

Outdoor Skills Challenge Activity

First Aid

Learn how clean and dress a wound, take care of someone experiencing hypothermia, make splints, and execute various emergency carries.

By completing the level-appropriate activities in this guide (see chart below), you'll earn your First Aid Rocker!



FIRST AID	Daisy	Brownie	Junior	Cadette	Senior	Ambassador
Bandaid/Cut	+	+				
Burn		+	+	+		
Direct Pressure			+	+	+	
Hypothermia Wrap				+	+	+
Splints					+	+
Emergency Carries						+

First Aid

Taking Care of a Cut D B

MATERIALS

- Soap and water
- Gloves
- Washable marker
- Gauze pads or washcloth
- Band aids

OBJECTIVES

Girl Scouts will be able to clean and bandage a small cut.

Activity

1. Ask the Girl Scouts what they should do if they get a small cut or scrape. Answers should include:

- Let an adult know.
- Wash it with soap and water.
- Cover it.
- Keep it clean.
- Don't touch someone else's blood.

2. Demonstrate how to clean and bandage a cut.

- a. Use the washable marker to draw a small "cut" on someone's arm or leg.
- b. Put gloves on.
- c. Ask the person if you can help them with the cut.
- d. Use soap and water to wash the cut.
- e. Let the skin dry.
- f. Apply a band aid.

3. Partner and Practice

- a. Have each Girl Scout get a partner.
- b. Draw a small "cut" on each Girl Scout.
- c. Have their partner follow the steps above to clean and bandage the cut.

What should be in a First Aid Kit?

Leaders can open up a First Aid Kit to show what should be inside. Items include:

- Various sizes of adhesive bandages
- Ice Pack
- Rolls of gauze or guaze pads
- Disposable Gloves
- Antiseptic Wipes
- Triple Antibiotic Ointment
- Disposable Face Mask
- Acetaminophen and/or Ibprophen
- Itch-Stopping topical cream
- Scissors

For more information visit redcross.org

First Aid

Caring for a Minor Burn B J C

MATERIALS

Running Water

Gauze

Gloves

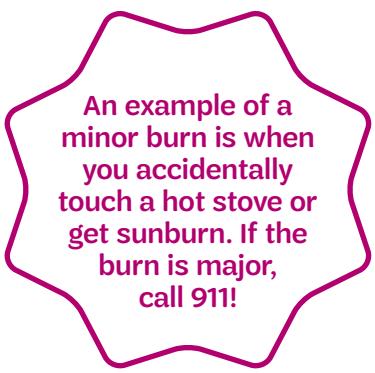
Ketchup (or another substance that is easily removed with running water)

OBJECTIVES

Girl Scouts will be able to care for a minor burn.

Activity

1. Ask the Girl Scouts what they should do if they get a minor burn. Answers should include:
 - Let an adult know.
 - Put the skin that was burned under cool running water.
 - Cover it with a dry, clean cloth.
 - Keep it clean.
 - Don't touch someone else's blood.
2. Demonstrate how to care for a minor burn.
 - a. Put a small amount of ketchup on someone's arm to represent a burn.
 - b. Put gloves on.
 - c. Ask the person if you can help them with the burn.
 - d. Put the arm under cool running water.
 - e. Pat dry.
 - f. Apply a clean, dry cloth.
3. Partner and Practice
 - a. Have each Girl Scout get a partner.
 - b. Put a small "burn" on each Girl Scout.
 - c. Have their partner follow the steps above to clean and bandage the burn.



An example of a minor burn is when you accidentally touch a hot stove or get sunburn. If the burn is major, call 911!

First Aid

Applying Direct Pressure

J C S

MATERIALS

Washable marker

Gauze pads or washcloth

Gloves

OBJECTIVES

Girl Scouts will be able to apply direct pressure to a bleeding wound.

Activity

1. Ask the Girl Scouts what they should do if they see someone bleeding. Answers should include:
 - Let an adult know.
 - Apply pressure.
 - Cover it.
 - Keep it clean.
 - Don't touch someone else's blood.
2. Demonstrate how to apply direct pressure to stop a cut from bleeding.
 - a. Use the washable marker to draw a small "cut" on someone's arm or leg.
 - b. Put gloves on.
 - c. Ask the person if you can help them with the cut.
 - d. First put your gloved hand on the cut, pushing down to apply pressure.
 - e. Then grab gauze or a washcloth and put that on top of the wound. Place your hand on top of the gauze and apply pressure.
 - f. Ask the Girl Scouts if they should take the gauze off, if they think it has stopped bleeding.
 - g. The answer should be no, as they may peel off the first part that has started to heal.
 - h. Explain to the Girl Scouts that if the wound bleeds through the gauze or washcloth, just apply another layer on top.
3. Partner and Practice
 - a. Have each Girl Scout get a partner.
 - b. Draw a small "cut" on each Girl Scout.
 - c. Have their partner follow the steps above to apply direct pressure to a wound.

First Aid

Hypothermia Burrito Wrap C S A

MATERIALS

Plastic tarps, sleeping bags, emergency blanket, blankets, sleeping pads, or similar material

OBJECTIVES

Girl Scouts will be able to create a hypothermia burrito wrap.

