

UC
CE

First Aid

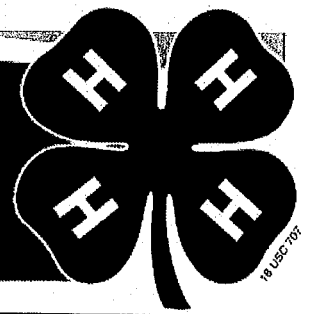


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This We Believe:

- The boy and girl are more important than the projects.
- The member should be their own best product.
- No award is worth sacrificing the reputation of a member or leader.
- Competition is a natural human trait and should be recognized as such. It should be given no more emphasis than other fundamentals.
- Learning how to do the project is more important than the project itself.
- Many things are caught rather than taught.
- A blue ribbon member with a red ribbon project is more desirable than a red ribbon member with a blue ribbon project.
- To learn by doing is fundamental in any sound educational program.
- Generally speaking, there is more than one good way of doing most things.
- Every member needs to be noticed, to feel important, to win, and to be praised.
- Our job is to teach members *how* to think, not what to think.



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, food safety, 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 what it is about safety and injury prevention that 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?

Ask Them

Ask project members how they can use their passion for safety 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.

Feeling 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 Deeply 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.
- 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.

Light Your Spark

Flex Your Brain

Reach Your Goals

Light Your Spark

Flex Your Brain

Reach Your Goals



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, Engineering, and Technology

- Increase awareness of online safety and set policies in your club to protect members against cyber bullying.
- Conduct a food safety experiment to measure microorganism growth in various settings.
- 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.

- Fight BAC
www.fightbac.org
- The Scrub Club
www.scrubclub.org
- FEMA Emergency Preparedness
www.ready.gov/kids/index.html
- National 4-H Council
new.4-hcurriculum.org/projects/health/firstaid.htm
- UC Safety Notes
safety.ucanr.org/Safety_Notes/
- National Bicycle Safety Network
www.bicyclinginfo.org/network/
- KidsHealth
www.kidshealth.org/kid/watch/index.html
- United States Fire Administration for Kids
www.usfa.fema.gov/kids
- Spark the Fire Dog
www.sparky.org
- NetSmartz
www.netsmartz.org
- American Red Cross
www.redcross.org
- Ready.gov
www.ready.gov

The UC 4-H Youth Development Program does not endorse, warrant, or otherwise take responsibility for the contents of unofficial sites.

Connections & Events

Curriculum

4-H Record Book

Presentation Days – Share what you've learned with others through a safety-related presentation.

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

Contact your county 4-H office to determine additional opportunities available, such as American Red Cross certification.

- Health & Wellness - www.mhschool.com
- Citizen Safety - marketplace.unl.edu
- 4-H/ATV Safety Guide - www.atv.youth.org
- Safe at Home/Safe Alone - pubs.ext.vt.edu
- Wanna Be My Friend? - epayment.ndus.nodak.edu/C22800-uscores/web/search.jsp
- Health Rocks! - www.4hmall.org

4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their personal 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 www.ca4h.org/4hbook



University of California Agriculture and Natural Resources

Light Your Spark

Flex Your Brain

Reach Your Goals

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Degrees

Schools

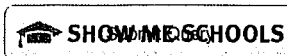
Careers

Courses

EMT and Paramedic / CPR and First Aid Certification Program Overviews

CPR and First Aid Certification Program Overviews

CPR and first aid certification is helpful in a variety of career fields. Learn what you can expect in a program, including coursework. Also, read about possible career options and continuing education requirements.


[View 15 Popular Schools](#)

Essential Information

Anyone working in an environment associated with the risk of personal injury or sickness often needs to have current certification in cardiopulmonary resuscitation (CPR) and first aid. You can use

the techniques taught in CPR and first aid certification programs to assist people who have suffered an injury, suddenly become ill or are choking.

CPR methods and first aid techniques are normally covered in the same certification programs, though some programs discuss one or the other. Most certification programs are eight to 14 hours in length and are taught by organizations like the American Heart Association or the American Red Cross. Most classes are conducted in a live setting with hands-on demonstrations, but some can be finished over the Internet.

Educational Prerequisites

There are generally no educational prerequisites to enroll in CPR and First Aid certification programs. Many employers in a variety of fields encourage their employees to earn CPR and first aid to ensure that basic medical care is available in the event of an emergency.

