

Badge Blueprint



First Aid Badge

Purpose: This badge teaches Seniors how to give first aid for life-threatening injuries and illnesses.

Step 1: Find out how to perform triage when several people are injured.

Talk to an emergency medical technician (EMT) or first responder. Ask about emergency situations they face and how they treat patients when there are multiple injuries and victims. While meeting with them, take notes on what you would add to your triage. To get a head start on step 3, ask about how to make splints and use them properly.

Step 2: Know how to help a head or neck injury.

Take a first aid course. Courses are available through Girl Scouts and several area companies.

Step 3: Learn how to use everyday objects to make splints.

After you have either talked to a professional or done some research, practice making splints. Set up stations at your troop meeting and practice making different splints using a variety of common materials. By being creative with materials, you'll learn to be prepared no matter the situation. What did you find easy or difficult? What materials work best? If you need help on different splints, don't be afraid to ask questions or do more research.

Step 4: Recognize the signs of drug overdose and alcohol poisoning.

Research a police officer who deals with teen drug and alcohol emergencies. What message do they want teens and young adults to know to keep them safe? Does your local police department have a campaign to make teens aware of the dangers? If so, see if there are ways you can assist in spreading the message.

Step 5: Share your knowledge with others.

With the help of an adult, find a younger Girl Scout troop and see if you can give a presentation about first aid. If they are working on their First Aid Badge, you may be able to assist in them completing some steps by answering questions they may have.

Congratulations! You have now earned the First Aid badge!

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