



First Aid Prepared Patch Program



How Daisies and Brownies can earn this patch:

Learn how to prevent injuries.

Discuss injuries you have had and how they were treated. How could the injury have been avoided?

Learn how to take care of a minor cut.

The affected area should be washed with soap and water and rinsed to make sure no dirt is in the cut. (Pat with clean cloth to dry, not rub) Cover the cut with a band aid.

Learn how to treat a minor burn.

Run under cool water for 5 minutes and show an adult.

Learn how and when to call 911.

A visit to a fire department or ambulance company can focus on learning that fire officers and EMT's are there to help.

How Juniors and Cadettes can earn this patch:

Get familiar with a first aid kit.

Go over each item in a first aid kit and explain what it is for.

Learn when to apply ice.

Never apply directly on the skin. Wrap ice in a cloth or apply over clothing. Ice should be applied 15 minutes on and 15 minutes off.

Know when to call 911 and how to assist a 911 operator.

Stay calm. Be able to give the address or describe your surroundings. Explain how the injury or incident happened that prompted the call.

Talk to an expert.

Consider a trip to a fire department or ambulance company. A visit from an EMT, nurse or doctor is another option. Learn basic first aid skills.

First Aid Prepared Patch Program (cont.)

How Seniors and Ambassadors can earn this patch:

Learn how to control bleeding.

Cover the wound with a clean cloth or towel and apply pressure. Don't remove the cloth, instead add another clean cloth or towel if needed on top of the first one.

Learn to recognize the signs of someone choking.

There is probably a sign in your meeting space which you can review together to make sure you understand the signs and know what to do.

Remember that when calling 911 it is important.

Give as much accurate information as possible. There is no reason to hold back any information the operator asks. Avoiding telling an operator that someone has ingested something they shouldn't have will not protect a friend. Holding back information could delay life saving treatment. If it's possible, arrange a visit to a 911 call center. If that's not possible, there are several videos on-line to watch.

Consider getting first aid certified.

There are programs at many schools, libraries and scout councils.