



# First Aid

If someone was sick or hurt and there were no adults around to help, would you know what to do? By earning this badge, you'll find out how to help in an emergency, from calling 911 to using first aid to treat some minor injuries. If the unexpected happens, you'll be prepared!

## Steps

1. Find out how to get help from 911
2. Talk to someone who treats injured people
3. Make a first aid kit
4. Learn how to treat minor injuries
5. Know how to prevent and treat outdoor injuries

## Purpose

When I've earned this badge, I'll know how to get help in an emergency and treat some minor injuries.



# Step 1: Find out how to get help from 911

An emergency is when something serious like a fire or a car accident happens, or someone gets hurt or sick and can't get help for themselves. Find out more about how to handle an emergency.

## Choices—do one:

**Role-play 911.** Ask an adult to write different emergency situations on slips of paper and put them in a jar. With your Brownie friends, take turns pulling a slip from the jar. Role-play a call to 911 based on the information on the paper.

**Practice 911 with a friend or family member.** Take turns pretending to make calls to 911. One of you will play the role of the caller and the other the operator.

**Get advice from an expert.** Talk to a first responder (such as a doctor or nurse, emergency medical technician, firefighter, or police officer) about when and how to call 911 in an emergency and what you need to say to get help.

**AED** stands for **automated external defibrillator**. An AED is a machine that analyzes someone's heartbeat. It can give the heart an electric shock to restart it if needed.



## CHECK-CALL-CARE

What should you do in an emergency?

Find an adult to help right away!

And remember to:

### CHECK

to make sure the place where the emergency happened is safe. If someone is hurt, **CHECK** to see what's wrong.



### CALL

Call 911. The operator will send the right kind of first responder. While you make the call, send someone to get a first aid kit and an AED.



### CARE

for the injured person and offer first aid if you can (but only if you know how).



Never call 911 as a joke. You might prevent other people from getting help.

# If You Call 911

If no adults are available and you have to call 911 yourself, the operator will need information in order to send first responders as quickly as possible. It's okay if you don't have all the information. Just give as much as you can.

## What You Need to Know

- **Your name**

Provide your full name.

- **Your phone number**

Tell the operator the phone number you're calling from, if you know it.

- **What happened**

Tell the operator what you know. For example, did someone fall off a ladder? Was there a car accident?

- **What's wrong**

Is someone bleeding? Has someone passed out? Is someone feeling dizzy, as if their head is spinning?

- **How many people are hurt**

This helps the operator to understand the scope of the problem.

- **Where you are**

If you don't know the address, give the 911 operator a landmark, such as "next to the grocery store" or "down the road from the high school."

- **What's already been done**

If you or someone with you has given first aid, let the operator know.

### Remember:

Don't hang up until the 911 operator tells you it's okay to do so. They may need to ask you more questions.

**SOS**

SOS is code for "I'm in trouble—send help!" The letters don't stand for anything. They were chosen because they're easy to send in code.



## Fire-Fighting Dalmatians

Dalmatians are white dogs with black spots. In the United States, dalmatians are known for their long history of traveling with fire carriages and trucks. This “job” began in the 1870s, when the Fire Department of New York City started taking the dogs along on fire calls. At this time, fire department vehicles were horse-drawn carriages. Dalmatians helped keep the horses calm in emergencies. Sometimes they would also run ahead of fire carriages to clear the roads.

Later, when gas-powered vehicles took the place of carriages, the dogs rode along as mascots. Fire-fighting dalmatians are uncommon today, but images of these dogs are still used as the symbol of many firehouses.



## Step 2: Talk to someone who treats injured people

Ask for tips about staying safe and find out how the person uses first aid.

### Choices—do one:

.....  
**Interview a doctor or nurse.** Interview a doctor or nurse—maybe even your own school’s nurse.  
.....

.....  
**Talk to an emergency medical technician (EMT).** Interview an EMT at a local ambulance company, healthcare facility, or fire station.  
.....

.....  
**Visit a fire station.** Tour your local fire station and talk to the firefighters.  
.....

