



# 4-H FIRST AID & HEALTH PROJECT

## Project Exhibiting Guidelines

**F**irst aid knowledge and skills are essential in our society. Every person should be trained in first aid. Knowledge of first aid, when properly applied, may mean the difference between life and death, slow or rapid recovery, or temporary injury and permanent disability. First aid is the immediate care given to an injured or suddenly ill person. First aid does not take the place of proper medical treatment. It consists only of furnishing temporary assistance until competent medical care, if needed, is obtained, or until the prognosis for recovery without medical care is assured. Remember that most injuries and illnesses are corrected with only first aid care. Developing first aid common sense is an important part of providing first aid care.

Through the 4-H First Aid Project, members learn basic first aid procedures and the important items to have available during an emergency situation (first aid kit), and the best locations for making these items available. The situations and locations include, but are not limited to, house or home; farm, to include site, buildings, or machinery; vehicle; vehicle winter survival; sports; summer emergency survival; disaster (emergency preparedness); or emergency pet supplies.

### National Poison Control Phone Number

The National Poison Control Center phone number is 1-800-222-1222.

### National 4-H Curriculum

Keeping Fit and Healthy

- First Aid in Action
- Staying Healthy
- Keeping Fit

### Educational Posters & Displays

**Exhibits may include, but are not limited to:**

A notebook on what to do in an emergency, such as the procedure for contacting emergency personnel, how to use a sling or bandaging, how to improvise in emergency situa-

tions, how to treat burns, how to stop bleeding, how to take vital signs (temperature, pulse, and respiration).

**Note:** The following information about educational posters and displays is excerpted from the State Fair Book and is subject to change each year.

### Educational Display

The educational display exhibit introduces the viewer to a subject by displaying an idea or fact. The display is not a poster; however, the educational display may be on poster board. A display necessitates more information than would be included on a poster. The exhibit may also be three-dimensional, a scale model, actual product, notebook, and so on. The exhibit may be done in any medium (watercolor, crayon, ink, etc.). Note: Size for Educational displays is restricted to an approximately 4' x 6' space.

### Educational Poster

This exhibit presents the viewer with a design that is simple and direct, unlike a display that usually presents more information and uses various formats. The poster must be poster-board size (14" x 22"). It may be either horizontal or vertical. It may be done in any medium (watercolor, crayon, ink, etc.). Design elements and art principles of drawings/pictures. Text and drawings may extend to the edges of a poster for artistic purposes, but generally a well-designed 4-H poster has margins around all edges.

### General Information

The 4-H member's name, ID number, address, county, and a brief interpretive statement by the member on what they have learned and the work they have accomplished should be clearly written on or attached to the **back** of each poster or display in the **upper left hand corner**. The information and interpretive statement identifies the exhibit and gives the judge additional information about the exhibitor.

## Criteria

Educational display and poster exhibits provide an opportunity for 4-H members to express views and ideas learned through 4-H project work. The exhibit must catch the viewer's attention long enough to introduce the viewer to a subject. The exhibit should illustrate one basic idea. The exhibit should impress the viewer with a specific message and arouse a response.

### A poster will be judged upon:

Poster	%
<b>Attracts Attention</b> <ul style="list-style-type: none"> <li>• Poster is attention getting.</li> <li>• Arouses interest in the topic</li> <li>• Simple and direct</li> </ul>	<b>20</b>
<b>Conveys Message</b> <ul style="list-style-type: none"> <li>• Expresses one basic idea</li> <li>• Message is easy to understand</li> <li>• Accurate and true</li> <li>• Dynamic message, persuasive</li> </ul>	<b>40</b>
<b>Elements and Principles of Design</b> <ul style="list-style-type: none"> <li>• Color, line, shape, form, texture</li> <li>• Emphasis, balance, rhythm, proportion, scale, variety and unity</li> </ul>	<b>20</b>
<b>Originality</b> <ul style="list-style-type: none"> <li>• Creative use of language, slogans</li> <li>• Presents an original point of view</li> <li>• Independent thought</li> </ul>	<b>10</b>
<b>Workmanship</b> <ul style="list-style-type: none"> <li>• Poster is 14 x 22 inches</li> <li>• Margins are used, unless there is an artistic reason for extending design to edges</li> </ul>	<b>10</b>

### A display will be judged upon:

Display	%
<b>Content</b> <ul style="list-style-type: none"> <li>• Explores an idea, fact or experiment</li> <li>• Exhibit educates the viewer</li> <li>• Information is presented in a way that the viewer can understand</li> <li>• Logical and sequential</li> <li>• Information is true, accurate and complete</li> </ul>	<b>50</b>
<b>Design</b> <ul style="list-style-type: none"> <li>• Presentation is displayed in an appropriate format (poster, display board, notebook, 3-dimensional model, actual product, etc.)</li> <li>• Display materials are pleasing to the eye – color, line, spacing, shapes, forms</li> </ul>	<b>30</b>
<b>Originality</b> <ul style="list-style-type: none"> <li>• Evidence of creative and independent thought, skills and work.</li> </ul>	<b>10</b>
<b>Workmanship</b> <ul style="list-style-type: none"> <li>• Neat, readable – good grammar and punctuation</li> <li>• Lettering or photos/diagrams/charts are clear, readable, appropriate size.</li> </ul>	<b>10</b>

