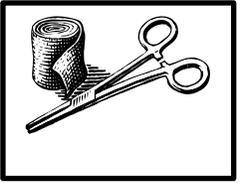


Time	Activity	Program
Opening 15 min	<p>Horseshoe After your opening have a introductory talk.</p> <p>Q- Why is it important to check the accident BEFORE offering help? A-You want to make sure that you don't get hurt as well. It is important to keep yourself safe. Look, Listen and smell for clues.</p> <p>Describe the limitations of a first aider. Explain if they are helping someone who is hurt, they just need to do the basics and get help for anything serious. They are not to do anything they are not qualified to do and should let an adult know when something has happened.</p> <p>Emergency Steps</p> <ul style="list-style-type: none"> - Look, listen and smell for clues - Make the area safe for yourself and the injured person - Assess the injury (what is wrong) - Give first aid, if you know what needs to be done - Stay calm <p>Explain the danger of moving a victim. It is always important to keep someone with a serious injury from moving. They could hurt themselves even worse if they move.</p> <p>A fun way to give this information would be for a leader to fall in the middle of the horseshoe and have another guider come to her rescue and let the girls see how an emergency should be handled. After the skit you can go over these point with the girls.</p>	<p>First Aid #5, #4,#3, #2, #1</p> <p>You and Others- Learn about Safety #1</p>

Depending on the size of your group you may choose to do the next three activities in round robin fashion.

<p>15 minutes</p>	<p>Scavenger Hunt</p> <p>Print off the scavenger hunt questions at the end of this meeting.</p> <p>Hide all the items the girls will need to find and have them find the items and then write down where they fit best on their sheet. They can work in pairs. After some allotted time call all the girls back and go over the answers.</p> <p>Items you'll need in order of the questions on the sheet:</p> <ul style="list-style-type: none"> Triangle bandage Band aid Ice pack Magazine Rubber gloves An index card that says location, name, type of emergency Tweezers A maxi pad Medical tape Kleenex Blanket 	
<p>15 minutes</p>	<p>Hat craft first Aid Kits</p> <p>You'll need: small containers like salad dressing containers from a dollar store or pill bottles.... Band aids, alcohol wipes, safety pin, straws, medical tape, small guaze, q-tips, glue gun, string</p> <p>What to do: glue gun a loop of string onto the container you are using so it will pin onto the hat.</p> <p>Fill the container with the guaze, q-tips cut in half, bandaids, alcohol swab. Then take a small piece of straw and a long piece of medical tape. Roll the piece of tape around the piece of straw so that you now have a mini roll to put in your kit.</p> <p>If you have red tape you can place a red cross on your container.</p>	<p>First Aid #7</p> <p>You and Others- Learn about Safety #2</p>
<p>15 minutes</p>	<p>Skit Scenarios</p> <p>Print off the skit cards below and give the girls in small groups one. They will then show the group what to do for their scenario.</p>	<p>First Aid #10, #9, #6, #7</p>
<p>Closing</p>		

First Aid Scavenger Hunt

1. Find something that you can use for a sling. _____
2. What is something that you can use to cover a wound/cut _____
3. Find something that you can use if you hit your head _____
4. Find an everyday item that you could use to splint an arm _____
5. Find Something that you could wear to protect yourself before you help someone _____
6. Find a card with important information that you would use to call 911 _____
7. Find something that will help remove a splinter/ splinter _____
8. Find something that you could use to stop bleeding when someone is cut if you don't have gauze etc... _____
9. Find an item that you could use to secure gauze in place _____
10. Find something that you could use to keep someone warm so that they don't go into shock _____

Scenarios

Scenario #1

Your friend is cutting vegetables at camp and cuts their finger. Be sure to show of you will prevent infection.

Scenario #2

You eating Girl Guide cookies when your friend begins to choke.

Scenario #3

You are out riding your bike with a friend. Your friend swerves to avoid hitting something, falls and scrapes her knee.

Scenario #4

You are playing tag and one of your friends gets a nose bleed.

