



4-H CPR, FIRST AID, AND SAFETY PROJECT



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

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

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

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.

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.

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

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.
- 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

Science, Technology, Engineering, and Mathematics

- 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

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.

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

Resources

- 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

Connections & Events	Curriculum	4-H Record Book
<p>Presentation Days – Share what you’ve learned with others through a presentation.</p> <p>Field Days – At these events, 4-H members may participate in a variety of contests related to their project area.</p> <p>Contact your county 4-H office to determine additional opportunities available, such as a field day.</p>	<ul style="list-style-type: none"> • 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_ustores/web/search.jsp • Health Rocks! - www.4hmall.org 	<p>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.</p> <p>4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.</p>



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