## Use of copyright/trademark with 4-H fair exhibits

A 4-H member, as an individual or member of a group such as a judging team participating in a 4-H educational event, may use or display with caution a copyrighted and/or trademarked product or service (e.g., a brand name, label, and/or actual product) for purposes of developing life skills on problem solving/decision making and/or acquiring, analyzing, and using information. The 4-H member's intent of using the copyright or trademark materials for educational purposes such as an exhibit, educational poster/display, or youth-in-action event is acceptable under the "Fair Use" provision.

- "Fair Use" is a provision of the current copyright law that allows reproduction without payment or permission of limited portions of a copyrighted work for educational and other public interest purposes.
- The 4-H member should avoid usage of copyright and/or trademark material whenever possible by originating his/her own work and illustrations.
- A copyright and a trademark are legal methods used by writers, artists, corporations, and others to protect their original work. Protected items may range from books, to music, to computer graphics, to corporate logos.
- Anytime you see the letter "c" with a circle around it, the publisher or producer of the material holds a copyright. Similarly, all rights to use trademarks are protected by either a trademark symbol "tm" with a circle around it or a registered symbol "r" with a circle around it.
- The use and inclusion of specific brand names for educational purposes does not imply endorsement or refusal by 4-H, the Cooperative Extension Service, or South Dakota State University.
- Copyrighted and/or trademarked materials utilized in exhibits, posters, demonstrations, or other program activities for endorsement, promotional, and/or selling instead of educational purposes will be disqualified and will not receive awards.

If there is a question about the appropriate use of brand names or labels by a 4-H member, that question should be resolved with a member of the appropriate 4-H/YD staff member before the final placing is awarded, or ideally before the educational event was judged.

# FIRST AID EXHIBITS

**Note:** No substitutions are allowed for kits.

## First Aid — Basic Kit

**Contents:** Brand names must be visible on first aid items for medical clarification. All contents are to be put in a container that is water resistant, durable, and labeled “First Aid” on the outside.

**Inventory list of items** must be attached to the inside of the lid—date items with date of purchase and expiration date, if given (some first aid items are no longer effective after a certain length of time, such as 1–2 years).

**List of emergency numbers** must be attached to the inside of the lid. List to include: 911 (if available in your local area); poison control center; emergency local numbers (fire, hospital, police, sheriff, emergency medical transport ambulance). Specify names and phone numbers of your home, family doctor, family members, neighbors, etc. Include address and directions to your home. If available, include cell phone numbers, radio numbers, and e-mail addresses for emergency contacts.

**Includes, but not limited to the following items:**

- **Bandage scissors** – Full-size, blunt-tipped bandage scissors, 5 1/2" – 6" length (strong enough to cut denim). The sharp point on a sewing scissor could scrape and/or puncture skin when bandages, dressings, or clothing are removed.
- **Sewing needle and tweezers** to remove splinters and other objects.
- **Small magnifying glass** to enhance vision of wound site.
- **Safety pins** to secure sling or bandage.
- **Sterile roll of gauze bandage** for covering wounds.
- **Sterile 4" × 4" gauze pads** for covering wounds.
- **Bandages** of assorted types and sizes for covering wounds.
- **Dish-towel sling** – Purchased or hand-made and stored in a plastic bag. Clean cloth approximately 36" × 36" (such as a dish towel) to be used for a sling or bandage.
- **Reusable elastic wrap** – 3" wide bandage for support or compression.
- **Non-allergic medical tape** – Approximately 1/2" to 3/4" for securing bandages.
- **Instant cold compress** to apply to decrease swelling and/or promote comfort.
- **Instant hand sanitizer** for cleansing.

- **Antibacterial liquid soap** for cleansing.
- **Bottled water** – For cleansing (8 to 16 oz.).
- **Non-sterile medical gloves** – In a gallon-size, sealable plastic bag. Prior to use, gloves are clean. After use, dispose of gloves in a plastic bag as an infection barrier.
- **Pencil or mechanical pencil and paper** for recording phone numbers, emergency information, or directions to location. (Lead pencils can have broken lead and are thus not helpful in an emergency situation.)
- **CPR mask or micro shield** for infection barrier.
- **CPR guidelines** on small plastic card for use by CPR-trained person. (**Card can be purchased for \$2.00 from a CPR instructor.**)
- **First aid booklet** such as American Medical Association, First-Aid Guide, or “First Aid Fast” from American Red Cross (Contact a pharmacy or bookstore).

