

## CADETTE FIRST AID BADGE

**Badge Purpose:** When you've earned this badge, you'll know how to take care of people in an emergency, including younger children in your care.

**Activity Plan Length:** 1.5 hours

Time	Activity	Materials Needed
15 minutes	Getting Started <ul style="list-style-type: none"> <li>Begin the meeting by reciting the Girl Scout Promise + Law.</li> </ul>	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster
15 minutes	First Responders and First Aid Kits <ul style="list-style-type: none"> <li>Talk to a first responder and learn how to use a first aid kit.</li> </ul>	None
15 minutes	Outdoor Injuries <ul style="list-style-type: none"> <li>Learn how to treat common outdoor injuries.</li> </ul>	<input type="checkbox"/> Props for role-playing (ace bandages; ice pack or t-shirt; towel or pillow; water bottles)
15 minutes	Shock <ul style="list-style-type: none"> <li>Learn the signs of shock and how to treat it.</li> </ul>	<input type="checkbox"/> Props for role-playing (blankets, coats, or sleeping bags; large box)
15 minutes	Staying Safe in the Sun <ul style="list-style-type: none"> <li>Learn the signs of heat-related illnesses and how to treat them.</li> </ul>	<input type="checkbox"/> Towels <input type="checkbox"/> Water bottles <input type="checkbox"/> Other items to use as role-playing props
15 minutes	Wrapping Up	<input type="checkbox"/> (Optional) Make New Friends 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 Responders and First Aid Kits

Time: 15 minutes

Badge Connection: Step 2 — Know how to use everything in a first aid kit

Materials Needed: None

Prep Needed:



- A few weeks prior to your meeting, ask a first responder, doctor, nurse, or another medical professional to be a guest speaker. Ask them to bring a first aid kit to show the girls.
1. Have your guest introduce themselves and talk about what they do. Have them show the contents of their first aid kit and how they use each item. Be sure to ask a lot of questions. Some questions you could ask:
    - How is a professional's kit different than a first aid kit you'd keep at home?
    - How do you decide what to keep in your kit?
    - When do you use your first aid kit?
    - Do first aid kits expire?
    - What item in the kit do you find yourself using the most?
  2. Remember to send a thank you note to your speaker for giving their time to your troop!

## Activity #2: Outdoor Injuries

Time: 15 minutes

Badge Connection: Step 3 — Find out how to prevent serious outdoor injuries

Materials Needed: Props for role-playing (ace bandages; ice pack or t-shirt; towel or pillow; water bottles)

1. Has anyone in your troop been hiking or camping before? How did they prepare for that adventure? Some common items to bring for outdoor adventures include water, sleeping bags, matches, etc. But what about skills? Discuss the skills you'd need to be properly prepared for the outdoors.
2. While most of us think that "being prepared" means having everything on your camping checklist, it's also important to have the knowledge and skills to handle common injuries that might occur when you're out in the wilderness.
3. Review a few of the more common injuries you may encounter:
  - Soft tissue injuries—things like rolled ankles, sprains, or strains. Remember RICE:
    - **R**est: Rest the injured area by getting weight off it immediately. Don't move or straighten the injured area.
    - **I**ce: Reduce swelling by icing it. If you can't find ice immediately, you can also use a towel or t-shirt soaked in very cold water.
    - **C**ompress: Wrap the joint by using an ace bandage or elastic band. Be sure not to wrap it so tightly that it cuts off circulation.
    - **E**levate: Prop the injured joint on something soft like a pillow or blanket to help reduce swelling and make the patient more comfortable. (Don't elevate the injury if it seems like it's causing more pain.)
  - Dehydration: Symptoms for dehydration are different for babies and very young children, but for most people, the signs are:
    - Extreme thirst
    - Less frequent urination
    - Fatigue
    - Dizziness
    - Confusion

To treat: Replace lost fluids. Increase the patient's water intake. The patient might also benefit from a drink with electrolytes like Pedialyte or Gatorade.
  - Near drowning: A person who's drowning doesn't react like you might see on TV or in a movie (shouting for help, thrashing and flailing their arms). Drowning is usually silent because the person is too busy trying to catch their breath or get out of the water to call for help. Some common signs to watch for:
    - Person's mouth is at water level
    - Glassy or distant eyes
    - Person's arms are out to the side and sometimes pressing down on the water's surface
    - Body is upright in the water, with little to no leg movement

Try to avoid getting in the water to save the drowning person. They are in distress and might pull you



under. Call a lifeguard for help.

