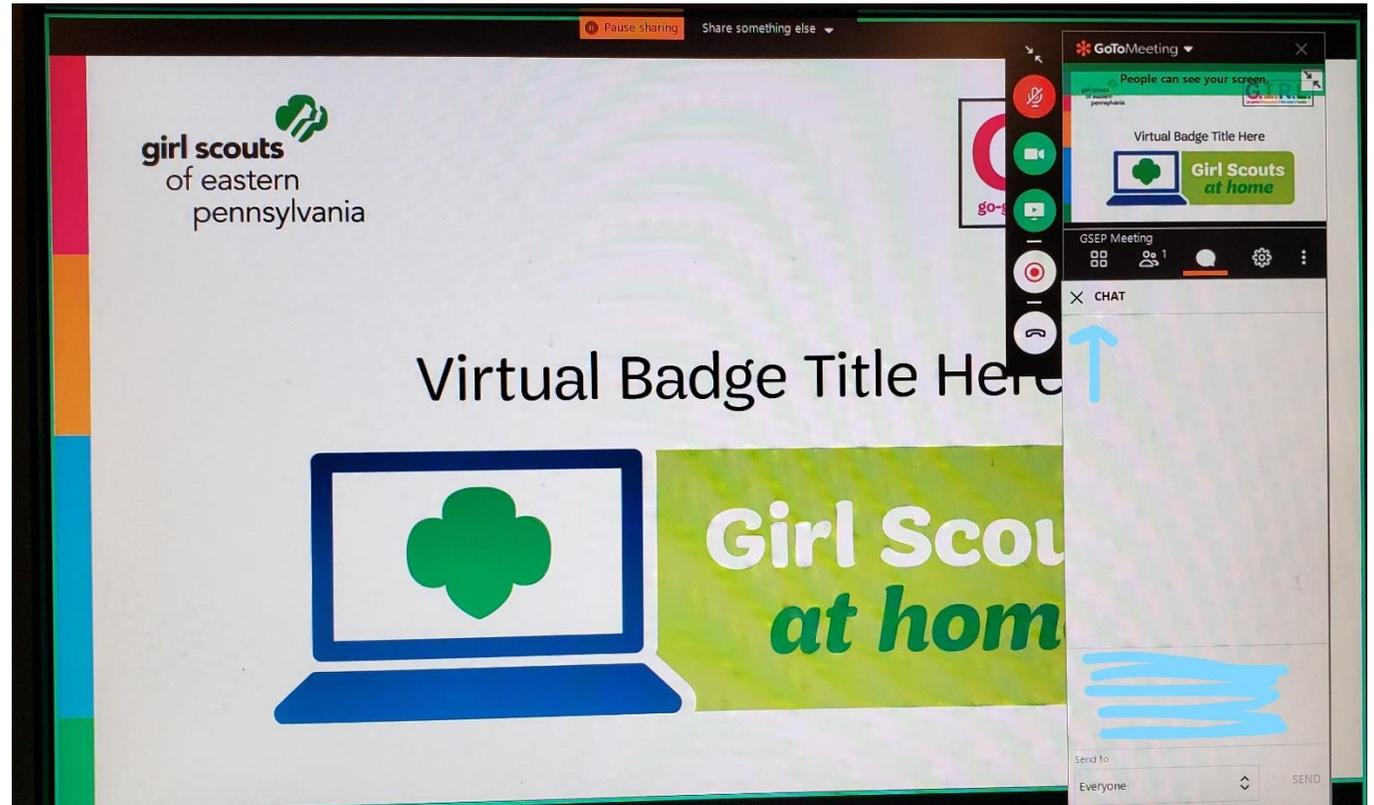
Don't forget your materials:
Paper
Pencil / Pen



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!



Meeting Norms:

-Staying muted unless asked to unmute by the presenter

-Only using the chat log for VTM related messages

-Use of appropriate language during VTMs

-Behavior modelling the GS Promise and Law



Girl Scout Promise and Law

The 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.

The Girl Scout Law

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



Badge Requirements

- 1.) Learn the first steps to take in an emergency.
- 2.) Talk to a first responder.
- 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 sick.

Purpose:

When I have earned this badge, I will know how to help people who are sick or hurt.





Check, Call, Care

CHECK the scene for safety, only help if it is safe to do so. If you get hurt, you can't help someone else.

CHECK the person. Ask them if they are okay. Ask them if you can help them.



- **CALL** for help: Yell out for help from people around you.
- **CALL** 911 and notify someone in charge.

CARE—Using basic First Aid/ Safety/CPR Skills



What do you do if you need to call 911?