## First Aid – Advanced Kit

**Contents:** Brand names must be visible on first aid items for medical clarification. Inventory list of items attached to the inside of the lid—date items with date of purchase and expiration date, if given (some first aid items are no longer effective after a certain length of time, such as 1–2 years).

**When preparing the Advanced Kit, include the Basic Kit contents as listed above. Revisions are made annually. Place the Basic Kit contents and the following items in a water-resistant, durable container that is labeled “First Aid” on the outside:**

- **Thermometer** (oral) to monitor body temperature.
- **Antibiotic cream or ointment** (any type) for minor cuts, scrapes, or burns.
- **Cotton balls** in a clean package for cleansing wounds.
- **Flashlight** (Batteries **reversed** to prevent accidental burnout. Label as a reminder to reverse batteries for use).
- **HELP sign** – Letters (purchased or handmade) are a minimum 4" tall × 1/2" wide. Sign must be waterproofed or laminated.
- **In the event of accidental poisoning, contact the Poison Control Center (1-800-222-1222) or a local hospital emergency room for treatment advice.**
- **Whistle** – To signal for help.

## Vehicle First Aid Kit

**Contents:** Kit could be used for combine, tractor, all-terrain vehicle, boat, camper, etc. Brand names must be visible on first aid items for medical clarification. Inventory list of items attached to the inside of the lid—date items with date of purchase and expiration date, if given (some first aid items are no longer effective after a certain length of time such as 1–2 years).

**Place the items from the Basic and Advanced Kits and the following items in a water-resistant durable container labeled “First Aid” on the outside:**

- **Fire extinguisher.**
- **Blanket** for warmth and treatment of shock.
- **Mirror** for signaling emergency help.
- **Reflectors or flashing lights** for warning oncoming traffic and/or to signal for help.

## Farm and Outdoor First Aid Kit Contents

Brand names must be visible on first aid items for medical clarification. Inventory list of items attached inside the lid—date items with date of purchase and expiration date, if given (some first aid items are no longer effective after a certain length of time, such as 1–2 years). Kit includes: Contents from Basic, Advanced, and Vehicle Kits, plus additional equipment needed for a particular situation put in a water-resistant durable container labeled “First Aid” on the outside. For information, the phone number for the National Poison Control Center is 1-800-222-1222.

## Vehicle Winter Survival Kit

**Contents:** Brand names must be visible on first aid items for medical clarification. Inventory list of items attached to the inside of the lid.

**Include these items in a water-resistant durable container labeled “Winter Survival Kit” on the outside:**

- **Three-pound metal coffee can** or any metal bulk food can with plastic cover for purposes of making a “portable stove”—punch three holes around the top edge of the can, so it can be hung from the mirror with a sterno or candle in it.
- **Wire** for the portable stove.
- **Candles (larger than votive)** and container to hold them. If candles are scented, use vanilla.

- **Matches** (inside a container to keep them from getting wet or damp).
- **Flashlight** (batteries **reversed** to prevent accidental burnout. Label as a reminder to reverse batteries for use).
- **Spare flashlight batteries.**
- **Canned solid fuel** (i.e., Sterno).
- **Facial tissue.**
- **Spoons, small knife, can opener and metal cups.**
- **Pencil or mechanical pencil/pad** of paper.
- **Bright red or yellow cloth** for signal banner.
- **Stocking cap**, preferably with facemask.
- **Extra mittens or gloves and socks.**
- **Instant hand warmer or instant pocket warmer** – For warming hands.
- **Rope or twine** (enough to reach the trunk from the front door).
- **Large plastic bags** – For body-heat retention (but do not use next to the skin).
- **Information on winter storm survival.**
- **Non-perishable food** – Suggested options: candy bars (high in energy), raisins, candy, dried fruit, gum, tea bags, jar of instant coffee, soup packages (cup of soup), hot-chocolate packages, honey, beef jerky, etc.

### Additional information:

#### Keep Winter Survival Kit inside the vehicle:

- The trunk may be jammed by collision or buried in a snowdrift. Flashlight batteries may freeze.
- Warm the batteries with your body—between your legs or under your arms.

