

First Aid Legacy Kit

This kit contains activities and related materials to help teach girls of all ages more about the history of First Aid in the Girl Scout world. This is one of seven legacy topics that have been part of Girl Scouting since the movement started in 1912. The other legacy topics are Artist, Athlete, Citizen, Cook, Girl Scout Way and Naturalist.

The activity ideas included in this kit are taken directly from handbooks of the past or are modern interpretations inspired by skills Girl Scouts have learned through the years. Girls can choose to do as many or as few as they like, though leaders and advisors should help them choose ones that are appropriate for the girls' level. Citations at the end of the activities provide a place to go to learn more about that activity or era.

Just as the legacy topics have been part of Girl Scouting for its first 100 years, they will continue to be part of its future. Girls who are interested in doing even more activities related to any of the legacy topics can earn the modern-day version of these badges. Age-appropriate requirements for legacy badges can be found in the Girl's Guide to Girl Scouting.

11-251

11-272

11-286

First Aid

Halazone Tablets are used for making water safe for drinking. Use one tablet to a pint, or two if water is very doubtful and let set for 20 minutes. Aerate by pouring it back and forth from one bucket to another.
*11-272 Bottle (100 tablets) \$0.45

The Dudley Snake Bite Outfit uses the modern and effective suction method of poison extraction. A small funnel attachment allows it to be used on such bony surfaces as fingers and ankles. The use of this method does not do away with the need of seeing a doctor at the earliest opportunity. *11-286. \$1.50

Contents
Rubber bulb.
Rubber tube for tourniquet.
Lancet.
Small and large funnel applicators.
Germicidal solution.
Directions.

shape. The waterproof para suede case has trefoil snap button and strong loop for attaching to the belt. 11-251 \$1.00

Contents
1 roll Red Cross Bandage 1" x 10 yds.
1 spool Waterproof Adhesive, 1/2" x 2 1/2 yds.
2 Seripads (sterilized gauze) 3" x 3"
2 Picric Acid Gauze Pads, 3" x 3"
3 Band-Aids, 3/4"
1 bottle Aromatic Ammonia, 1/8 oz.
1 bottle Mercurochrome, 1/8 oz.
1 vial Oil of Cloves
1 booklet "First Aid Guide"

The Official First Aid Kit, pocket size, is an important item of equipment for every Girl Scout when on a hike or in camp. Be prepared for sudden emergencies—have one at home and in the car, too. The rolled edges of the enameled tin box will not cut the hands or bend out of

This page from a 1940s Girl Scout catalog shows the different components of The Official First Aid Kit. The description reads, "Be prepared for sudden emergencies – have one at home and in the car, too."

Introduction

“First aid is the first help an injured or sick person receives. It may be washing a cut, saying things to keep someone calm, or getting a doctor.” (Brownie Girl Scout Handbook, 2000, p. 72). Girl Scouts have been following their “Be Prepared” motto for many years, and it is still part of being a good Girl Scout today. In addition to learning how to help themselves and others in an emergency, Girl Scouts also try to prevent emergencies from happening in the first place. Try some of the activities in this kit to get an idea of what it may have been like to learn about first aid years ago.

First Aid Legacy Kit Contents

This kit contains:

- Leader Guide
- Bandage Illustration and Instruction Sheet
- Girl Scout Tin
- Hazards in a Home Illustration and Answer Sheet
- Dry-erase Marker
- Photo of a 1940s Girl Scout First Aid Kit
- Bandanas
- Sample Emergency Contacts Card
- “From Dreams to Reality” Career Cards
- 2000 Safety-wise Publication and Safety-wise Publication From a Previous Era
- Archival Gloves

Please be sure to handle materials gently and return them to the kit when finished. Use the list above to make sure you have all of the kit items.

First Aid Activity Ideas

The first five activities meet badge requirements in the Girl's Guide to Girl Scouting.



- ❑ Sometimes, the best first aid you can give someone is to get professional help. If you see a car accident or someone falls in an area that you can't get to, it is a good idea to call for professional help immediately. When you call 911, you will want to make sure you can give clear, detailed and accurate information. Play "Telephone" to practice giving clear and accurate information. To play, sit in a circle with other girls in your troop and whisper a message from one person to the next. See if the message changes at all from the first person to the last person. Play until you can get a clear message around the circle. Once you've successfully delivered several messages, pair up and practice making calls to 911 – one person will pretend to be the operator and the other person the caller. *Practicing calls to 911 will help meet Step 1 of the First Aid badge in the Brownie Girl's Guide.* Use the "What You Need to Know" tip sheet on page 3 of the Girl's Guide to help you figure out what to say.