Activity

1. Ask the Girl Scouts what they should do if they experience hypothermia. Answers should include:
 - Let an adult know.
 - Get out of the cold.
 - Re-warm the body, if the body will not be going back out in the cold.
 - Check in on the person.
 - Call for help.
2. Demonstrate how to keep a person with hypothermia warm.
 - a. Explain that a hypothermia burrito wrap should be used when a hypothermic patient needs to be warmed and that 911 should also be called.
 - b. Place a tarp on the ground, or an emergency foil blanket.
 - c. Place a sleeping pad, sleeping bag or blankets down. A couple layers is best.
 - d. Place the patient inside a sleeping bag and on top of the bedding.
 - e. Wrap the blankets and tarp snuggly around the patient, leaving their face visible.
 - f. Continually check to make sure the patient is conscious and not over heating.
3. Partner and Practice
 - a. Have the Girl Scouts split into small groups. Have the group follow the instructions above to create their burritos.
 - b. Let each Girl Scout experience the warmth of being the patient, as well as the person helping the patient.
 - c. Caution! This burrito can become warm quickly, especially for someone without hypothermia, do not stay wrapped too long during practice.

What is Hypothermia?*

Hypothermia is when the body temperature drops below 95° F.

When body temperature drops, the heart and other organs can't work as well as they usually do. Left untreated, hypothermia can cause the heart and respiratory system to fail and eventually can lead to death.

Common causes of hypothermia include prolonged exposure to cold weather or immersion in cold water.

You can tell a person has hypothermia if their skin is cold, if they are shivering uncontrollably, they have slow breath and low pulse.

*information from www.mayoclinic.org

First Aid

Splints S A

MATERIALS

A mix of what you have of the following: blankets, cravats/bandanas, rope, sleeping pads, Sam Splints, roller bandages, etc.

WHAT ARE SPLINTS?

Anatomic Splints (Buddy Taping): Taping an injured finger or toe to an adjacent uninjured digit, or taping an injured leg to the uninjured leg.

Soft Splints: Pillows, blankets, or folded triangular bandages, commonly used for ankle or foot injuries.

Anatomical Splint (Activity One)

1. Ask the Girl Scouts what they should do if they hurt a joint or bone. Answers should include:
 - Let an adult know.
 - Don't move it.
 - Keep it the way that you found it unless you have to move it.
 - Splint it.
2. Demonstrate what to do.
 - a. Gather supplies.
 - b. Have a Girl Scout sit with one leg acting as the injured leg, straight out.
 - c. Bring the other leg, gently, right next to the injured leg.
3. Partner and Practice
 - a. Have each Girl Scout get a partner.
 - b. Each partner should take turns to follow the steps above to create an anatomical leg splint.



A



B



C



D



E, F

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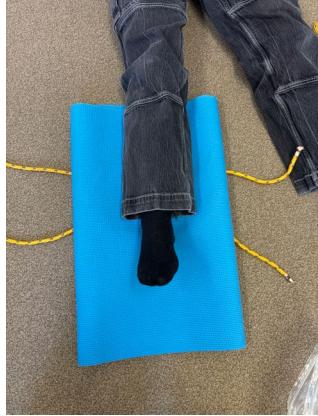
Soft Splint (Activity Two):

1. Demonstrate what to do.
 - a. Gather supplies.
 - b. Have a Girl Scout sit with one ankle acting as injured.
 - c. Take a blanket and fold it tightly.
 - d. Place it up to about mid-shin, under the leg, or how far you can get it and still have about a foot's length past the foot.
- e. Put a cravat or rope under the blanket and tie it taught around the leg, do this again slightly lower around the leg.
- f. Now, fold the blanket up around the foot and tie a rope or cravat around the foot.
- g. Take care not to try to straighten the ankle.

2. Partner and Practice
 - a. Have each Girl Scout get a partner.
 - b. Each partner should take turns to follow the steps above to create soft ankle splint.



A



C, D



E, F

First Aid

Emergency Carries A

MATERIALS

Blankets

OBJECTIVES

Girl Scouts will be able to safely execute emergency carries.

Examples of Emergency Carries (Activity One):

1. Discuss when someone should execute an emergency carry. Answers should include:
 - When the patient is in danger such as in a burning or collapsing building.
 - If someone gets injured in a remote area and there is no way to get help where you are located.
2. Make sure you feel safe and are able to carry the person. If you're unsure how to move them safely or you're not strong enough, wait for help.
 - a. Check that the scene is safe before approaching or moving the person.
 - b. If the person is conscious, ask for their permission to help, and explain the plan.

Beach Drag

1. Patient is lying face up on the floor.
2. Rescuer should stand behind the patient's head and bend down to reach under their arm pits and grasp firmly.
3. Making sure to bend the knees and not lift with the back, rescuer should walk backwards, pulling the patient along.
4. Keep the patient close to the ground.
5. Drag to safety.

Blanket drag

1. Roll or help patient onto a blanket.
2. Grasping the blanket firmly on either side of the patient's head, rescuer should bend the knees, making sure not to lift with the back, and walk backwards, pulling the patient along.
3. Keep the patient close to the ground.
4. Drag to safety.

Walking Assist

1. To be used when the patient can walk, just not very steadily.
2. Stand beside the patient and grasp the wrist closest to you, with your far hand.
3. Lift that arm up and over your neck.
4. Your other hand should wrap around the patient's waist, pulling the two of you close, so that your hips touch.
5. Assist the patient to safety by walking slowly with them.

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Four Handed Seat

1. Two rescuers should make a seat by grabbing each other's wrists to create a square. Your right hand grabs your own left wrist, and your left hand grabs your partner's right wrist.
2. Have the patient sit on the square you've made with your arms and wrap the patient's arms around each of the rescuer's necks and shoulders.
3. Carry to safety and safely set down.

Competition (Activity Two):

1. Break into two teams.
2. Have a patient ready at the opposite end of the room for each team.
3. The leader should call out the type of emergency carry.
4. The next person, or two people, if the carry calls for two, will safely carry that patient back to the line.
5. The first team safely back to the line gets a point.
6. The rescuer becomes the next patient. (If two rescuers, they can decide who the patient is.)
7. First team to three points wins!