Program Coursework

CPR and first aid classes focus on procedures used to help people who are suddenly unable to breathe, are unconscious or have suffered a physical injury. Students often view demonstrations of proper techniques used during CPR and first aid and sometimes practice the techniques on lifelike dummies. CPR and first aid training usually discusses the subjects listed below:

- Cardiovascular disease risk factors
- Heimlich Maneuver techniques
- Symptoms of choking victims
- Basic physiology and anatomy
- Abdominal thrust demonstrations
- Burn care techniques
- Methods of bleeding control
- Treating shock victims
- Injury assessment
- Blood-borne pathogen awareness

Popular Career Options

Being certified to perform CPR or first aid is not, by itself, a qualification for many careers, but it is relevant to jobs in several fields. Most positions in healthcare and mental healthcare require first aid and CPR certification, and certification is required for some educational jobs as well. CPR and first aid certification is often required for the careers listed below:

- Emergency medical care technician
- Nurse
- Direct care mental health worker
- Teacher
- Sports coach
- Lifeguard

Continuing Education Information

People in many professions must retain current CPR and first aid certification by retaking courses to ensure that they know the most up-to-date care methods. The topics covered in the recertification classes often change as CPR and first aid techniques evolve.

[Show me popular schools](#)

Related To CPR First Aid Certification

[Related](#) [Recently Updated](#) [Popular](#)
[Search Degrees, Careers, or Schools](#)

Perfect School Search

1. What subject are you interested in?
[Medical and Health Professions](#) ▼
[Medical Diagnostic and Treatment](#) ▼
[EMT and Paramedic](#) ▼
2. What degree level are you looking for?
[Select your preferred degree level](#) ▼
3. Where do you want to attend class?
[Show me all schools](#) ▼

POPULAR SCHOOLS

1 DeVry University

[Bachelor's - Biomedical Engineering Technology](#)

What is your classroom preference?

[Select One...](#) ▼

2 Capella University

[PhD in Emergency Management](#)
[MS in Emergency Management](#)
[BS in Emergency Management](#)

When would you like to start classes?

[Select One...](#) ▼

3 Baker College Online

[Bachelor of Health Services Administration](#)

When do you plan to begin your studies?

[Select One...](#) ▼

4 Herzing University

[Master of Business Administration - Public Safety Leadership](#)
[Bachelor of Science - Healthcare Management With a Dental Hygiene Emphasis](#)
[AS in Medical Assisting](#)
[Diploma in Medical Assisting](#)

What is your highest level of education?

[Select One...](#) ▼

5 Grand Canyon University

[MS in Leadership - Disaster Preparedness and Executive Fire Leadership](#)

What is your highest level of education?

[Select One...](#) ▼

6 Kaplan University

[MPA in Fire and Emergency Services](#)
[BS in Fire and Emergency Management](#)
[AAS in Medical Assisting](#)

Which subject are you interested in?

[Select One...](#) ▼

7 ITT Technical Institute

[Associate in Medical Assisting and Administration](#)



Firefighter and First Responder Career Video

Nuclear Medicine Career Video: Becoming a Nuclear Medicine Technologist

First Aid CPR Certification

First Aid and CPR Classes

Red Cross First Aid Training

First Aid Courses in NY NY

First Aid Certifications

CPR Adult Education Programs: An Overview

Cardiopulmonary resuscitation (CPR) is perhaps the most important type of first aid that can be given to victims in cardiac...

How to Become a Certified First Aid Technician

Training in first aid and cardiopulmonary resuscitation (CPR) is widely available. In these trainings, students learn...

First Aid Diploma and Education Program Information

Find out how to become certified in first aid after completing a training program through one of several health organizations...

Online First Aid Courses Overview

First aid courses are offered in online and hybrid formats through several schools, businesses and organizations. Courses may...

First Aid Training: Course Summary for First Aid Training Programs

First Aid Master

Wilderness First Aid Training

8 What year did you graduate from high school?

Select One...

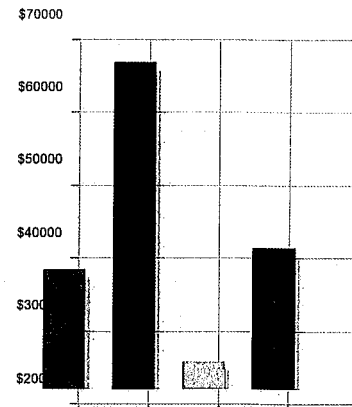
Penn Foster Career School

Undergraduate Certificate in General Studies (Medical Assistants)

What is your highest level of education?

Select One...

