

# BROWNIE FIRST AID BADGE – MEETING 1

**Purpose:** When girls have earned this badge, they'll know how to get help in an emergency and treat minor injuries.

**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 and sing the Brownie Smile song.</li> </ul>	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster <input type="checkbox"/> (Optional) Brownie Smile song lyrics poster
10 minutes	"911, What's Your Emergency?" <ul style="list-style-type: none"> <li>Girls will learn how to get help from 911.</li> </ul>	<input type="checkbox"/> (Optional) Toy phones or old phones/cell phones
15 minutes	911 Quiz Game <ul style="list-style-type: none"> <li>Girls will go through situations to determine if they should or should not call 911 for help.</li> </ul>	None
25 minutes	First Aid Friends <ul style="list-style-type: none"> <li>Girls will learn how to give basic first aid and then practice using their new skills.</li> </ul>	<input type="checkbox"/> Basic first aid remedy instructions <input type="checkbox"/> Bandage tape or masking tape <input type="checkbox"/> Different size bandages <input type="checkbox"/> Popsicle sticks <input type="checkbox"/> String, ribbon, or strips of cloth <input type="checkbox"/> Dish towel or medium-sized towels or blankets <input type="checkbox"/> Gauze or similar absorbent material <input type="checkbox"/> Stuffed animals or dolls
10 minutes	Snack Chat and First Aid Storytelling <ul style="list-style-type: none"> <li>Girls will eat snack and tell a story together.</li> </ul>	<input type="checkbox"/> Healthy snack (1 per girl)
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 and (optional) Brownie Smile song lyrics poster

Welcome everyone to the meeting, recite the Girl Scout Promise and Law, and sing the Brownie Smile song.



## Activity #1: “911, What’s Your Emergency?”

Time: 10 minutes

Badge Connection: Step 1 — Find out how to get help from 911

Materials Needed: (Optional) Toy phones or old home/cell phones

1. Ask the girls if they know what 911 means and its purpose.
2. Talk with the girls about the role of 911, how 911 can help and what they should do when calling 911. Girls should know the following information to provide 911, as well as try to stay as calm as possible throughout the call:
  - Name
  - Phone number
  - What happened
  - What’s wrong
  - Where they are
  - How many people are hurt
  - What is already being done
3. After reviewing the general 911 information, instruct the girls to role-play calls to 911 with one another. Have one girl pretend to be the 911 dispatcher and the other girl pretend to be the caller and then switch.

## Activity #2: 911 Quiz Game

Time: 15 minutes

Badge Connection: Step 1—Find out how to get help from 911

Materials Needed: None

1. Have the girls stand in a group in the middle of the room. Identify one end of the room as “Call 911” and the other end of the room as “Do Not Call 911.”
2. Instruct the girls that you will be giving them an emergency situation and they need to determine when they should or should not call 911. After hearing the situation, they must go to the side of the room they believe is the correct answer.
  - Examples when you should call 911:
    - Someone becomes suddenly dangerously ill
    - Someone crashes a car in front of you
    - You notice smoke in your home or your neighbor’s house
    - You hear gunshots
    - You see a violent physical fight
  - Examples when you should not call 911:
    - You notice graffiti on your home or in your neighborhood
    - You have a question about the risks of carbon monoxide poisoning but don’t suspect it in your home
    - You or a family member has a minor illness
    - Your bike is missing when you come home
    - Your pet is missing
    - You think a neighbor’s animal may be neglected
3. After each situation and girls determine their answers, ask the girls why they chose or did not choose to call 911 then reveal the correct answer. You can also ask the girls whom they *should* call if the situation should go to a different authority and is not a call for 911.