.....  
► **For more fun:** If you were to visit a fire station, you might see boots and pants ready for the firefighter to step right into. Lay your clothes out the night before and be ready to get dressed as quickly as a firefighter!

### Not all wounds

**are visible.** Check out the Girl Scouts Resilient. Ready.

Strong. patch program and learn to take care of your mind as well as your body.





## Step 3: Make a first aid kit

It's a good idea to have a first aid kit handy to help anyone who has a minor injury, such as a cut or scrape. Find out what should go into a first aid kit, then make your own.

### Choices—do one:

**Make a first aid kit for your home.** Keep it in a place where everyone in your home can easily find and access it.

**Make a first aid kit for your Girl Scout meeting place.** Think about what kinds of emergencies might occur during a meeting. Make a kit so you'll be prepared for them!

**Make a first aid kit and donate it.** You might give the kit to a local organization, such as a shelter or food pantry.

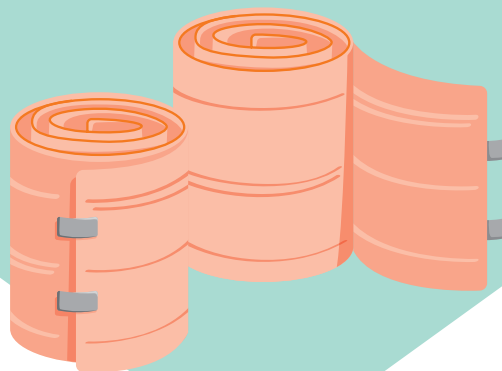
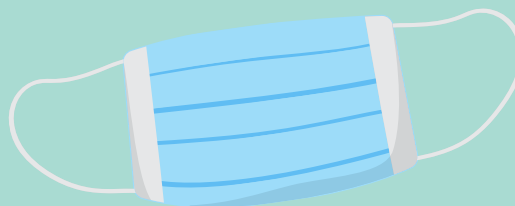


### Starter List for Your First Aid Kit

- Latex-free disposable gloves
- Antibiotic and hydrocortisone ointments
- Scissors and tweezers
- An assortment of adhesive bandages, gauze, and adhesive cloth tape
- Oral thermometer (disposable)
- Face mask or other breathing barrier
- Survival blanket



What else might you add?



## Step 4: Learn how to treat minor injuries

If you know how to treat an injury like a cut, scrape, bruise, or insect bite, you can take care of yourself and help others. Find out how to prevent common injuries and how to use first aid to treat them.

### Choices—do one:

**Get tips from a doctor or nurse.** Ask a doctor or nurse to talk to your troop.

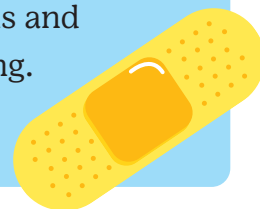
**Learn about first aid.** Talk to someone from a local community group, hospital, or fire station about first aid.

**Talk to an EMT.** Ask an EMT to talk to your troop.



### Adhesive Bandages

Adhesive bandages can help heal wounds that aren't deep enough to need stitches. Putting a bandage over a minor cut helps keep germs out and stops a scab from forming. Scabs can break open and let in germs; bandages do the work of a scab, but they don't break open! Bandages are often used along with antiseptic, which is a spray or cream that kills germs and keeps them from spreading.



### More to Explore

Get an insider's view! See if an EMT will show you the inside of an ambulance and talk about how injured people are treated.



## Step 5: Know how to prevent and treat outdoor injuries

Enjoying the outdoors at camp, the beach, or a park is great fun. What's not so fun? Bug bites, bee stings, sunburn, and poison oak or ivy. Find out how to avoid and treat these common outdoor injuries.

### Choices—do one:

**Take a hike.** Go on a nature walk with a park ranger or camp director. Ask them to show you which plants, animals, and insects to avoid, and discuss how to protect yourself from sunburn. Talk about what to do if you have a bug bite, bee sting, sunburn, or poison oak or ivy rash.

