

# JUNIOR FIRST AID BADGE - MEETING 1

**Badge Purpose:** When girls have earned this badge, they'll know how to help people who are sick or hurt.

**Activity Plan Length:** 1.5 hours

Time	Activity	Materials Needed
15 minutes	Getting Started <ul style="list-style-type: none"> <li>Girls recite the Girl Scout Promise + Law.</li> </ul>	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster
5 minutes	First Aid Brainstorm <ul style="list-style-type: none"> <li>Girls learn the first steps to take in an emergency.</li> </ul>	<input type="checkbox"/> (Optional) Poster board, whiteboard, or chalkboard
20 minutes	Oh No! <ul style="list-style-type: none"> <li>Girls continue discussing how to act in an emergency.</li> </ul>	None
25 minutes	How Can I Help? <ul style="list-style-type: none"> <li>Girls learn how to handle urgent first aid issues.</li> </ul>	<input type="checkbox"/> First aid instructions (one per pair of girls) <input type="checkbox"/> Note cards <input type="checkbox"/> Bandage tape or masking tape <input type="checkbox"/> Different size bandages <input type="checkbox"/> Popsicles sticks <input type="checkbox"/> Magazines <input type="checkbox"/> String, ribbon, or long strips of cloth <input type="checkbox"/> Dish towels, medium-sized towels, or blankets <input type="checkbox"/> Gauze or similar absorbent material <input type="checkbox"/> Cardboard, or other similar stiff material
15 minutes	Snack Chat <ul style="list-style-type: none"> <li>Girls enjoy a healthy snack while discussing what they have learned.</li> </ul>	<input type="checkbox"/> Healthy snack
15 minutes	Wrapping Up	<input type="checkbox"/> (Optional) Make New Friends song lyrics poster

## Getting Started

Time: 15 minutes

Materials Needed: (Optional) Girl Scout Promise and Law poster

Welcome everyone to the meeting, recite the Girl Scout Promise and Law.



## Activity #1: First Aid Brainstorm

Time: 5 minutes

Badge Connection: Step 1 – Learn the first steps to take in an emergency

Materials Needed: (Optional) Poster board, whiteboard, or chalkboard

1. Ask the girls to brainstorm some types of emergencies. If you'd like, you can have one of the girls write down the types of emergencies on the poster board, whiteboard, or chalkboard.
2. Next, ask the girls to brainstorm ways to help prevent those emergencies.

## Activity #2: Oh No!

Time: 20 minutes

Badge Connection: Step 1 – Learn the first steps to take in an emergency

Materials Needed: None

1. Ask the girls if they know what the first steps in an emergency should be.
2. Introduce the girls to the 3 "C's": "Check, Call, Care."
  - **Check:** Check the scene to make sure it is safe for you to help someone. You should never put yourself in danger when you're trying to help someone else. For example, don't walk onto a highway, go into the ocean, or run into a burning building.
  - **Call:** Send someone to ask for help from an adult or call 911 if necessary.
  - **Care:** Help someone once you've called for help. With the injured person's permission, you can care for them by giving first aid.
3. Have the girls think of a creative song or motions to help remember "Check, Call, Care."
4. Using the emergency situations the girls brainstormed in Activity #1, have the girls work in small groups to create their own skits where they can practice "Check, Call, Care."
5. Girls can then present their skits to the large group.

## Activity #3: How Can I Help?

Time: 25 minutes

Badge Connection: Step 4 – How to handle urgent first aid issues

Materials Needed: First aid instructions (one per pair of girls); emergency situation note cards; bandage tape or masking tape; different size bandages; popsicle sticks; magazines; string, ribbon, or long strips of cloth; dish towels, medium-sized towels, or blankets; gauze or similar absorbent material; cardboard or other similar stiff material

Prep Needed:

- Gather materials and supplies—most of the items can be found at home or at a local pharmacy.
  - Write out urgent first aid/emergency situations on note cards, one situation per note card. Some examples: nosebleed, broken leg, cut, sprained ankle, etc.
  - Print off splint and bandage instructions (found at the end of the activity plan).
1. Using the instruction sheets, show the girls how to give care in emergency situations (splints, bandages, cuts).
  2. Have the girls break off into pairs and practice caring for each other, using the instructions.
  3. If there's time, give girls the emergency situation note cards to act out the listed emergency with each other using their "Check, Call, Care" knowledge.



## Activity #4: Snack Chat

Time: 15 minutes

Badge Connection: Questions link to multiple badge steps

Materials Needed: Healthy snack

1. While enjoying snack, here are some things for girls to talk about:
  - Have you ever needed emergency care?
  - What would you do if you were in the wilderness and someone got hurt?
  - How should you react in an emergency?
  - Have you ever helped someone who needed first aid?
  - What type of people help others for their job?
  - What do you think could happen if a first aid situation went untreated?

## Wrapping Up

Time: 15 minutes

Materials Needed: (Optional) Make New Friends song lyrics poster

Close the meeting by singing Make New Friends and doing a friendship circle.

## More to Explore

- Field Trip Ideas:
  - Visit a local emergency room or hospital.
  - Go outside and have the girls practice their first aid knowledge using materials found outdoors.
- Speaker Ideas:
  - Invite a police officer, EMT, or firefighter to your meeting.
  - Invite a person who received emergency care to tell their story at your meeting.



# Arm Splint and Sling

## Step 1:

Put a wad of clothing, or some other soft material, into the injured person's hand to maintain it in a functional position. To immobilize the arm, use a piece of cardboard or other stiff material. Shape the splint to fit the broken arm, then secure the arm onto the splint using gauze, bandages, or tape.



