



## Senior First Aid Badge - Virtual Meeting Ideas

Girls find out how to differentiate between minor and major injuries, provide emergency treatment in some life-threatening situations, and share important information about injuries or illness.

1. Find out how to perform triage
2. Know how to help someone with a head or neck injury
3. Learn how to use everyday objects to make splints
4. Recognize the signs of drug overdose and alcohol poisoning
5. Share their knowledge with others

When they've earned this badge, they'll know how to give first aid for life-threatening injuries and illnesses.

### Virtual Activities Overview:

1. Discuss triage (large-scale) injury scenarios
  - a. Talk about some of the injuries emergency room doctors might see on a regular basis
  - b. Figure out what kinds of injuries would need the most immediate attention, and what kinds of injuries do not have to be first priority in a triage situation
2. Research and roleplay managing different head injuries and how to avoid making head injuries worse
3. Research and roleplay managing different neck injuries and how to avoid making neck injuries worse
4. Watch and discuss GSHPA First Aid Kit video
5. Learn how to make slings, splints and crutches with outdoor and household items
6. Research symptoms of drug and alcohol poisoning and how to help in those scenarios

### In-Person Activities Overview:

1. Perform a mock outdoor emergency drill
2. Take a first aid course (optional)

### Materials for Slings, Splints and Crutches

1. Sticks from yard/outside
2. Duct tape or bandage tape
3. Gauze
4. Memory foam pads
5. Old blankets, towels, rags, bandanas, socks
6. Scissors

After having the girls brainstorm and try their own methods for slings, splints and crutches with the above materials, have them research other methods of first aid in the outdoors/wilderness