**Talk to an outdoor expert.** If a nature walk isn't possible or appropriate for your troop, you can learn the same things by talking it out! Ask an older Girl Scout, an experienced hiker, or a staff member/volunteer at a botanical garden or other urban outdoor space about local plants, animals, and insects to avoid and how to protect yourself from sunburn. Talk about how to treat a bug bite, bee sting, sunburn, or poison oak or ivy rash.

**Read all about it.** Go to the library (or ask an adult to go online with you) to read about local plants, animals, and insects to avoid and how to protect yourself from sunburn. Learn about treating a bug bite, bee sting, sunburn, or poison oak or ivy rash, then discuss your findings with friends or family.

### Poison Ivy and Poison Oak



Poison Ivy



Poison Oak

Poison ivy and poison oak can both cause an itchy rash. If you think you could be exposed, wear a long-sleeved shirt, long pants, and boots. Poison ivy and poison oak leaves both grow in sets of three, so a good rhyme to remember is “Leaves of three, let it be!” (Some harmless plants have leaves like this, but it's better to be safe than sorry.) Be sure to wash any areas that may have touched these plants as soon as you come indoors. You can get a rash from poison ivy and poison oak at any time of the year, even if there are no leaves—and even if the plant is dead!





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# Volunteer's Guide to the Brownie First Aid Badge\*

Find tips and ideas to help guide your troop through this badge.

**NOTE:** Some choices involve visiting facilities or talking to professionals. One facility visit can cover several steps. Also consider combining activities (for instance, tour a facility and then interview someone who works there to satisfy two steps).

## Step 1: Find out how to get help from 911 • 30–40 minutes

**Ask:** Do you know what an emergency is? Would you know how to get help in an emergency?

**Share:** An emergency is when something serious like a fire or a car accident happens, or when someone gets hurt or sick and can't get help for themselves. You might not be able to help on your own, but if an adult isn't available to assist, you can call 911 to reach someone who can.

**Choices—do one:**

- **Role-play 911.** Write different emergencies (car crash, fire, bad cut, broken bone, illness, choking, etc.) on slips of paper. Make at least one slip per Brownie. Put the slips into a jar. To initiate the activity, review with Brownies "If You Call 911" on page 3 of the badge booklet. Have Brownies take turns pulling out a slip, then role-playing a call to 911 based on the information written on the slip.

**Materials:** *paper, pen or pencil, jar*

- **Practice 911 with a friend or family member.** Review with Brownies "If You Call 911" on page 3 of the badge booklet. Then divide Brownies into pairs. Tell each Brownie to think of an emergency. (Help them to come up with ideas, if needed.) Then, have each pair take turns pretending to call 911 to report their emergency. One Brownie plays the role of the caller while the other is the operator.

**Materials:** *none*

- **Get advice from an expert.** Search online or reach out to your troop's network to find a first responder to talk to

your troop (online or in person) about when and how to call 911.

**Materials:** *none*

## Step 2: Talk to someone who treats injured people • 30–40 minutes

**Ask:** Did you know that some people handle emergencies as part of their job? What are these jobs like?

**Share:** First responders like doctors, nurses, firefighters, and EMTs handle emergencies every day. It's their job! Let's find out what these important jobs are like.

**Choices—do one:**

- **Interview a doctor or nurse.** Invite a doctor or nurse to come and talk about their job. A school nurse may be a good resource.

**Materials:** *none*

- **Talk to an emergency medical technician (EMT).** Invite an EMT from a local ambulance company, healthcare facility, or fire station to talk to your troop about their job.

**Materials:** *none*

- **Visit a fire station.** Contact your local fire station to arrange a troop visit. Ask the firefighters to describe their work and give Brownies a tour of the facility and equipment, if possible.

**Materials:** *none*

## Step 3: Make a first aid kit • 20–30 minutes

**Ask:** Do you have a first aid kit at home? Do you know what types of supplies a first aid kit should contain?

**Share:** A first aid kit is a collection of basic supplies to treat minor injuries and health problems. It's good to have these things together in one place. That way, when a health emergency happens, you'll be ready to help! In this activity, you'll make a first aid kit so you can be prepared.