## Step 2:

Gather at least two triangular bandages.

## Step 3:

Orient one of the bandages so that the point opposite the long side of the triangle is pointing toward the same side of the injured person as the injured arm is on.

## Step 4:

Keeping the elbow flexed at 90 degrees, position the arm so that the forearm is at a 30-degree angle to the ground, with the hand higher than the elbow.

## Step 5:

Cradle the arm into the triangular bandage.

## Step 6:

Pull the half of the bandage that is furthest from the injured person up and over the same side of the neck as the injury.



## Step 7:

Pull the half of the bandage that is closer to the injured person up and over the opposite side of the neck from the injury.

## Step 8:

Tie the two ends of the bandage together behind the neck.

## Step 9:

Swathe the arm by first folding the other triangular bandage over several times: Start by folding the point opposite the long side so that it touches the long side.

## Step 10:

Repeat folding in this direction until you have a long piece of cloth 3-4 inches wide.

## Step 11:

Pull the bandage around the person under the armpit opposite the injured arm on one side, over the injured arm on the other side. The bandage should be parallel to the ground. Tie the ends of the bandage together.



## Step 12:

Monitor the fingers of the injured arm regularly for circulation, sensation, and motion.



# Leg splint

## Step 1:

Assess for fracture.

## Step 2:

Immobilize the injured leg. Any movement will be very painful and can worsen the injury.

## Step 3:

Get some rigid material long enough to extend at least from above the knee to below the heel. One possibility is to cut a sleeping pad to the right length and then fold it over to increase rigidity.

## Step 4:

Gather materials to tie the splint into place. Any of the following will do: pack straps, rope, clothing, belts, bandannas, triangular bandages.

## Step 5:

Make sure the leg is straight.

## Step 6:

Place the splinting material along the underside of the leg, so that it extends from above the knee to below the heel.

## Step 7:

Fold the splinting material up around the sides of the leg.

## Step 8:

Tie the splinting material into place below and above the fracture. Make sure both the knee and ankle are immobilized.

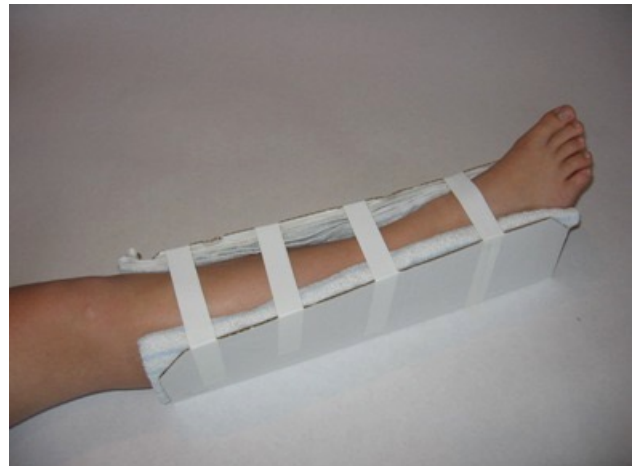
## Step 9:

Place padding in any empty spaces between the splint and the leg.

## Step 10:

Check circulation, sensation, and motion beyond the fracture site, to make sure the splint isn't too tight.

(Another option is to splint the legs together)



# Using Bandages and Gauze

## Step 1:

Clean around the wound with soap and water.

## Step 2:

Press on the cut to stop the bleeding, and continue for up to 10 minutes or until you see the blood has formed a clot. For this, use a sterile bandage, clean cloth, or if not available, a clean hand. (Try not to use dry gauze—it can stick to the wound). Don't use a Band-Aid for applying pressure.

## Step 3:

Apply pressure on the wound again if it keeps bleeding. Get help if it is still bleeding after 20 minutes or more. Keep pressing on it while you wait for help.

## Step 4:

Lift the part of the body with the cut higher than the heart. This slows down blood flow to that spot.

## Step 5:

Apply a first-aid cream, such as Neosporin or bacitracin, on the cut after it has stopped bleeding and when it is clean and dry. Apply it with a sterile cloth or cotton swab.

## Step 6:

Put one or more Band-Aids on the cut. Do it this way...put the Band-Aid across the cut so it can help hold the cut together. The sides of the cut skin should touch, but not overlap. Don't touch the cut with your hand. You can use a butterfly bandage if you have one. Use more than one bandage for a long cut. Leave the bandage on for 24 hours. Change the bandage every day or two or more often if you need to. Be careful when you take the bandage off. You don't want to make the cut bleed again. If you have used gauze, wet it before you pull it off.



# Finger Splint

## Step 1:

Try to immobilize the injured finger until you can seek medical assistance by using a small splint and wrapping it with gauze or tape. A splint can be made from any small rigid object, like a wooden craft stick or another finger.

## Step 2:

Ice the injured finger to reduce swelling. Remove any jewelry from the entire hand, since swelling could spread to other areas. Avoid placing ice directly on the skin by using an ice pack or plastic bag. Keep the finger elevated above the level of your heart if possible.

## Step 3:

Seek medical help as soon as you can. The usual medical treatment for a broken finger is X-rays, followed by a splint, unless the fracture is severe enough to warrant orthopedic surgery.

## Step 4:

Continue to use ice packs after you get home to keep the swelling down, and take an over-the-counter pain medication such as acetaminophen or ibuprofen to give you relief. Using a pillow to help elevate the finger while at rest will also help to reduce swelling.

## Step 5:

Make sure you follow up with a doctor to make sure the finger healed properly and that all dexterity has returned to the finger within a few weeks. While it is common for a broken finger to heal slightly crooked, movement should not be restricted.