AVG. WAGES FOR RELATED JOBS



Emergency medical technicians and paramedics

Diagnostic medical sonographers

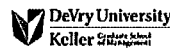
Home health aides

First-line supervisors/managers of personal service workers

Source: Bureau of Labor Statistics

Popular Schools

DeVry University



Minimum eligibility requirements:

Must be a high school graduate or have completed GED
Eligibility and relevancy of sample programs below will vary by article and program

School locations:

Online Learning	Arizona (3 campuses)
California (16)	Colorado (3)
Florida (6)	Georgia (5)
Illinois (7)	Indiana (2)
Maryland (1)	Michigan (1)
Minnesota (1)	Missouri (2)
North Carolina (2)	New Jersey (3)
Nevada (1)	New York (2)
Ohio (4)	Oklahoma (1)
Oregon (1)	Pennsylvania (4)
Tennessee (2)	Texas (7)
Utah (1)	Virginia (3)
Washington (3)	Wisconsin (1)

Online and Classroom-Based Programs

Bachelor

Bachelor's - Biomedical Engineering Technology

What is your classroom preference?

Select One...

An admission advisor can provide more info about:

- programs and curriculum
- career opportunities
- tuition and financial aid
- admissions & starting dates

Request More Information >>

Capella University



Minimum eligibility requirements:

Must complete an application online and submit transcripts for their highest degree earned.

School locations:

Online Learning

Online Programs

Doctorate

[PhD in Emergency Management](#)

[PhD in Health Care Administration](#)

Master

[MS in Emergency Management](#)

[MHA in Health Care Leadership](#)

Bachelor

[BS in Emergency Management](#)

What is your highest level of education?

Select One...

An admission advisor can provide more info about:

- programs and curriculum
- career opportunities
- tuition and financial aid
- admissions & starting dates

[Request More Information >>](#)

Baker College Online**Minimum eligibility requirements:**

Must be a high school graduate or have completed GED

School locations:

Online Learning

Online Programs

Bachelor

[Bachelor of Health Services Administration](#)

Which degree level do you plan to pursue?

Select One...

An admission advisor can provide more info about:

- programs and curriculum
- career opportunities
- tuition and financial aid
- admissions & starting dates

[Request More Information >>](#)

Herzing University**Minimum eligibility requirements:**

Must be a high school graduate or have completed GED
Currently not accepting applications from Texas residents

School locations:

Online Learning

Online Programs

Master

[Master of Business Administration - Public Safety Leadership](#)

[MBA Dual Concentration in Healthcare Management & Project Management](#)

[MBA Dual Concentration in Project Management & Public Safety Leadership](#)

[MBA Dual Concentration in Healthcare Management & Public Safety Leadership](#)

Bachelor

[Bachelor of Science - Healthcare Management With a Dental Hygiene Emphasis](#)

Associate

[AS in Medical Assisting](#)

Non-Degree

[Diploma in Medical Assisting](#)

Which subject are you interested in?

Select One...

An admission advisor can provide more info about:

- programs and curriculum
- career opportunities
- tuition and financial aid
- admissions & starting dates

[Request More Information >>](#)

Grand Canyon University



Minimum eligibility requirements:

Must be a high school graduate or have completed GED

School locations:

Online Learning

Online Programs

Master

[MS in Leadership - Disaster Preparedness and Executive Fire Leadership](#)

What is your highest level of education?

Select One...

An admission advisor can provide more info about:

- programs and curriculum
- career opportunities
- tuition and financial aid
- admissions & starting dates

[Request More Information >>](#)

Kaplan University



Minimum eligibility requirements:

Must be a high school graduate or have completed GED

School locations:

Online Learning

Online Programs

Master

[MPA in Fire and Emergency Services](#)

[MS in Nursing](#)

[Master of Healthcare Administration](#)

[MS in Nursing - Nurse Informatics](#)

[MS in Nursing - Nurse Administrator](#)

Bachelor

[BS in Fire and Emergency Management](#)

[BS in Fire Science](#)

[BS in Health Science](#)

Associate

[AAS in Medical Assisting](#)

[AS in Health Science](#)

[Medical Logistics](#)

[AAS in Fire Science](#)

Which subject are you interested in?

Select One...