What to say when you call?

- Your name
- What is happening
- Where you are
- What your phone number is

What if you call by accident?

- Don't hang up
- Explain it was an accident
- If you just hang up, people will come to help because they will think you are in danger and could not stay on the phone.

Should you call?

1. A friend falls from a tree and is hurt
2. You see a stranger lurking around your house
3. You are home alone and bored
4. Your neighbor's house is on fire
5. You see a car accident and people look hurt
6. You have an argument with your parents
7. Your dog is limping and crying
8. You see someone break into your neighbor's house

1. Yes
2. Yes
3. No
4. Yes
5. Yes
6. No
7. No
8. Yes

9-1-1



First Aid Memory Challenge



YOU WILL SEE A PICTURE



YOU WILL HAVE 25 SECONDS TO
MEMORIZE THE ITEMS



THE PICTURE WILL GO AWAY AND
WE WILL SEE WHO REMEMBERS
ALL THE ITEMS





What do you REMEMBER



What to do when someone is hurt

Issue

- Nose bleeds
- Other Bleeding
- Bumps and bruises and scrapes
- Joint Pains (twisted ankles)

What to do.....

- Apply pressure to the bridge of the nose, have child sit down and put head forward
- Pressure to the wound, bandages, ice, elevate
- Wash all open wounds with soap and water. You can apply ointment and bandages if needed
- R.I.C.E.
 - Rest Ice Compression Elevate



Caring for Someone who is Sick

Issue

- Common colds
- Sore throat
- Diarrhea /Vomiting

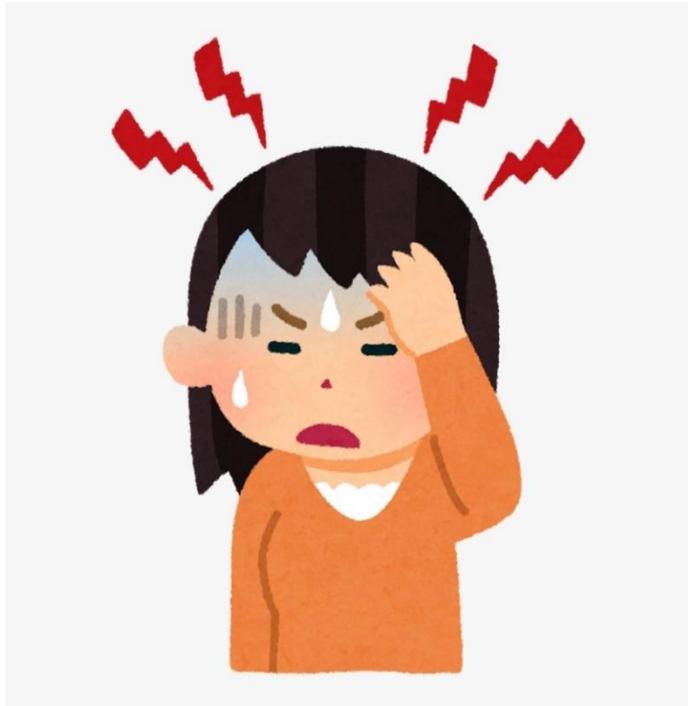


What to do.....

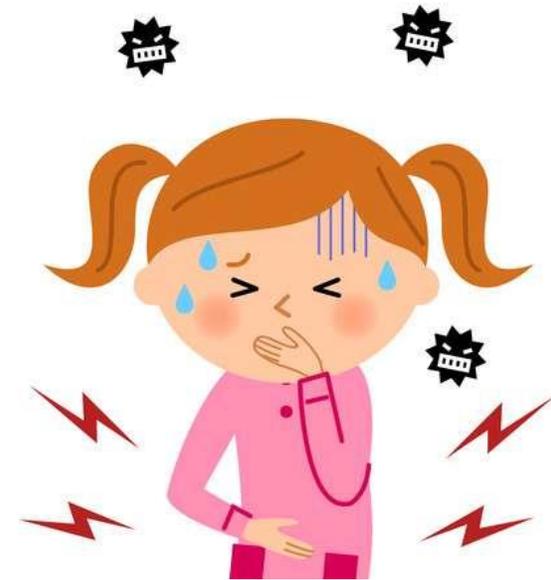
- Rest, fluids
- Rest, fluids
- Rest, fluids

Common Pains

- Stomachaches
- Headaches



- Ask them if they are hungry, or thirsty, or if they need to go to the bathroom
- Have them rest, and drink some water



What is Next?



Make our own First Aid Kit



Talk with a First Responder



Put your new Knowledge to Work