



FIRST-AID

Before completing this charm, girls should have completed the Wild Wonders Patch as well as Leave No Trace charm.

All participants should learn “**check-call-care**”

- » **Check** the person. Notice what is wrong. Ask the person questions about how they feel/where they are hurt, etc.
- » **Call** 911 (in the event of a serious injury) or call an adult/nurse.
- » **Care** for the injured person. In the case of Daisies and Brownies, that may mean sitting with their friend and comforting them and giving them a Band-Aid.

Daisies and Brownies should not be practicing CPR.

NOTE TO ADULTS: *Role play is an excellent way to practice emergency situations. If possible, engage older youth or adults as the injured parties. This will keep younger participants focused and serious. It is essential that participants know when to call 911, and what types of serious injuries or illness warrant this action.*

DAISY (GRADES K-1)

- » How can you stay safe?
 - Follow instructions or rules given by trusted adults.
 - Ask questions if you are unclear about the directions and safety rules.
 - Discuss with your troop or family why safety rules are important. What can happen if you do not follow the rules? (For example, the camp rule is “walk at all times.” That’s because there are roots, sticks, and rocks that could trip you. If you run, you may fall and get hurt.)
- » What do you do when someone gets hurt?
 - Remember to stay calm.
 - Tell an adult or older Girl Scout immediately.
 - Stay with your buddy if they are injured.
- » Know when to call 9-1-1. What is an emergency?
- » Create a personal first-aid kit for your backpack. Then you will be ready if something happens.

BROWNIE (GRADES 2-3)

- » Know how to stay safe indoors and out.
 - Why do we have safety rules? What are some rules you think are important?
 - Learn about plants and animals you might encounter on a hike that could be dangerous. How can you prevent injuries?
- » What are some things you can do to avoid illness on a hike?
 - Create a personal first-aid kit for your backpack.
 - Learn how to care for a minor injury. What do you do if you fall and scrape your knee? What do you do if you or someone else is stung? What do you do for a splinter?
 - Know when to call 911. Remember that most injuries are minor, but sometimes things happen. You should be able to stay calm enough to know the difference.



WILD WONDERS

JUNIOR (GRADES 4-5)

- » Create a personal first-aid kit and carry it with you at all times.
- » Create a troop or family camping first-aid kit. This should be with your troop or family whenever you are camping, hiking, or even at meetings. It should be compact enough that it can easily be carried.
- » Know how to prevent minor burns and cuts, especially those that occur while cooking or building fires. Know what to do in the event these injuries occur. Each person in the group should know how to calmly and efficiently tend to these types of wounds.

CADETTE (GRADES 6-8)

- » Create a personal first-aid kit and carry it with you at all times.
- » Create a troop or family camping first-aid kit. This should be with your troop or family whenever you are camping, hiking, or even at meetings. It should be compact enough that it can easily be carried.
- » Know how to prevent and treat minor burns and cuts, especially those that occur while cooking or building fires. Know what to do in the event these injuries occur. Each person in the group should know how to calmly and efficiently tend to these types of wounds.
- » Know how to use muslin or bandanas as bandages. Learn how to secure or splint a hand, wrist, arm, or sprained ankle. Learn how to transport a person with an injury if you are on a hike.
- » Know how to prevent a sunburn, how to avoid poison ivy/oak or cactus stings on the trail.
- » Take a first-aid/ CPR training.

SENIORS AND AMBASSADORS (GRADES 9-12 + ADULTS)

- » Create a personal first-aid kit and carry it with you at all times.
- » Create a troop or family camping first-aid kit.
- » Know how to prevent and treat minor cuts and burns.
- » Know how to treat sprains or broken bones.
- » Know how to prevent and treat sunburn, poison oak and insect stings or bites.
- » Learn how to treat a fainting person on the trail.
- » How do you help someone who is choking? How can you prevent choking?
- » Know how to recognize and treat heat exhaustion, hypothermia, hyperthermia, and shock
- » Take first-aid/CPR training.
- » **OPTIONAL: take a Wilderness First-Aid course**

RESOURCES

- » First Aid and CPR – girlscoutsaz.org/en/for-volunteers/volunteer-resources/training/first-aid---cpr.html
- » Anatomy of First-Aid Kit – redcross.org/content/dam/redcross/atg/Chapters/Division_8_-_Media/Central-Southeast_Ohio_Region_Columbus_/Anatomy_of_a_First_Aid_Kit.pdf
- » For Brownies – girlscouts.org/en/girl-scouts-at-home/activities-for-girls/brownies/brownie-first-aid-badge-activity.html
- » For Juniors – girlscouts.org/en/girl-scouts-at-home/activities-for-girls/juniors/junior-first-aid-badge-activity.html
- » For Adults – gsnetx.org/content/dam/NE_Texas/documents/vol_First_Aid_Kit_Troop_Activity.pdf

BADGE CONNECTIONS

By participating and completing this Charms program, you are on your way to also earn Girl Scout badges. Purchase specific badge requirement packets at girlscoutshop.com/ARIZONA-CACTUS-PINE-COUNCIL.

- » Daisy = Safety Award
- » Brownie = Hiker, Brownie First-Aid
- » Juniors = Camper, Junior First-Aid
- » Cadettes = Trailblazing, Cadette First-Aid
- » Seniors = Adventurer, Senior First-Aid

- » Ambassadors = Survival Camper, Ambassador First-Aid
- » Girls 14 years and older & Adult trainings available = TCC 1, First Aid & CPR, Wilderness First-Aid

RECOMMENDED NEXT CHARMS:

- Cabin Camping
- Navigation
- Fire

WILD WONDERS