An admission advisor can provide more info about:

- programs and curriculum
- career opportunities
- tuition and financial aid
- admissions & starting dates

[Request More Information >>](#)

ITT Technical Institute



School locations:

Arizona (1 campus)

Idaho (1)

Ohio (7)

Texas (1)

California (1 campus)

Kentucky (2)

Oklahoma (2)

Virginia (5)

Florida (6)

Michigan (1)

Tennessee (1)

West Virginia (1)

Classroom-Based Programs

Associate

Associate in Medical Assisting and Administration

What year did you graduate from high school?

Select One...

An admission advisor can provide more info about:

- programs and curriculum
- career opportunities
- tuition and financial aid
- admissions & starting dates

[Request More Information >>](#)

Penn Foster Career School

PENNFOSTER

Minimum eligibility requirements:

Must be 18 years of age or older

School locations:

Online Learning

Distance Learning Programs

Non-DegreeUndergraduate Certificate in General Studies
(Medical Assistants)**What is your highest level of education?**

Select One...

An admission advisor can provide more info about:

- programs and curriculum
- career opportunities
- tuition and financial aid
- admissions & starting dates

[Request More Information >>](#)Western Governors University**Minimum eligibility requirements:**

Must be at least 16 years old and have a high school diploma or GED.

School locations:

Online Learning

Online Programs

Master

MBA --Healthcare Management

What is your highest level of education?

Select One...

An admission advisor can provide more info about:

- programs and curriculum
- career opportunities
- tuition and financial aid
- admissions & starting dates

[Request More Information >>](#)Saint Joseph's University**Minimum eligibility requirements:**

Must hold a Bachelor's degree or higher

School locations:

Online Learning

Online Programs

MasterMS in Health Administration**During which term would you like to start?**

Select One...

An admission advisor can provide more info about:

- programs and curriculum
- career opportunities
- tuition and financial aid
- admissions & starting dates

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❗ Programs, curriculum, outcomes, and relevancy of sample programs may vary by school.

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I'm a 4-H Project Leader: Now What Do I Do?

How do I know who is in my project?

- Your club organizational leader will provide you with the names, addresses and phone numbers of the members enrolled in the project for which you are the leader.
- If you are working on the county level, contact the UCCE for the list of project members.
- The organizational leader may indicate to you if any of the youth have special needs. At your first project meeting, note any other youth that may have special needs.
- You may wish to consult with the parent or your 4-H Youth Development Agent as to how to work with a special needs child.

How often should I hold project meetings?

It is recommended you hold 4-6 meetings that each last 1½ to 2 hours in length. Some projects require more meetings or a longer meeting time to accomplish your goals. Some projects, such as leathercraft, may lend themselves to individual project work as members progress on their projects. In this case, you should hold several introductory meetings for all members and then set up a schedule of time for them to sign up for individual help.

When do I start?

Get started as soon as possible! Members' interest in a project is most keen when they are signing up for a project and when they get their project books.

How do I cover the cost of project meetings?

- There is a wide variety of means for covering the cost of project meetings. Some methods used include:
- Each member pays for their share of the expenses or provides a portion of the supplies.
- The club agrees to cover expenses using funds from their treasury. Approval in advance is needed for this.
- Members and leaders can solicit donations/supplies from area businesses.
- Sometimes funds from sources outside your club may be available to cover your project meeting costs.

How do I establish a project meeting schedule?

First, determine when you are available to work with project members. Then determine an initial project meeting date by consulting with your project members.

Publicize the date using one of the following means:

- County and/or club newsletter
- Club meeting or leader association meetings
- Postcards or phone calls to project members

You may not be able to schedule an initial meeting that everyone can attend. Establish a time to meet with those unable to attend before you hold your second project meeting.

Where do I hold project meetings?

Typically project meetings are held at project leader homes, schools, or community buildings. For more information on facility adaptability and liability concerns contact your 4-H Youth Development Agent.

What safety precautions do we need to consider?

Consider the type of safety issues your particular project involves. Request and secure necessary safety items such as ear protection, eye protection and head protection.

How do I let others in my club or other clubs know I am a project leader?

Prior to enrollment ask for time on your club's meeting agenda to let families in your club know you're a project leader and to share some things the kids could do in the project if they enrolled in it. When the project materials are handed out, take the opportunity to inform or remind members that you are their project leader and set an initial meeting date with the group. If no one in your club is in your project, you may wish to offer your services to a neighboring club. Talk to your club organizational leader or county 4-H Youth Development agent about this opportunity.

How do I prepare for the first meeting?

You may want to establish a 4-H resource box where you keep your project materials and any additional resources you will be using. Take time to become familiar with your project literature and talk to others who were project leaders for this project to find out what activities the members enjoyed.

