

## **Cadette First Aid Badge – Life Skills Pillar**

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

### **Step 1:**

*What I'll do:* Learn how to prevent and treat injuries.

*How I'll do it:*

1. With adult permission and supervision, please visit the American Red Cross to access a free Pediatric First Aid/CPR/AED program. You may use the link below.

<https://www.redcrosslearning.com/course/1abbe440-c611-11e6-a4f4-bd8a97138281>

2. When you have completed the course, be sure to print your completion certificate!

### **Step 2:**

*What I'll do:* Make a portable first aid kit for your backpack.

*What I'll need:*

1. Self-adhering bandages, like BandAids, for small cuts
2. 4x4 gauze dressings, for larger cuts
3. Roller bandage, to help hold the 4x4 dressing in place
4. Tweezers
5. Disposable gloves
6. A bandana or two. These have many uses.
7. Small container or bar of soap, to wash out cuts
8. An emergency "space" blanket, these are small and light weight
9. A safety card to remind you what to do in an emergency
10. A waterproof container or zipper bag to put it all in

*What I'll do:*

1. Research the types of injuries or illnesses than might be encountered on a hiking or camping trip.
2. Decide what size first aid kit you want to make. A kit for day-hiking may be different than a first aid kit for overnight camping, when you are farther away from help.
3. Make of list of things to put into your first aid kit.
4. Gather and add all your items in your waterproof container or bag.

### **Step 3:**

*What I'll do:* Talk to someone who treats injured people.

*How I'll do it:*

1. Write down five questions that you would like to ask someone who uses first aid to help people.
2. The people who use first aid might be a firefighter, EMT, or police officer. You can also ask your interview questions of a doctor, nurse or maybe the nurse at your school. Park Rangers, Ski Patrol and Lifeguards are other people who also use first aid to help people in emergency situations. Who will you ask?
3. Most fire departments, police departments and ambulance companies have a non-emergency number that you can call. Explain that you are a Girl Scout Cadette, working on your First Aid Badge, and would like to ask a few questions, if they have time.
4. You can also call the non-emergency number and see if you can visit the station and have a tour.

#### **Step 4:**

*What I'll do:* Participate in an online First Aid question and answer forum sponsored by GSOFACT.

*How I'll do it:*

With adult supervision and permission, visit the GSOFACT.org website and look for times when our First Aid sessions are available for Cadettes. Be sure to have your 5 questions from Step 3!

#### **Step 5:**

*What I'll do:* Participate in a Babysitting class.

*How I'll do it:*

Visit the GSOFACT.org website. Go to the Girl events section and with your parent or leader look for a Babysitting class. Or, with your leader and your troop, schedule a Boomerang Babysitting class for your troop. Be sure to bring your Pediatric First Aid/CPR/AED completion certificate to continue on your path to certification, if desired. Please note, at this time, the Babysitting classes will begin no earlier than June 15, 2020.

**Where I can purchase the Badge:** <https://www.girlscoutshop.com/CADETTE-FIRST-AID-BADGE>