4. Role-play! Practice giving first aid for these common injuries.

## Activity #3: Shock

Time: 15 minutes

Badge Connection: Step 4 — Know the signs of shock and how to treat it

Materials Needed: Props for role-playing (blankets, coats, or sleeping bags; large box)

1. You often hear people say, “That’s shocking!” or “I’m so shocked!” But in the medical field, shock is a term for a very serious condition.
2. Shock is a life-threatening condition that occurs when the body isn’t getting enough blood and oxygen. It requires immediate medical attention and can get worse very quickly.
3. Review the symptoms of shock:
  - Restlessness or irritability
  - Confusion
  - Pale, cool, and/or clammy skin
  - Bluish lips and/or fingertips
  - Dizziness, light-headedness, or fainting
  - Profuse sweating, moist skin
  - Rapid, but weak pulse
  - Shallow breathing
  - Chest pain
  - Loss of consciousness
4. Next, review the steps you should take to treat someone suffering from shock:
  - Call for medical help.
  - Check the patient’s airway, breathing, and circulation. Monitor the patient closely to make sure the airway stays open for breathing.
  - If the patient is conscious and does not have a head, leg, neck, and/or spine injury, help the patient lie down and elevate the legs about 12 inches to increase blood flow from the legs to the vital organs and the rest of the body.
  - If the patient is unconscious and/or has a head, leg, neck, or spine injury, do not move them. Wait for medical assistance.
  - Keep the patient warm with blankets, towels, coats, or sleeping bags.



5. Role-play! Count off in pairs and practice treating shock patients. One girl should be the patient and the other should be the one administering first aid. Switch positions so you can each have a turn playing the other role.

## Activity #4: Staying Safe in the Sun

Time: 15 minutes

Badge Connection: Step 5 — Learn to prevent and treat injuries due to weather

Materials Needed: Water bottles, towels, and other items to use as role-playing props



1. Did you know that heat illnesses cause more deaths each year than any other weather-related ailment? The temperature, relative humidity, and dew point all affect your body's ability to cool down—everyone's body reacts differently to these factors. Children and the elderly are more susceptible to heat illnesses.
2. Review ways to stay safe in the heat:
  - Stay hydrated (water is best—caffeine is a diuretic, so that won't keep you as hydrated as plain water)
  - Wear a hat, light colors, and loose, breathable clothing so your body can shed heat easily
  - Rest in the shade to cool down, or go back inside if you notice any symptoms of heat illness
3. Role-play! Practice giving each other first aid following the list below for symptoms and treatments:
  - **Heat rash symptoms:** Most common in young children. It's a red, pimple-like rash. It may be uncomfortable, but not immediately life-threatening.  
**Treatment:** Move patient to a cooler, drier environment.
  - **Heat cramps symptoms:** Usually caused by physical exertion in hot weather. Muscle cramps or spasms, usually in the abdomen, arms, and legs.  
**Treatment:** Stop physical activity, get into a cooler space. Give patient water, sport drink (like Gatorade), or juice to rehydrate. If the cramps don't subside in an hour, seek medical attention.
  - **Heat exhaustion symptoms:** Pale, clammy skin. Extreme tiredness or weakness. Heavy sweating. Possible headache and vomiting.  
**Treatment:** Move the patient out of the heat and into a cool or shady area. Have the patient lie down. Give them cool (not cold) liquids (non-caffeinated). Remind them not to gulp down the water because this can stress their already overloaded body and cause vomiting.
  - **Heat stroke symptoms:** Heat stroke is a serious medical emergency and requires immediate treatment. It can be fatal if not addressed right away. Confusion, difficulty speaking, lack of coordination. Sudden cessation of sweating. Headache. Body temperature over 103 degrees F. Loss of consciousness. Seizures.  
**Treatment:** Immediately call for emergency medical assistance. Move the patient to a cooler location and try to get the patient's body temperature below 101 degrees F. Loosen or remove their clothing, spray their body with cool water, and fan vigorously. Give them cool (not cold) water.

## 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.

