

Welcome to the 4-H First Aid Project! The First Aid Project fits nicely into the fourth "H" of the pledge "Health." In the pledge, health represents the foundation of all club activities. Without health, head and hands cannot do their best work and it is hard to keep the heart kind, sympathetic, and true. Health is a goal for each of us to strive for by developing the right habits of our minds, our hearts, and bodies. In First Aid you will learn many things that will not only help keep you healthier, but also others who are sick or injured.

The First Aid project is based on St. John Ambulance training guidelines. 4-H members and leaders can use other training systems, i.e. Red Cross or Royal Life Saving Society, provided that the topic areas are covered.

ACHIEVEMENT DAY REQUIREMENTS

- * See attached page for complete Achievement Day requirements.
- * **Please note: As of the 2006 Annual 4-H Council meeting oral presentations in the First Aid project will no longer be required for Achievement Day.** Clubs/ project leaders may still encourage members to complete these activities at other events during the year if they wish to do so.
- * **Please note: As of the 2012 Annual 4-H Council meeting the following changes have been made to the suggested topics and project requirements for the First Aid project; direct and indirect methods of artificial respiration have been removed from all levels, CPR has been moved from level 4 to level 3, Automated External Defibrillator (AED) has been added to level 3 and Emergency childbirth has been removed from level 4.**

The **Suggested Topics and Project Work** requirements for each level in the First Aid project are as follows:

LEVEL I - Suggested Topics:

- Principals of First Aid
- Respiratory system
- Choking
- Circulatory system- wounds and bleeding
- Shock and unconsciousness

Project Work Requirements:

1. Poster on anything learned this year.
2. Club activity, i.e. game or skit showing the importance of First Aid.
3. First Aid kit (adequately equipped).

LEVEL II - Suggested Topics:

- Review of Unit I
- Fractures - forearm and leg
- Chest injuries
- Hand injuries
- Environmental injuries and illness
- Poisoning
- Eye injuries

LEVEL III - Suggested Topics:

- Review of Units I and II
- Fractures - upper arm, thigh, collar bone
- Head and spinal injuries
- Pelvic, abdominal and crash injuries
- Burns
- Heart attack and stroke
- Multiple injury management
- CPR with appropriate certificate
- Automated External Defibrillator (AED)

LEVEL IV - Suggested Topics:

- Review of Units I - III
- Child and infant resuscitation
- Joint injuries, strains, and rescue carries
- Medical conditions (diabetes, epilepsy, allergies)
- First Aid exam with certificate

Project Work Requirements:

1. Poster on anything learned this year.
2. Display, i.e. could be the right and wrong way to do first aid.
3. First Aid kit (adequately equipped).

Project Work Requirements:

- *1. Poster - on anything learned this year.
 - *2. Display - on anything learned this year.
 - *3. Demonstration - on anything learned this year.
 4. First Aid kit (adequately equipped)
- * The poster, display, and demonstration must be all on the same topic.

Project Requirements:

1. Poster - on anything learned in First Aid.
2. Demonstration on anything in First Aid.
3. First Aid Kit (adequately equipped)

First Aid displays must be in an area no bigger than 9 square foot (i.e., 3' X 3' or 2' X 3').

FIRST AID KITS: In the past, there have been some questions concerning what should be in a First Aid kit. Members are encouraged to prepare adequately equipped First Aid kits for the level of the project they are in. Instead of having everything you could include in a kit (fully equipped), members should include items they learned to use in their project, adding more materials as they learn new things in each level of the project. While some material for a First Aid kit can be expensive, the kit is not meant to cost "an arm and a leg." Some materials in a First Aid kit can be improvised without having to cost a lot. **NOTE: Sterile items such as gloves, gauze bandages, etc., should be kept in a sealed plastic bag.**

The following are some **suggestions** for material that members could include in their kits in each level of the project. **Note: The Saint John Ambulance no longer recommends use of salts, medication, peroxide or iodine in First-Aid kits. Do not include syringes in your first aid kit.**

LEVEL I:

Sturdy, preferably waterproof container, vinyl/latex gloves, disposable face mask/shield, gauze dressing, triangular bandages, assorted band-aids, antiseptic wipes, pressure dressings, first aid tape, first aid book, 911 number and emergency numbers, safety pins, scissors, tweezers, note pad, pencil, plastic freezer or 'zip-lock' bag.

LEVEL II:

Plastic bags, triple antibiotic (polysporin), eye pads, roller bandage (cling type), tongue depressors or stir sticks.

LEVEL III:

Addition of more supplies from other units as needed, non-stick dressings.

LEVEL IV:

Addition of supplies from other units as needed, sugar, insect sting relief pads, rescue blanket, and small dish of baking soda.

EXHIBITION & 4-H SHOW CLASS LIST: Please note: club activities and demonstrations are not eligible for competition.

CLASS 15: FIRST-AID**Section 1: Posters**

Section 2: First-Aid Kits - Levels 1 & 2

Section 3 First-Aid Kits - Levels 3 & 4

Section 4: First-Aid Display

OTHER FIRST AID RESOURCES

St. John Ambulance produces pamphlets with handy first aid tips for seasonal activities and a calendar of courses, the location and time of when they will be offered. To receive these, contact:

St. John Ambulance,
88 Slayter Street, Dartmouth, NS B3A 2A6
Telephone: 1-800-565-5056
www.stjohnambulance.ns.ca

St. John Ambulance,
335 George Street, Sydney, NS B1P 1J7
www.stjohnamb.ns.ca
Telephone: 1-888-633-1115
www.stjohnambulance.ns.ca

St. John Ambulance will offer free first aid courses for 4-H members. There must be a minimum of eight to ten members willing to participate in the course. Contact your Regional Agriculture Leadership Coordinator for more information.