

## SENIOR FIRST AID BADGE

**Badge Purpose:** When you've earned this badge, you'll know how to give first aid for life-threatening injuries and illnesses.

Activity	Materials Needed
Be Prepared <ul style="list-style-type: none"> <li>Complete a first aid and CPR course.</li> </ul>	None
Triage <ul style="list-style-type: none"> <li>Talk to an ER doctor or nurse to find out how they assess patients and learn the symptoms and signs of drug overdose and alcohol poisoning.</li> </ul>	None
Share Your Care <ul style="list-style-type: none"> <li>Help a younger troop earn their First Aid badge.</li> </ul>	None

### Getting Started

- When a crisis or disaster strikes, we want to jump in and help. But unless you're prepared and have good first aid skills, you might end up doing more harm than good. For this badge, you're required to take a first aid course and become CPR certified (no ifs, ands, or buts!).

### Activity #1: Be Prepared

Badge Connection: Step 2 – Know how to help a head or neck injury and Step 3 – Learn how to use everyday objects to make splints

- Complete a first aid course. Find one that covers how to treat head and neck injuries and various splint applications.
- Depending on your location, you can search for courses through:
  - Red Cross ([redcross.org](http://redcross.org))
  - The YMCA or YWCA ([ymcamn.org](http://ymcamn.org) or [ywca.org](http://ywca.org))

### Activity #2: Triage

Badge Connection: Step 1 – Find out how to perform triage when several people are injured and Step 4 – Recognize the signs of drug overdose and alcohol poisoning

- Most likely, when accidents happen, you'll only have to administer first aid to one person at a time. During a major emergency though, you'll have to figure out which victims should be treated first. When people arrive at



the emergency room, their first stop is triage. The purpose of triage is to assess patients and identify who can and can't wait to be seen.

2. Talk to an emergency room doctor or nurse and ask them how they prioritize patients. What information do they collect to assess a patient's condition? What are the categories of triage they use (for example, immediately life threatening; urgent, but not immediately life threatening; less urgent, etc.).
3. Someone suffering from a drug overdose or alcohol poisoning needs immediate treatment. During your interview with the emergency room doctor or nurse, also ask them how they assess patients who come into the ER with drug or alcohol-related injuries. What symptoms do those patients exhibit and how are they treated once they've been admitted?

## Activity #3: Share Your Care

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Badge Connection: Step 5 – Share your knowledge with others

1. Connect with your local service unit to see if any younger troops are earning their First Aid badge. Using what you've learned in your first aid and CPR course, guide girls through one (or more!) of the steps they need to complete their requirements.