## Activity #3: First Aid Friends

Time: 25 minutes

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

Materials Needed: Basic first aid remedy instructions; bandage tape or masking tape; different size bandages; popsicle sticks; string, ribbon, or strips of cloth; dish towel or medium-sized towels or blankets; gauze or similar absorbent material; stuffed animals or dolls

Prep Needed:

- Gather materials and supplies. Most items can be found at home or a local pharmacy.
  - Print out basic first aid remedy instructions (at the end of this activity plan).
1. Using the basic first aid remedy instruction sheets, show the girls how to give care for basic injuries.
  2. Have the girls practice giving simple injury care on the First Aid Friend (stuffed animals or dolls).
  3. After practicing basic care, the girls can create a story where their First Aid Friend gets one of the injuries and act out how they are going to help them.

## Activity #4: Snack Chat and Friendship Pledge

Time: 10 minutes

Badge Connection: Questions link to multiple badge steps

Materials Needed: Healthy snack

1. While enjoying snack, you can have the girls play a storytelling game with a first aid theme, using what they have learned. Start off the story by saying, “One day I was taking a walk outside when...” then instruct the girls to continue the story, one girl after another.
  - Example: “One day I was taking a walk outside when...(next person) I decided I wanted to go camping...(next person) as I was went to get my backpack...(next person) I fell and scraped my knee...(next person) it hurt really bad so I...”

## 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
  - Go outside! Have the girls practice their first aid knowledge using materials found outdoors.
- Speaker Ideas
  - Invite a camp counselor or Senior Caddie to your meeting to talk about staying safe at camp.
  - Invite a 911 dispatcher or police officer to your meeting to talk about 911.



## BASIC FIRST AID REMEDIES



### Treatment of First Degree Burns

1. The first thing to do is get away from the heat.
2. Apply cool water in order to cool the burn. This will help ease the swelling and diminish the pain.
3. A cool compress should be applied if available. If the burn has not broken or charred the skin, place the burned area in cool (*not ice*) water, pat dry, and cover with a dry, sterile cloth. Do NOT use ointment, butter, or petroleum jelly.
4. Have an adult check the burn. If the skin is broken, blistered, or charred, call a doctor, hospital, or local emergency number, as this indicates a second or third degree burn and requires medical attention.

### Finger Splint

1. Try to immobilize the injured finger until you can see a medical professional 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.
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. Use an ice pack wrapped in a towel or cloth instead. Keep the finger elevated about the level of your heart, if possible.
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.
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.
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.



### Animal Bite

1. Wash the wound with soap and warm water.
2. Apply a sterile bandage or cloth.
3. Call a doctor.
4. Try to identify the animal in case it needs to be tested for rabies.



### Insect Sting

1. Remove the stinger if you can. Don't use tweezers because this might cause poison to travel into the bitten area. Instead, scrape across the top of the skin.
2. Wash the area with soap and water, and apply ice to reduce the swelling.
3. If there is a lot of swelling, or if the person seems to be getting sick, she might be suffering from an allergic reaction. In this case, call a doctor, hospital, or local emergency assistance number right away.



## Using Bandages and Gauze

1. Clean around the wound with soap and water.
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.
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.
4. Lift the part of the body with the cut higher than the heart. This slows down blood flow to that spot.
5. Apply an antiseptic ointment, 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.
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.



## Practice with Nosebleeds

1. Pinch your nose between your thumb and forefinger, and apply moderate pressure by squeezing against the nasal septum (the midsection of your nose) for 15 minutes.
2. Lean your head forward, not backward, so that the blood does not trickle down your throat. This will prevent a feeling of gagging.
3. Breathe through your mouth.
4. Apply a cold, soft compress around your nose as you continue to pinch it between your fingers.
5. Once bleeding has stopped, elevate your head above your heart when you are lying in bed or on the couch. This helps alleviate nasal pressure.
6. Turn on a cool vaporizer to moisten mucus membranes, which will help prevent the nosebleed from recurring.
7. Apply a small amount of petroleum jelly to the inside of the nostrils to moisten the passages and prevent the nosebleed from recurring. Use your fingertip.
8. Avoid blowing your nose for 24 hours, and when you do blow it again, blot gently.
9. Avoid lifting heavy objects or engaging in other strenuous activities after a nosebleed. This can produce momentary surges in blood pressure that could cause the nose to bleed again.

