

First Aid for Brownies

outline

Always stay CALM

BURNS:

- Cool water immediately
- Large area or sensitive area or blisters anywhere- 911

BRUISES:

- Ice pack

BLEEDING:

- Small bleeding- keep clean
- Dripping blood- use pressure and clean cloth. If blood soaks through cloth and still drips call 911
- Squirting blood- LOTS of pressure and call 911

BASIC Extremity Owie:

- Finish initial crying
- Wiggle fingers/toes

SPRAIN or STRAIN:

- Rest, Ice, Compression, Elevation

BROKEN ARM or LEG:

If you're home, or somewhere near help, call 911 and don't move the broken pieces

If you're camping or somewhere far from help:

- Basic splint
- Sling and swathe

HEAD INJURY:

- Unconscious- 911, DON'T MOVE THEM
- Acting confused- 911
- Vomits afterward- 911
- Vision changes- 911

- Otherwise- icepack

BUG STING:

- scrape out stingers and wash
- IF you start having trouble breathing or IF you know you are allergic to that insect, call 9-1-1.

NOSEBLEED:

- Bend over and pinch the soft part of your nose for 10 minutes
- Can put ice on the bridge of your nose

FAINTING:

- recovery position, unless they hit their head on the way down

HEAT:

- If overheated- find shade and cool off
-Do Not put ice on their body, DON'T MAKE THEM SHIVER
- If the person vomits or acts confused or has trouble breathing, call 9-1-1
- IF THEY ARE UNCONCIOUS put ice packs in armpits and groin- 911

FIRE SAFETY

- Home escape plan
- Smoke Alarms