



Brownie First Aid Badge – Life Skills Pillar

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

Step 1:

What I'll do: Find out how to get help from 911

What I'll need:

- A phone
- Parent or other adult, friend, or older sibling to role play the dispatcher

How I'll do it:

Practice making a call 911 with a friend or family member.

Things to remember:

1. Be in a safe place when making your call.
2. Stay calm when on the phone.
3. Answer the Dispatcher's questions the best you can.

The Dispatcher will ask you questions like these:

1. What is your telephone number?
2. What is your name?
3. Where are you? Or, are you home, what is your address?
4. What happened?
5. What is wrong?
6. What's been done already to help?
7. Don't hang up until the dispatcher does, or says good bye.

If you accidentally dial 911, and do not need help, **stay on the line until the dispatcher answers.**

Step 2:

What I'll do: Talk to someone who treats injured people.

1. Write down five questions that you would like to ask someone who uses first aid to help people.
2. The people who use first aid might be a firefighter, EMT, or police officer. You can also ask your interview questions of a doctor, nurse or maybe the nurse at your school. Who will you ask?

3. Most fire departments, police departments and ambulance companies have a non-emergency number that you can call. Explain that you are a Girl Scout Brownie, working on your First Aid Badge, and would like to ask a few questions, if they have time.
4. You can also call the non-emergency number and see if you can visit the station and have a tour.

Step 3:

What I'll do: Learn how to treat minor injuries.

1. With adult permission and supervision, please visit the American Red Cross. To access a free First Aid program. You may use this link

<https://www.redcrosslearning.com/course/b4411ec0-c610-11e6-babf-4fecf6ce231c>

Step 4:

What I'll do: Make a first aid kit for your home, a parent's car, or one that will fit in your backpack.

What I'll need:

1. Decide what size first aid kit you want to make. A kit for home will be larger than a kit for your backpack.
2. Make of list of things to put into your first aid kit.
3. Self-adhering bandages, like BandAids, for small cuts
4. 4x4 gauze dressings, for larger cuts
5. Roller bandage, to help hold the 4x4 dressing in place
6. Tweezers
7. Disposable gloves
8. A bandana or two. These have many uses.
9. Small container or bar of soap, to wash out cuts
10. A safety card to remind you what to do in an emergency
11. A waterproof container or zipper bag to put it all in

Step 5:

What I'll do:

Take a hike and bring along my hiking first aid kit. While hiking, see I you can identify poison ivy, without touching it! If you happen to touch it by accident, immediatly wash with warm soapy water!



Where I can purchase the Badge: <https://www.girlscoutshop.com/BROWNIE-FIRST-AID-BADGE>