



First Aid

Before completing this charm, girls should have completed the Be Wild, Be Free patch

All girls should learn “check-call-care”

- *Check* the person’s injury. Notice what is wrong.
- *Call* 911 (in the event of a serious injury) or *call* an adult/nurse
- *Care* for the injured party. 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 for girls to practice emergency situations. If at all possible, use older girls or adults as the injured parties. This will keep the younger girls focused and serious. It is essential that girls know when to call 911, and what types of serious injuries warrant this action.

Daisy:

- How can you stay safe?
 - Listen to trusted adults.
 - Follow directions and safety rules. Discuss with your troop or family why safety rules are important. What can happen if you don’t follow the rules? (for example, the camp rule is “walk at all times.” That rule is there because there are roots, sticks, and rocks you can trip on. If you run, you may fall and get hurt.)
- What do you do when someone gets hurt?
 - Remember to stay calm when you or someone else is injured.
 - 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:

- 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.