



First Aid



Badge Overview

As you get older, you'll find yourself in charge more and more. That means you need to know what to do if people around you get sick or hurt! Find out how to deal with minor injuries and illnesses and how to tell when the problem is more serious in this badge.

Badge Components

1. Understand how to care for younger children

There are multiple scenarios where you may be caring for a younger child at a Girl Scout event, while babysitting, while at home with siblings, etc. It is important to know how to help them when a medical situation arises. Earn this step by reviewing the Red Cross Babysitting Emergency Reference guide found [here](#). What are the signs and what should you do for the situations below?

- Nosebleed
- Cuts and scrapes
- Burns
- Allergic reaction
- Asthma attack
- Accidental poisoning
- Choking

2. Know how to use everything in a first aid kit

There are many items commonly found in a first aid kit to treat minor injuries that may occur. Earn this step by finding out what each item in the first aid kit is used for. Kits may have guides in them, and items may have directions on their packaging. Be sure to get your parent's permission before going online if you have to do some research.

- If you have a first aid kit, be sure you understand all of the contents. If you do not have a first aid kit, you can buy or create your own! You can use this [graphic](#) to get guidance on what items to put in it, and be sure you understand what each is used for.
- It is also important to regularly check the expiration dates on the items in your kit and replace those that are out-of-date.

3. Find out how to prevent serious outdoor injuries

A common outdoor injury is an ankle sprain. Earn this step by first watching this [video](#) to learn how to properly support an ankle sprain with athletic tape. For ankle and other kinds of sprains, many recommend following the four steps represented by the acronym **R.I.C.E.** Find out what each letter stands for!

4. Know the signs of shock and how to treat it

Shock is a very serious medical condition, and it is important to recognize the signs and know what to do. Earn this step by first learning about shock with the help of this [sheet](#). Then, teach your family or sister Girl Scouts about what you have learned so they can be prepared, too!

5. Learn to prevent injuries due to weather

There are multiple injuries that can be caused by weather, both hot and cold. Earn this step by first learning more about a condition connected to hot weather [here](#), and one connected to cold weather [here](#). Then, learn about how both hot and cold weather can affect your skin and underlying tissues. With your parent's permission, research the cause, signs, and treatment for both sunburn and frostbite.

Materials

- Something to write with
- Something to write on
- Access to internet
- First aid kit

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.



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