

4-H FIRST AID PROJECT GUIDELINES

Purpose of Project: To provide 4-H members with an opportunity to learn proper first aid procedures so they are prepared to act in the event of an emergency.

Learning Levels: The 4-H First Aid Project has been divided into four (4) "learning levels". New members must start at Level I. Members must advance to next highest level each year they are enrolled in the project.

Fair Evaluation: Each 4-H member will have a one-to-one evaluation with the first aid project judge. A,B,C grades will be based on both the fair exhibit and the interview with the judge. Members must be prepared to explain and demonstrate what they have learned at each level.

Following are the fair exhibit requirements for each learning level:

LEVEL I -Prepare and exhibit a basic first aid kit. Container must be weatherproof. Learn why each item is important to include in the kit, and be prepared to explain and demonstrate the use of each item.

The following required basic items must be included in the kit:

- Antiseptic - to clean and disinfect cuts and scratches.
- Adhesive bandages - include various sizes and shapes to cover small cuts and bruises.
- Sterile gauze - to cover large cuts and skin abrasions.
- Adhesive tape - to hold gauze in place.
- Scissors - to use in cutting gauze and tape and cutting away clothing if needed.
- Instant ice pack - to use on cuts, bruises, sprains, and broken bones.
- Splinting material - include tongue depressors, ace bandage, and triangular bandage so that you are prepared to meet a variety of splinting needs.
- Fluid of irrigation - include appropriate fluid for use in irrigating (rinsing out) eyes, burns, wounds, etc. (i.e. saline solution).
- List of emergency phone numbers - include a list of the following emergency phone numbers:
 - hospital emergency room
 - police department
 - fire department
 - doctor
 - poison control center
 - parents' home and work phone numbers

(continued)

- There are important items to be included in a BASIC first aid kit. You may add other items to your kit as desired.
- Remember that you must be prepared to explain and demonstrate the use of each item you include in your kit.
- Basic first aid rules and procedures that you need to learn in preparation for your evaluation at the fair are as follows:
 - know and be prepared to explain the "A,B,C Rule" of first aid.
 - know and be prepared to explain the "Heimlich Maneuver" for clearing the airway of a choking victim.
 - know and be prepared to explain the basic first aid procedures that should be used in managing burns, bleeding, sprains, and broken bones.

LEVEL II -Prepare a first aid index card file containing the information/rules/procedures you have learned about managing the following emergency situations:

- bleeding
- burns (heat, electrical, and chemical burns)
- sprains
- broken bones
- poisoning (various types)
- insect bites
- animal bites
- shock
- hypothermia
- other emergency situations you wish to cover

-Files cards should be labeled or "tabbed" in such a way that the first aid information for the emergency situations noted above can be found easily.

-Member must be prepared to explain and demonstrate first aid procedures listed on index cards. Member must bring own first aid kit with him/her to fair evaluation to use in demonstrating procedures only. (NOTE: First aid kit is not a part of the exhibit at this level.)

LEVEL III -Members must have attended a CPR (Cardiopulmonary Resuscitation) workshop given by a certified instructor. Fair exhibit must include a notebook and poster containing information on what has been learned about CPR.

Notebook - Notebook should contain the following information:

- definition/description of cardiopulmonary resuscitation.
- explanation of when CPR should be used.

- explanation of how CPR helps the victim.
- explanation of how the CPR procedure differs depending on whether the victim is an infant, child, or adult.
- information on the "Heimlich Maneuver" used to clear the air pathway in a choking victim. Explain when the procedure should be used, and the steps involved in the procedure.

Poster - Poster should include a series of photos of member performing the various CPR steps. Those include:

1. check airway
2. check pulse
3. opening of airway
4. correct final position of hand on chest
5. locating xiphoid process
6. correct ventilation of lungs ("mouth-to-mouth" technique)

Poster must include captions which explain each step. Also need to indicate on poster whether you demonstrating the CPR techniques to be used on an infant, child, or adult.

LEVEL IV -Advanced first aid. Member may exhibit at this level more than one time, but must make new exhibit each year.

Member to develop own exhibit which shows what has been learned about a specific area of first aid (i.e. specific first aid procedure, importance of first aid education for families, exploration of careers related to first aid/emergency care, etc.).

Member must be prepared to discuss their exhibit with the judge.