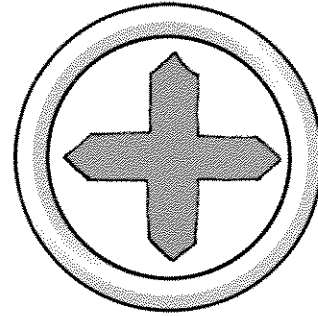


# FIRST AIDER

Girls in grades 1-3 must complete four activities.  
Girls in grades 4-5 must complete six activities.



Everyone should learn how to respond when there has been an accident or when someone needs medical help. This activity will prepare you to be helpful in case of an emergency.

**1.** First aid is \_\_\_\_\_  
\_\_\_\_\_

**2.** Show what you should do to help a person who has a nosebleed.

**3.** Tell what the first-aid treatment is for the following:



**Bee sting** \_\_\_\_\_  
\_\_\_\_\_

**Cut** \_\_\_\_\_  
\_\_\_\_\_



Sprain \_\_\_\_\_

\_\_\_\_\_

First-degree burn \_\_\_\_\_

\_\_\_\_\_

- 4.** Why do people faint? Tell what you can do to help a person who has fainted.

\_\_\_\_\_

\_\_\_\_\_

- 5.** Show that you know how to call your community's emergency number, describe the injuries from an accident that just happened, and give rescue workers your address.

- 6.** How can you tell that someone is choking? Tell what should be done for that person.

\_\_\_\_\_

\_\_\_\_\_

- 7.** With your troop, take a tour of a hospital or clinic.

- 8.** With the help of your leader, invite a speaker from the American Red Cross or a local hospital to visit your troop.

He or she can share a lot about first aid and how to protect yourself when giving first aid. Listen to what the speaker has to say.



**9.** Show how to take a person's pulse and how to check to see if a person is breathing.

**10.** Find out how to call the poison control center and what kinds of information you should be prepared to give to the worker who answers.

I have completed all of the requirements  
for the First-Aid Emblem.

My Signature	Date
Leader's Signature	Date
Resource Person's Signature (if used)	Date

# S-T-R-E-T-C-H PROJECTS

1. Make a first-aid kit that contains: bandages, gauze, tape, antibiotic ointment, latex gloves, antiseptic wet wipes, eye wash, scissors, acetaminophen, antihistamine, emergency phone numbers, and names of nearest hospitals in your community.



2. Take an American Red Cross First-Aid Course. Bring a certificate of completion to your leader.

I have completed all of the requirements  
for the First-Aid S-T-R-E-T-C-H Project # \_\_\_\_\_.

\_\_\_\_\_  
My Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Leader's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Resource Person's Signature (if used)

\_\_\_\_\_  
Date