\*Detailed choice activities, meeting tools, and additional resources and materials can be found within the Volunteer Toolkit on [my.girlscouts.org](https://my.girlscouts.org).

### Choices—do one:

- **Make a first aid kit for your home.** Research the basic contents of a first aid kit. Get enough of these supplies for each Brownie to have at least one of each. Have each Brownie decorate a small box to use as their first aid kit, making sure to clearly label it with the words “First Aid Kit.” Then, let each Brownie assemble a kit. Instruct them to take the box home and keep it available in case of emergency.

**Materials:** *one small box per Brownie; colored pencils, markers, stickers, and other items to decorate boxes; first aid items of your choice*

- **Make a first aid kit for your Girl Scout meeting place.** Gather a variety of first aid items. Help Brownies brainstorm medical emergencies that might occur during a troop meeting, then assemble an appropriate first aid kit. Let them decorate the box together, making sure to clearly label it with the words “First Aid Kit.” Have the kit available at all future meetings.

**Materials:** *one medium-sized box; colored pencils, markers, stickers, and other items to decorate the box; first aid items*

- **Make a first aid kit and donate it.** Find an organization that accepts the donation of small first aid kits. Research any requirements the organization may have for these kits (size, content, decoration, etc.). Then have Brownies create first aid kits—as many as your budget allows. Make a troop trip, if possible, to donate the kits to the chosen organization.

**Materials:** *boxes; colored pencils, markers, stickers, and other items to decorate boxes; first aid items of your choice*

## Step 4: Learn how to treat minor injuries • 20–30 minutes

**Ask:** Do you know how to treat minor injuries such as a cut, scrape, bruise, or insect bite?

**Share:** If you know how to treat minor injuries, you can take care of yourself and help others if no adult help is available. Learn how to handle minor issues so you’ll be ready if they occur.

### Choices—do one:

- **Get tips from a doctor or nurse.** Invite a doctor or nurse to a meeting to show your troop how to treat minor injuries. Ask in advance if the speaker needs you to have any particular supplies on hand. Have Brownies practice what they have learned, if time allows.

**Materials:** *requested supplies, if any*

- **Learn about first aid.** Invite someone from a local community group, hospital, or fire station to a meeting

to show Brownies how to administer first aid. Ask in advance if the speaker needs you to have any particular supplies on hand.

**Materials:** *requested supplies, if any*

- **Talk to an EMT.** Invite an EMT to a meeting to show your troop how to treat minor injuries. Ask in advance if the speaker needs you to have any particular supplies on hand. Have Brownies practice what they’ve learned if time allows.

**Materials:** *requested supplies, if any*

## Step 5: Know how to prevent and treat outdoor injuries • 20–30 minutes

**Ask:** Do you like spending time outdoors? Have you ever gotten a bug bite, a bee sting, poison ivy or oak, or a sunburn?

**Share:** Bug bites, bee stings, poison ivy and oak, and sunburn are very common outdoor injuries. They’re usually not serious, but they don’t feel good! It’s important to avoid them if you can—but sometimes you can’t, so you should know how to treat them. Let’s find out how to deal with these situations.

### Choices—do one:

- **Take a hike.** Arrange for a park ranger, camp director, or another wilderness professional to take your troop on a nature walk. Ask them to point out natural hazards such as plants, animals, and insects, and discuss how to avoid and treat injuries arising from these things. Talk about avoiding sunburn, too. Before the trip, reach out to your troop’s parent/caregiver network for help with transportation and chaperoning.

**Materials:** *none*

- **Talk to an outdoor expert.** If an outdoor hike isn’t possible or appropriate for your troop, ask an older Girl Scout, an experienced hiker, or a member of an outdoor society to attend a meeting and talk about natural hazards in your area, including avoidance and injury treatment.

**Materials:** *none*

- **Read all about it.** Divide Brownies into four groups. Have each group research one of four natural hazards: bug bites, bee stings, poison ivy or oak, or sunburn. Have them write down how to avoid the hazard and how to treat related injuries.

**Materials:** *computer, smartphone, or tablet (optional for online research); books or other printed materials if online research is not possible*

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