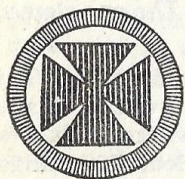


animal bites, poisoning from plants, nosebleed, punctured wound caused by a nail.

14. Know the kinds of food and hours of sleep you need to keep you in the best possible health.



### FIRST AID

Symbol: *Formée cross*

Note: Instruction for this badge should be given by one of the following: licensed doctor of medicine, nurse with first aid experience, or a person who has received a Standard or Advanced First Aid Certificate within the past three years.

To earn this badge, do ten of these activities. The three starred are required.

1. Dramatize or tell a story showing: the four main purposes of first aid and why the emphasis is on prevention of accidents; why everyone should know first aid; how to behave in an emergency; the quickest way to get professional help in case of a serious injury.

★2. Demonstrate the application of: (a), roller bandage to a finger or a forearm; (b), sterile gauze dressing to a simple wound; (c), triangular bandage for arm splint or head bandage; (d), cravat bandage to a sprained ankle for temporary support.

3. For a period of at least four weeks, serve on a troop safety committee for prevention of accidents in all troop activities.

4. Through reading, troop discussion, or by inviting guest speakers to your troop meeting, learn something about the history, work, and financing of the American Red Cross and its junior branch.

5. Make a telephone card for emergency calls for the following: (a) family physician, (b) local public health representative (health officer or public health nurse), (c) fire department, (d) police department, (e) ambulance service, (f) local or nearby hospital.

6. Demonstrate the proper first aid for a person who has:

fallen down a flight of stairs; been hit on the head by a heavy object; been overexposed to cold or heat.

★7. Demonstrate the proper cleansing of the hands for giving first aid treatment; how a wound should be treated; how to apply a tourniquet; treatment for nosebleed, fainting, bee sting; treatment for a cinder in the eye, a minor burn, poison ivy rash, or minor cuts and scratches.

8. Demonstrate on one of your troop members how to apply digital pressure to six main points on the body where bleeding may be controlled. Tell when you would use each point as you demonstrate the pressure.

9. Make a first aid kit for the troop meeting place, your home, your family car, or an individual kit to use on hikes.

10. Demonstrate transporting an injured patient by: improvising a stretcher; using a chair as a carrier; a two-man carry; a three-man carry in arms.

11. Make a first aid quiz game for your troop to use.

12. Learn how to make an emergency call to a doctor, nurse, hospital, or police station, and dramatize for your troop emergency situations showing how to handle such calls and what to do until help arrives.

★13. Demonstrate how to administer artificial respiration.

14. Demonstrate how to recognize and care for a patient suffering from shock.

15. Show how to give proper first aid for a simple fracture of the leg. Or, demonstrate what should be done when a person has come in contact with an electric current.



### FIRST AID TO ANIMALS

Symbol: *Formée cross with dog's head*

This badge must be done under the guidance of a veterinary. It may be done with any kind of domestic animal.

To earn this badge, do ten of these activities. The two starred are required.

★1. Know the types of injuries to which the animal you have chosen is particularly susceptible.