

Senior First Aid Badge – Life Skills Pillar

Goal: When I've earned this badge, I will know how to give first aid for life-threatening injuries and illnesses.

Step 1:

What I'll do: Learn how to prevent and treat injuries, including head and neck injuries.

How I'll do it:

1. With adult permission and supervision, please visit the American Red Cross to access a free Adult and Pediatric First Aid/CPR/AED program. You may use the link below.

<https://www.redcrosslearning.com/course/301040f0-c611-11e6-981d-bb8e5751112f>

2. When you have completed the course, be sure to print your completion certificate!

Step 2:

What I'll do: Learn how to recognize and manage poisoning accidents.

How I'll do it:

1. With adult permission and supervision, please visit the UCONN Poison Control Center website at <https://health.uconn.edu/poison-control/educational-information/poison-control-in-action/> and click and watch "Video Part 1" <https://www.youtube.com/watch?v=vxUQrzuAjVM> and "Video Part 2" <https://www.youtube.com/watch?v=wkJQRmgUkbo> for information on how to recognize and get help for poisoning accidents.
2. You can also visit the American Association of Poison Control Centers at <https://aapcc.org/Prevention/adult-education> to learn more!

Step 3:

What I'll do: Building on the lessons from the First Aid class, learn how to make splints out of everyday objects. Talk to someone who treats injured people, by participating in an online Senior First Aid question and answer forum sponsored by GSOFCT.

What I'll need: Suggestions for improvised splinting materials:

1. Pillow
2. Bandanas
3. Blanket
4. Towel
5. Pillow case
6. Duct tape
7. 2 sticks: 1-inch diameter and 18-inches long

How I'll do it:

With adult supervision and permission, visit the GSOFACT.org website and look for times when our Senior First Aid sessions are available. Be sure to have some first aid supplies on hand, and we'll talk about how these might be used in a real-life situation. You might even want to have a sibling or adult participate with you, so you can try out your ideas.



*This last picture is not a splint, but an improvised way to control severe bleeding!

Step 4:

What I'll do: Participate in a First Aid/CPR class.

How I'll do it:

Visit the GSOFACT.org website. Go to the **Girl Events** section and with your parent or leader look for a First Aid/CPR/AED class for Seniors. Or, with your leader and your troop, schedule a Boomerang First Aid/CPR/AED class for your troop. Be sure to bring your First Aid/CPR/AED completion certificate to continue on your path to certification, if desired. Please note, at this time, the First Aid/CPR/AED classes will begin no earlier than June 15, 2020.

Step 5:

What I'll do: Now it's your turn! How will you share what you have learned?

How I'll do it:

Suggestions:

1. Make a video for younger girls working on their First Aid badge.
2. Share with others about how to recognize potential poisons and how to avoid accidents.
3. Create a presentation for your peers on how to make improved splints that might be used on a hiking trip or some other time when you need to move an injured person.

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