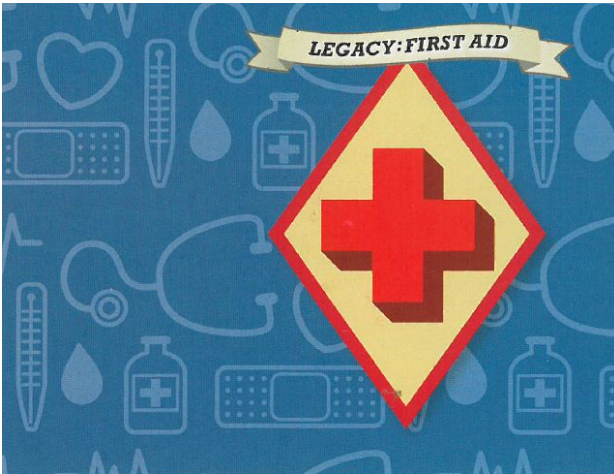


CADETTE BADGES TO DO AT HOME



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

To earn this badge, please complete one option per step.

STEPS	BADGE REQUIREMENTS	OPTION 1	OPTION 2	OPTION 3
Step 1	Understand how to care for younger children.	Research babysitting and first-aid. Search for advice on administering first-aid to children. Find a virtual first-aid class that shows how to administer first-aid on children.	Ask a medical professional. Research a virtual seminar from a pediatric professional that discusses treating minor illnesses and injuries in young children.	Practice hands-only CPR. Do you have to administer CPR differently for smaller children? If so, how?
Step 2	Know how to use everything in a first aid kit.	Research what is in a First Aid Kit and find out how each item is used.	Google and find a course online that teaches the use of a first aid kit. Make sure an adult is nearby for assistance.	Find a virtual interview given by an emergency medical responder. Find out what information he/she provides towards the use of pieces from the first aid kit.

Step 3	Know how to prevent serious outdoor injuries.	Ask your troop leader who the wilderness first aider is for the council. Reach out through email to find out about setting up a phone interview to discuss when injuries occur while hiking, etc. outdoors. How is the injury handled until help arrives?	Research to find a virtual interview with someone who is a member of a search-and-rescue squad. Find out how you can help if someone is injured while outdoors. What can you do while waiting for help to arrive?	Go online and research injuries suffered by people participating in outdoor activity you enjoy such as canoeing or skiing. Find an interview of an emergency response unit to find out how injuries from such activities are treated and find out what you can do until help arrives.
Step 4	Know the signs of shock and how to treat it.	Go online and research the signs of shock and how to treat it. Discuss your findings with your family.	Research an interview with a doctor or nurse about the signs of shock and how to treat. Make sure the interview talks about ways you can help someone if they go into shock and how you can get information from that person that can help with treatment.	Check out WebMD's YouTube playlist regarding shock and other injuries. Watch 4-5 videos of your choice and compare notes with your local Girl Scout friends virtually! Visit this website: https://www.youtube.com/playlist?list=PLZiRki7k35K0mEyJcRhqjinthb6ysPv43
Step 5	Learn to prevent and treat injuries due to weather.	Find a course online, possibly through the Red Cross that covers the warning signs and basic care for minor heat- and cold-related injuries. research the warning signs of heat or cold related injuries.	Conduct a phone interview with a park ranger about how to recognize warning signs of heat or cold related injuries, how you can care for minor cases, and how to know when you need to get help.	Using MayoClinic as a resource, research an interview with a doctor or nurse about how to recognize the warning signs of heat- or cold-related injuries. Find out how you can care for minor cases and to know when to get help.