 I’m a LIFESAVER badge

Aim  
To encourage everyone to learn 1st Aid.  
To spread the skills to parents and beyond.   
To raise awareness of how essential the actions of those first at the scene are.

Ask for someone to visit and run a first aid evening at your unit meeting, or leaders with 1st response can do this themselves, Leaders can usually borrow mannequins for demonstration or ask parents with skills. There is a box of Mannequins at Hertfordshire County office or ask 1st Response trainers

Use apps and video clips to aid learning e.g. Red Cross, St John’s Ambulance, British Heart Foundation , resuscitation council.

**Challenge: ALL Sections**

1.Act out dramatic first aid scenes demonstrating simple lifesaving skills

2.Show your parents and family your new skills, teach them how to be a lifesaver.

Use on-line learning as below.

**Rainbows**: DRABC (the primary Survey) and the recovery position. Who to call when.

See Skills builders Level 2, these good for all levels

**Brownies** : as above plus major bleeding and choking  
 ( **without using force** show how you would help a pretend choking casualty)

**Guides and Rangers**: as above plus CPR and Defibrillator (AED) use.

Check if your school has an AED and where it its kept. If not perhaps start fundraising for one with the school

Where is the nearest one to your home that is available to use 24/7 ?

**DO NOT** do chest compressions or rescue breaths on a pretend casualty.  
I suggest using 2 cushions on the floor to show compressions. Improvise for AED pads after looking at online AED use , use large post it notes /paper cut outs.

**Rangers and adults** open this free interactive video from the resuscitation council. **Guides** please have a parent with you as it is very realistic. [https://life-saver.org.uk/](%20https://life-saver.org.uk/)interactive?id=harry

https://www.resus.org.uk/public-resource/how-we-save-lives/lifesaver-learning

**Learning materials**

**Red Cross Apps** Primary Survey, recovery Position, CPR , Choking, Major Bleeding. <https://www.redcross.org.uk/first-aid/first-aid-apps>

**Recovery Position** <https://www.nhs.uk/conditions/first-aid/recovery-position/>

**CPR**  <https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/how-to-do-cpr#cprvid>

[**https://www.youtube.com/watch?v=GmqXqwSV3bo#action=share**](https://www.youtube.com/watch?v=GmqXqwSV3bo#action=share)

**Cardiac Arrest** <https://www.bhf.org.uk/informationsupport/conditions/cardiac-arrest>

**Defibrillator**  https://www.youtube.com/watch?v=-NcbDHv8Wi4

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I’m a Lifesaver Badges

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Pay 1st Aid Fundraising

To order email [verity.guides@gmail.com](mailto:verity.guides@gmail.com) .

Bank transfer / postal address on request

Your Feedback on the badge and how the skills were shared appreciated

Many thanks for encouraging young members to learn simple skills that can save lives plus making a difference by sharing their skills Monies raised will be put towards buying and maintaining community defibrillators and training.