

Life Skills • Ambassador

Badge Blueprint

First Aid badge

Purpose: This badge teaches Ambassadors how to provide first aid in extreme conditions and situations.

Step 1: Learn how to deal with medical emergencies in the wilderness.

Contact your local fire department, EMT or local emergency response unit and ask if you can interview someone who is a part of a search and rescue team. Talk to them about the kind of emergencies you might encounter on a backcountry wilderness trip and how to handle them.



Step 2: Research careers that save lives in extreme conditions.

Disasters are something we prepare for but hope never happen. Interview a local firefighter, EMT or member of a local emergency response unit who is trained to handle major disasters such as floods, earthquakes, tornadoes and more.

Step 3: Find out how to care for a critically injured person.

Take a first aid course. Some locations to consider are the Red Cross, local community centers and colleges.

Step 4: Know how to move an injured person.

Contact a local medical school or office and set up a time for a visit. Many schools also have clubs that focus on wilderness, survival or disaster medicine that you can meet with.

Explore real-life examples for handling wilderness emergencies.

Step 5: Do some research and find five everyday people who saved someone's life using first aid during an extreme situation. What training did these heroes have? Who or what do they credit with helping them save someone's life? Share your findings with others and discuss any common threads in the stories.

Congratulations! You have now earned this badge!

Remember, the Volunteer Toolkit Online has more activities to explore and is a great resource for planning meetings.