

## First Aider Badge



CHECK OFF WHEN COMPLETED AND WRITE THE DATE.

With the help of an adult, do the following:

- \_\_\_\_\_  1. Explain:
- a) The meaning of first aid
  - b) The meaning of medical aid
  - c) The three most important measures you must learn to save a life.
- \_\_\_\_\_  2. Do the following:
- a) Demonstrate first aid for a conscious choking casualty.
  - b) Demonstrate first aid for a severe wound.
  - c) Show how to care for an unconscious person.
  - d) Show how to give first aid for a burn or scald.
  - e) Show how to give first aid for a wound that is bleeding.
  - f) Show how to stop a nose bleed.
  - g) Show what to do if your clothes or another person's clothes catch fire.
  - h) Describe the signs of frost-bite and how to treat it.
  - i) Describe what to do if an insect or animal bites you or another person.
  - j) Explain how to prevent and treat hypothermia and overheating.

You can get more information from the local office of St. John Ambulance or The Canadian Red Cross that serves your area.

**I completed my First Aider Badge requirements on:**

\_\_\_\_\_ (date)