



Junior First Aid Badge – Life Skills Pillar

Goal: When I've earned this badge, I will know how to help people who are sick or hurt.

Step 1:

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

What I'll need:

- Paper
- Pen or pencil

How I'll do it:

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

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

2. Take some notes on CHECK, CALL, CARE to be used in step 2.

Step 2:

What I'll do: Make a poster for your family

What I'll need:

1. Paper
2. Markers or crayons
3. Your notes from the program you watched in Step 1.

How I'll do it:

Make a poster reminding your family of the CHECK, CALL, CARE steps to take in an emergency. With a parent's permission, put your poster in a place where you will be able to review it in an emergency, such as near the family first aid kit.

Step 3:

What I'll do: Make a portable first aid kit for a parent's car, or one that will fit in your locker or a 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 parent's car.
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 4:

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

How I'll do it:

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 Junior, 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 5:

What I'll do:

Know how to take care of someone who is sick.

How I'll do it:

With a parent or other adult, visit a trusted website such as, The Mayo Clinic, The Cleveland Clinic, and find out how to take care of someone with a cold, a fever, or the flu. Also, talk to family members about what made them feel better when they were sick. Maybe they wanted a cool cloth for their headache, or some warm chicken soup.

Now, role play with your family or friends. Assign someone to be the patient and then practice caring for them.

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