- ❑ Make a first aid kit. Refer to recently published Girl Scout materials to help you determine what goes into a First Aid kit. Compare your list to the lists found in Girl Scout handbooks from the past – what's the same and what's different? *By making a portable first aid kit that can fit in your backpack, be kept in a family car, or kept in your locker or desk at school, Juniors will meet Step 3 of the First Aid badge in the Girl's Guide.*

- ❑ How old do you need to be to be First Aid and/or CPR certified? Find out. If you're eligible, take a class and get certified. *Cadettes who take a First Aid class that covers warning signs and basic care for minor heat- and cold-related injuries, will complete Step 5 of the First Aid badge in the Girl's Guide.*

- ❑ Pair up with a buddy and use the bandanas in the kit – or make some of your own – to practice bandaging an injured arm or leg. Look at the drawings included in the kit to learn about different types of bandages and how to use them. (Girl Scout Handbook, Intermediate

Program, 1947, p.154). A bandana may also be used to make a splint. Find out what a splint is and practice making them with a variety of household objects – if you do, *Seniors will meet Step 3 of the First Aid badge in the Girl's Guide.*

- ❑ Career exploration has long been part of Girl Scouting. Girls around have been encouraged to find out what jobs are available in fields and industries they are interested in, and to connect with people working in those areas to learn more about the profession. Check out the “From Dreams to Reality” Career Cards in this kit. Read about different women who held these first aid–related positions in 1978. Do any of them interest you? Do some research to figure out a modern-day job that is similar to one of the career cards and interview a person who works or has worked in that position. What is the same and what is different about the job? Make a copy of the blank career card and fill it out during or after your interview. Add this person to your personal network! *Ambassadors should review the specific First Aid badge requirement steps and options in the Girl's Guide, as interviewing people in first aid-related fields can be applied to several of the steps, depending on the questions you ask.*



- ❑ In the earlier years, there was a separate badge called First Aid to Animals and girls could earn it by learning how to help a domestic animal of their choice. Using a stuffed animal, show that you “know how to approach your animal if it is injured,” “know how to catch, carry, muzzle, tie, hold, or confine your animal when injury necessitates such treatment,” and “know how to take the pulse and temperature of your animal.”(Girl Scout Handbook, Intermediate Program, 1947, p.403-404)
- ❑ From the beginning, helping others has been part of the Girl Scout Law and Promise. Use the handbooks in the kit to find the mention of this part of the promise and law through the years. In what years did the wording change?

- ❑ Look at the Girl Scout tin in the kit. This tin may have once held cookies, trail mix or other yummy snacks. Tins like these were also recycled by girls to use as containers for their first aid kits because they were sturdy and water resistant. What helpful items would you be able to put in your first aid kit tin?

- ❑ It is also a good idea to have a first aid kit in cars as sometimes things may happen on the road that need quick treatment. Check to see if any of the cars you regularly drive or ride in are equipped with a first aid kit. Make a kit for any vehicles that don't have one and if there is a kit, make sure everything is up to date and working properly. Use the copy of the car first-aid kit list included in the kit as a starting point. What other things may be good to add to your car kit? (A Resource for Senior Girl Scouts, p. 122, 1995)

- ❑ Make an important contacts card to keep by your telephone. If you have a cell phone add the names and numbers to your digital contact list. Look at the sample in the kit to get other ideas for whom to include on your list. Share it with your family so they know it is available and make sure you inform guests staying with you where the numbers are located. (Brownie Girl Scout Handbook, p. 98, 1986).

- ❑ If you've already created a first aid kit for yourself and made a list of helpful numbers to have by your phone (or programmed into your cell phone) in case of an emergency, teach someone else about how they can be prepared. Tell them the numbers they should keep by their phone – you may want to show them your list as an example – and what items to put in a portable first aid kit. If you do so, you will have completed one of the requirements for the 1963 Cadette First Aid proficiency badge. (Cadette Girl Scout Handbook, p. 298, 1963)

- ❑ Use the laminated Hazards in a Home sheet and included red marker to circle all of the dangerous situations shown in the diagram. Use the answer sheet provided to see if you got them all. Be sure to wipe off the red marks you made when you're done. If you are helping a younger troop learn more about safety, make a copy of the Hazards in a Home sheet for each girl (or team of girls). Give them a time limit and see how many hazards they can find in that time. Go over the answers with the whole group. This activity drawing appeared in the 1947 Girl Scout Handbook for the Intermediate Program.

- ❑ The Girl Scouts and the American Red Cross have partnered for many years which you can see by looking at the first aid section of many Girl Scout handbooks, Girl's Guides and other publications. Check with your local chapter of the Red Cross and find out if it has any programs for Girl Scouts or other youth groups. You may also want to see if there's anyone you can interview to help you work on earning your First Aid badge.

- ❑ It wasn't just important for girls to be skilled in first aid. Girl Scout leaders have also had to learn how to give immediate help in situations. Being safe is such an important part of Girl Scouting that not only is important safety information provided in handbooks, separate publications have also been made through the years. Look through the two Safety-Wise publications in the kit and compare them. What's the same and what's different? First aid and safety standards are still part of Girl Scouting today. Ask your leader what Girl Scout safety publications she keeps at hand.

Wrap-up

These are just a few ideas inspired by Girl Scout publications of the first 100 years. Feel free to explore and dabble in other activities that you come across or think of, and teach others about what you've learned. Have fun!