



## First Aid



## Badge Overview

If someone was sick or hurt, would you know how to help? In this badge, you'll find out what to do in an emergency, from calling 911 to using first aid to treat minor injuries. When the unexpected happens, you'll be prepared!

## Badge Components

### 1. Find out how to get help from 911

If there is an emergency, you should remain calm and be sure you are safe. Find an adult to help if you can and call 9-1-1. They will be able to send police officers, firefighters, and/or an ambulance to help! There are some things you should know before calling 9-1-1.

- Earn this step by using this [worksheet](#) to learn what you need to know and to practice calling 9-1-1.

### 2. Talk to someone who treats injured people

One emergency that can happen is a fire. In this case, firefighters will come to help! There are things you can do to help prevent fires in your home while also being prepared in case it does happen.

- Earn this step by watching this [video](#) to learn some fire safety tips from a fireman!

### 3. Make a first aid kit

It's important to have a first aid kit nearby in case of a medical emergency, big or small! With your parent's help, earn this step by first figuring out what items you need for a first aid kit. This [graphic](#) is a great place to start.

- Get all your items together, and then find a waterproof container to store them in. Find an easy to reach location to store it and make sure all your family members know where it is! It is important to restock items you have to use and to regularly check the expiration dates on your items and replace those that are out-of-date.

### 4. Learn how to treat minor injuries

There are some minor injuries that can happen and are easy to treat! Likely, your parent's have helped you when you've had one of these injuries before.

- Earn this step by talking with a parent about what you should do to treat a bruise, scrape, and cut with the supplies in your first aid kit! This way you will be able to help yourself and others in the future.

### 5. Know how to prevent and treat outdoor injuries

While playing outside can be a lot of fun, there are some things to look out for that can cause some problems. Earn this step by watching the 3 videos linked below to learn more about what can cause some problems outside, and be sure to listen for what to do to help treat them!

- [Splinters](#)
- [Mosquito bites](#)
- [Poison ivy](#)

## Materials

- Access to internet
- Something to write with
- [Calling 9-1-1 Worksheet](#)

## Florida Educational Standards

The content of all Girl Scout national proficiency Badges and Journeys have been correlated by grade level to national and state learning objectives.

[Click here](#) for more information on how Girl Scout Badge-work supports Florida's educational standards.



We love to see Girl Scouts in action. Snap a photo and send it to [marcomm@gssef.org](mailto:marcomm@gssef.org).

Include her name, troop# and the name of the badge she's working on and we'll feature her.

Finished with your badge? Now buy it for your Girl Scout Uniform. Order online at <https://www.girlscoutshop.com/SOUTHEAST-FLORIDA-COUNCIL> and we'll ship it for free.

.....  
Questions? Contact [customercare@gssef.org](mailto:customercare@gssef.org)