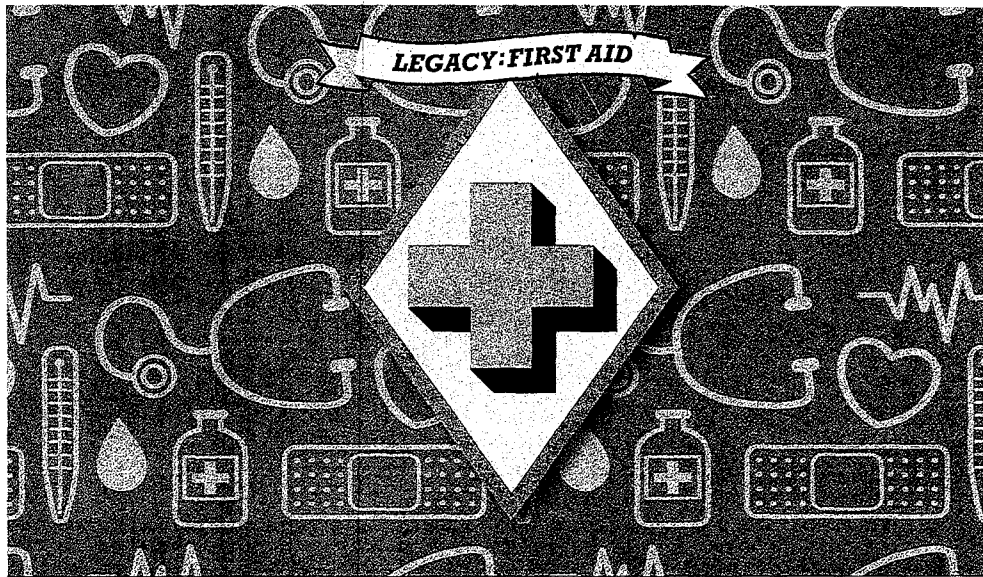


There are two things to do about all emergencies.

The first is to prevent them from happening whenever possible.

The second is to know how to deal with them swiftly and effectively when they do happen.

— *Cadette Girl Scout Handbook, 1963*



Cadette

First Aid

As you get older, you'll find yourself in charge more and more. That means you need to know what to do if people around you get sick or hurt! Find out how to deal with minor injuries and illnesses and how to tell when the problem is more serious in this badge.

Steps

1. Understand how to care for younger children
2. Know how to use everything in a first aid kit
3. Find out how to prevent serious outdoor injuries
4. Know the signs of shock and know how to treat it
5. Learn to prevent and treat injuries due to weather

Purpose

When I've earned this badge, I'll know how to take care of people in an emergency, including younger children in my care.

Every step has three choices. Do ONE choice to complete each step. Inspired? Do more!

STEP

1 Understand how to care for younger children

Imagine you're helping out at Girl Scout camp. What should you do if a younger girl is knocked unconscious or twists her ankle? Or what if you're babysitting and a toddler develops a high fever or starts vomiting? Find out how to care for a younger child who is sick or hurt and how to recognize common medical emergencies.

CHOICES – DO ONE:

- Take a babysitting class.** Find a class that includes first aid.
OR
- Ask a medical professional.** Invite an expert such as a pediatric nurse or doctor to talk to your group about how to treat minor illnesses and injuries when caring for younger children. Find out what to do if the problem isn't minor, including whether you should handle it or hand it over to someone with more experience.
OR
- Talk to child care professionals.** Interview three people who work with children at a day-care center, camp, or your Girl Scout council about different medical emergencies they have encountered and how they handled them.

Careers to Explore

- Pharmaceutical researcher
- Veterinarian
- Physical therapist
- First aid instructor
- Nursing aide
- Girl Scout camp counselor
- Paramedic
- Pharmacist
- Dentist
- Doctor
- Athletic trainer
- Massage therapist
- Nutritionist
- Chiropractor
- Wilderness guide

