

St. Joseph County 4-H First Aid 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 in this project must start at Level I, regardless of age. After year one (Level I) the Member will advance to Level II, where they will complete years two, three, and four of this project before moving to Level III. While in Level II, the Member will be able to choose an Emergency situation listed in Level II that they wish to present to the Judge. A new Emergency situation must be chosen each year. However, if a member is starting their second year in this project at the 4H age of 16, they will be allowed to move to Level III after completion of the first year. Level III will be the Fifth year in this project and Level IV would be their Sixth year, unless the Member was 16 4H age after completion of Level I.

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.

NOTEBOOK WILL BE ADDED TO EACH YEAR

The 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 - 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 triangle bandage so that you are prepared to meet a variety of splinting needs.

-Fluid of irrigation - include appropriate fluid for use of irrigating (rinsing out) eyes, burns, wounds, etc. (i.e., saline solution)

-List of emergency phone numbers: including a list of the following phone numbers:

- hospital **(911)**
- police department **(911)**
- fire department **(911)**
- doctor **(911)**
- poison control center **(STAY)**
- parents' home and work phone numbers **(EMERGENCY #)**

- 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 fair are as follows:
- Know and be prepared to explain the "A, B, C Rule" of first aid.

LEVEL II - First aid kit and **THREE-RING BINDER** with the information/rules/procedures you have learned about managing one of the following Emergency situations. You must also add a minimum of five items to your First Aid kit, with at least one of the items pertaining to the situation you have chosen that year (new situation picked each year):

- 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

- **THREE RING BINDER** 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 **IN THREE RING BINDER**. Member must bring own first aid kit with him/her to fair evaluation to use in demonstrating procedures only.

LEVEL III - Members must have attended a CPR (Cardiopulmonary Resuscitation) workshop given by a certified instructor. Fair exhibit must include a notebook containing information on what has been learned. **NOTEBOOK MUST CONTAIN PROOF OF COMPLETION OF CPR CLASS**. Add item(s) that are used during CPR to existing first aid kit.

Notebook should contain the following information:

- definition/description of cardiopulmonary resuscitation.
- 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 then steps involved in the procedure.

NOTEBOOK SHOULD ALSO CONTAIN 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. Location of xiphoid
6. Correct ventilation of lungs ("mouth to mouth" technique)

NOTEBOOK must include captions which explain each step. Also need to indicate **IN NOTEBOOK** if you are demonstrating the CPR technique for an infant, child, or adult.

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

- Member will add to previous years three-ring binder when developing their own exhibit which shows what has been learned about a specific area of first aid (i.e. specific first aid procedures, importance of first aid education for families, exploration of careers related to first aid/emergency care, etc.). Member must also add a minimum of five items used in the selected project topic.
- Members must be prepared to discuss their exhibit with the judge.