



First Aid



Badge Overview

It can be scary if someone is sick or hurt, especially during an emergency. But when you've had practice and learned what to do, it's easier to stay calm! Find out how to help people when they're ill or injured and how to respond during an emergency in this badge.

Badge Components

1. Learn the first steps to take in an emergency

If you're on the scene of an emergency, the steps to follow are Check, Call, Care.

- Earn this step by using the information in this [infographic](#) to create your own check, call, care poster or video to educate others on these important steps!

2. Talk to first responders

First responders are those that get to the scene after you've called 911, and usually include emergency medical technicians (EMTs), firefighters, and police officers. If needed, EMTs will take the injured back to the hospital in an ambulance, where doctors and nurses will take over.

- Earn this step by watching this [video](#) to hear from an emergency room nurse about what her job is like!
- Do you know someone who is a first responder or works in emergency medicine? You can also earn this step by speaking with them to learn about medical emergencies and first aid.

3. Make a portable first aid kit

Portable first aid kits allow you to carry essential supplies to be able to handle minor situations wherever you go.

- Earn this step by preparing your own portable first aid kit. Be sure to choose a waterproof container and use the [checklist](#) to get everything you need.
- Then, decide where you want to keep it, like in your family's car. It is also important to inform your family where you have put it and what it inside so they can utilize it if needed.

4. Find out how to handle urgent first aid issues

There are a variety of urgent first aid situations that can happen in an instant. With your parent's permission, earn this step by doing some research to find out what to do in each of the situations below. This [chart](#) is a good place to start!

- Nosebleed
- Cuts and scrapes
- Fractures and sprains
- Burns
- Accidental Poisoning

5. Know how to take care of someone who's sick

It is also important to know what you can do when someone is sick with a common illness like a cold, fever, allergies, etc.

- Earn this step by talking to family members about what has made them feel better when they've been sick. You can also see what your parent's have done for you when you've been sick before too.

Materials

- Something to write with
- Something to write on
- Access to Internet
- [Portable First Aid Checklist](#)

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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