



4-H FIRST AID AND SAFETY PROJECT



In this project, youth learn about prevention and treatment of injury. Youth can participate in a variety of 4-H first aid and safety projects including emergency preparedness, first aid, CPR, cyber safety, risk management and more.

- Identify safety hazards, including those related to fire, water, dangerous objects, being home alone, and using the Internet.
- Create strategies and learn skills to appropriately respond to emergency situations.
- Use safety knowledge and skills to make your community a safer place.

4-H THRIVE

Help youth:

Light Their Spark

A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find how this project excites them.

Flex Their Brain

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to help them reach higher levels of success.

Reach Their Goals

Help youth use the GPS system to achieve their goals.

- Goal Selection:** Choose one meaningful, realistic and demanding goal.
- Pursue Strategies:** Create a step-by-step plan to make daily choices that support your goal.
- Shift Gears:** Change strategies if you're having difficulties reaching your goal. Seek help from others. What are youth going to do when things get in their way?

Reflect

Ask project members how they can use their passion for this project to be more confident, competent and caring. Discuss ways they can use their skills to make a contribution in the community, improve their character or establish connections.

Starting Out *Beginner*

- Identify labels of products that give information about potential danger.
- Describe how to report dangerous situations.
- Develop a family safety plan.
- Identify safe places to play in your community.
- Learn how to be safe around pets.
- Learn about fire safety.
- Learn how to properly wash your hands and cover your coughs and sneezes.
- Explain when and demonstrate how to call 9-1-1.

Learning More *Intermediate*

- Examine the effects of bullying and harassment on others.
- Learn about germs and how they affect health.
- Identify community environmental health issues.
- Learn what to do if you encounter wild animals.
- Identify protection equipment needed for sports.
- Discover careers in emergency medicine.
- Explain personal identification safety, such as never giving out your address in a chat room.

Exploring Depth *Advanced*

- Explore how hydration affects the body and relates to heat illness.
- Learn how to avoid sports injuries.
- Demonstrate what to say and do when witnessing bullying.
- Learn how to do CPR (from a certified CPR instructor).
- Explain ways to prevent fires and reduce the risk of fire-related injuries.
- Learn about emergency wilderness first aid.
- Become a certified babysitter.

The activities above are ideas to inspire further project development. This is not a complete list.



Expand Your Experiences!

Healthy Living

- Coordinate a countywide bike ride. Invite a local agency to discuss bicycle laws and safety.
- Partner with local police to stage a realistic car accident to increase awareness of distracted driving. Distribute discussion and activity ideas to local school and youth groups.
- Create a skit that illustrates how to resolve conflicts nonviolently. Perform at a local school.

Science, Technology, Engineering, and Mathematics

- Increase awareness of online safety and set policies in your club to protect members against cyber bullying.
- Conduct a fire extinguisher training, including how the chemicals inside work.
- Research the physiological response to spider bites, tetanus, poisonous plants and more.

Citizenship

- Create a video that identifies places in the community that make youth feel unsafe. Share your video along with recommendations for change at a County Board of Supervisors meeting.
- Partner with the Red Cross to offer a first aid or CPR class for your 4-H club, unit or group.
- Work with your local fire department to educate others about planning for emergencies.

Leadership

- Lead a park clean-up day, so that other youth have a safe outdoor space to play.
- Conduct a community safety day. Invite local health professionals to demonstrate first aid procedures, check bike helmets for proper fit and teach proper hand washing techniques.
- Design a campaign for preventing violence, aggression, bullying and harassment.

Resources

- Fight BAC
www.fightbac.org
- The Scrub Club
www.scrubclub.org
- National 4-H Council
shop4-h.org/products/keeping-fit-and-healthy-curriculum-first-aid-in-action
- UC Safety Notes
safety.ucanr.edu/4-H_Resources/
- National Bicycle Safety Network
<http://www.pedbikeinfo.org/>
- KidsHealth
kidshealth.org/en/kids/watch/
- Spark the Fire Dog
www.sparky.org
- NetSmartz
www.netsmartz.org
- American Red Cross
www.redcross.org
- Ready.gov
www.ready.gov

Connections & Events

Presentation Days – Share what you’ve learned with others through a presentation.

Field Days – At these events, 4-H members may participate in a variety of contests related to their project area.

Contact your UC Cooperative Extension Office to determine additional opportunities available, such as a field day.

Curriculum

- Health & Wellness
www.mhschool.com/health/2005/student/
- Citizen Safety
marketplace.unl.edu/default/citizen-safety.html
- Safe at Home/Safe Alone
pubs.ext.vt.edu/content/dam/pubs_ext_vt_edu/350/350-523/350-523_pdf.pdf
- 4-H ATV Safety Guide
www.atv-youth.org

4-H Record Book

4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning and development.

4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.

To access the 4-H Record Book online, visit <http://ucanr.edu/orb/>

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