What should I do at the initial project meeting?

- At the initial project meeting, here are some ideas of what you might want to cover:
- Find out what the members want to learn and accomplish in the project. The project literature is an excellent source of ideas.
- Review the safety practices that members will need to follow.

- Do an introductory activity related to the project so the members get to know one another
- Have a small project the members can complete and take home
- Talk about how the project meeting supplies will be paid for. Experienced leaders have found it easiest to charge a small fee to cover the cost of the expenses.
- Assess when members are available for additional meetings. You may wish to ask the parents or members to bring along their calendars of family activities.
- Encourage parents to participate in project meetings, especially the initial meeting.

What does a typical project meeting look like after the initial orientation?

Use the experiential learning model (found in the introductory pages of your Helper's Guide) to plan your project meeting. The project helper's guide will provide suggestions for designing a project meeting. Here are some suggestions for each section of the model:

Do

- Plan an activity to focus the project members on what they'll be doing today. Work on the project for that meeting.

Reflect

- Review the process completed
- Discuss what worked and didn't work.
- Talk about how any problems that arose were solved.
- Assist members in documenting their project work for inclusion in their record books/portfolios.

Apply

- Ask the project member the following questions:
- What else have you seen that is similar to this?
- How can you apply what you learned today to other situations?

What resources are available to help me?

- 4-H Project Literature – You will receive project literature through your 4-H club or the UW-Extension office. Typically there is a helper's guide and member literature for three to four levels.
- Other People in my Club & County – There are a number of people in your county who would be willing to share project ideas and tips with you.

These include:

- Project leaders in other clubs
 - County Staff
 - Older youth who have been involved in the project
-
- **Media Collection & Public Libraries** – Additional resources can be obtained from the Cooperative Extension Media Collection. They have videos, skillathons, displays and resource packages available to support a variety of projects. There is a user fee per item you or your club will be responsible for. You can view their catalog at their website <http://www.uwex.edu/ces/media/>. Check with your local public library to find out what resources they may have or that you can obtain through inter-library loan.
 - **4-H Website** – Wisconsin 4-H is continually adding more information and activities to their website. Visit this site at www.uwex.edu/ces/4h/onlinepro/. You may wish to check out websites from other state 4-H programs also.
 - **Volunteer Leaders Conferences** – Review each issue of your county's newsletter to learn about training sessions for project leaders offered by your county, district or at statewide events. Sessions focusing on new project literature are typically offered at the State 4-H Volunteer Leader Conference held every other year. Periodically statewide conferences focusing on specific project areas are offered in addition to sessions at the volunteer conferences. You can also exchange ideas with other leaders at statewide Field Day.
 - **Field Trips** – Youth always enjoy the opportunity to see firsthand how things are done and how they work. Consider taking your project group on a field trip or tour of a local business or company to enhance their project experience. An example would be taking your dairy members to a cheese factory or your foods group to a local bakery.
 - **Local Experts** – Bring in a local "expert" to share their ideas and experiences with your group. One example would be asking a Master Gardener to share information on choosing perennial or trimming shrubs at one of your project meetings.
 - **Magazines** – Many leaders have found creative ideas to supplement those in the project literature in magazines they have or those at the public library.

How can I incorporate activities not included in the project guide?

We encourage you to use the ideas in the project literature as they have been successfully used with youth. If you have some additional activities you would like to incorporate, consider the following criteria:

- Of interest to kids
- Developmentally appropriate
- Incorporate the experiential learning model
- Youth and adults are involved in determining what will be done
- Enhances the development of member life and project skills
- Research based source of content utilized

What is the relationship between project work and the county fair?

The County Fair is an opportunity for an independent evaluation of life and project skills a member learned through completing a project. County fair entries typically match the activities included in the project literature and may include other activities that are being emphasized in your county. One of your roles is to help maintain the focus of members and parents on the goal of 4-H, which is to develop blue ribbon kids. Talk with members about what they learned about each of their fair entries from the judging process. Help members celebrate their accomplishments regardless of the color of ribbon each project member received at the fair. This may be done through individual encouragement or at a meeting following the fair. While entering and displaying a project at the County Fair is the traditional method of public affirmation, there may be other means of exhibition such as a club tour, open house, community celebrations or others.

Who can I go to if I need someone to help me during the project meetings?

If you are leading beginning level project meetings, ask older members in the project to help you. This is a great leadership experience for them! Parents are another excellent source of help. Don't hesitate to ask them to stay for the meeting and be actively involved in their child's project work.