#### Other items to keep in vehicle:

- First Aid Basic and/or Advanced Kits are recommended to have in the vehicle for winter survival.
- Windshield scraper and brush
- Sleeping bags
- Blankets
- Snowmobile suit/boots
- Booster cables
- Poultry grit, sand salt mix, ice-bite, or cat litter
- Extra **metal** coffee cans or metal bulk food cans – For waste.
- Small shovel
- Medications or special needs
- Gas treatment

## Sports First Aid Kit

**Contents: The following items for the Sports First Aid Kit need to be put in a fanny pack or a small backpack:**

- **List of emergency numbers** attached to the inside of the fanny pack to include: 911 (if available in your local area); poison control center; emergency local numbers (fire, hospital, police, sheriff, emergency medical transport ambulance). Specify names and phone numbers of your home, family doctor, family member, neighbors, etc. Include address and directions to your home. If available, include cell phone numbers, radio numbers, and e-mail address for emergency contacts. State the athlete's birth date, including the year born.
- **Bandages** – Assorted types and sizes for covering wounds. Include a large bandage.
- **Reusable elastic wrap** – 3" width bandage for support or compression.
- **Pre-wrap or 3" gauze and adhesive tape** (to wrap and tape over so the tape does not contact the skin).
- **Penlight or mini flashlight for eye pupil check and small light source.**
- **Cotton balls** in a clean package for cleansing wounds.
- **Cotton-tip swabs** in a clean package to apply cream or ointment.
- **Antibiotic cream or ointment** (any type) for minor cuts, scrapes, or burns.
- **Antiseptic wipes** for cleansing.
- **Instant hand sanitizer** for cleansing hands.
- **Instant Cold Compress** to apply to decrease swelling and/or promote comfort.
- **Pen light.**
- **Tongue depressors** in a clean package for splinting fingers or to apply antibiotic cream or ointment.
- **Non-sterile medical gloves** in a gallon-size, sealable plastic bag. Prior to use, gloves are clean. After use, dispose of gloves in a plastic bag (as an infection barrier).

## Summer Emergency Survival Kit

**Contents: The following items for the Summer Emergency Survival Kit need to be put in a heavy-duty backpack:**

- **Breathing mask**
- **Red bandana** to wear on head
- **Rain poncho**
- **Work gloves**
- **Plastic shoe covers**
- **Non-perishable food** – Suggested options: candy bars (high in energy), raisins, candy, dried fruit, gum, tea bags, jar of instant coffee, soup packages (cup of soup), hot chocolate packages, honey, beef jerky, etc.
- **Water container**
- **Metal silverware**
- **Metal cup**
- **Emergency blanket**
- **Battery-powered radio**
- **Battery-powered, heavy-duty flashlight**
- **Extra batteries for each** (radio and flashlight)
- **First Aid – Basic Kit Contents**
- **Plastic sheeting 10' x 10'**
- **Roll of duct tape**
- **Sunscreen 15 SPF or higher** (small bottle)
- **Pencil or mechanical pencil and paper**
- **Moist towelettes (6)**
- **Whistle**

### **Additional information:**

**Not for exhibiting purposes, but should include:**

- Personal medications
- Spare prescription eyeglasses
- Food and water for three days
- Waterproof matches
- Jackknife

## Disaster Kit (Emergency Preparedness)

A disaster kit must contain the materials to prepare a person or family for emergency conditions caused by a natural (e.g., tornado, fire, or ice storm) or man-made event (e.g., bomb threat, chemical spill, or acts of vandalism). Some of these events can cause the loss of electricity, water, heat, or other utilities that we take for granted every day. Your disaster kit is meant to help your family in these emergencies.

The selection of materials is left to the exhibitor. Family or group kits must have enough material or items for each person. A description of the kit's purpose and a list of individual contents are required.

There are different types of emergency kits: Is yours a “grab-n-go” kit that you take with you when you must leave your home for safety reasons? Or is it a “hunker-down” kit that is used when you or your family cannot leave your home for several days, such as a severe winter storm or other emergencies? Identify the type of kit you are organizing and include the primary purpose of your disaster emergency kit.

**For exhibiting purposes, the following should *not be* included:**

- Matches (empty box is permissible)
- Knife or other dangerous weapons
- Contact information of individuals in family emergency communication plan. (For example, list relatives as aunt, uncle, grandparent, etc.—do not include names, phone numbers, addresses, or e-mails).

Include only one sample water container—the amount of water needed can be listed in your description.

Excellent resources for this project area include the following:

- Contact your local Extension office for a copy of “Ready...Set...Prepare” book.
  - Other resources include:  
<http://4h.sdstate.edu>  
United States Homeland Security <http://www.ready.gov> (click on Ready Kids to obtain resources and information to help your family plan)  
<http://fema.gov> (click on information for kids in the left margin)  
<http://www.redcross.org>  
Emergency numbers, along with their telephone numbers (stored in sealable plastic bag).
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# FIRST AID REPORTS

The following reports will be judged using the stated criteria:

## General Appearance of Report:

- Neat
- Organized
- Visual Appeal

## Meets Criteria for the exhibit lot:

- Report in a 3-ring binder
- Minimum number of pages completed
- Report includes title page
- Report includes references used
- Optional pictures, pamphlets, or illustrations

## Written Report:

- Neatly typed or computer written—minimal typing or spelling errors
- Age-appropriate
- All thoughts properly and clearly developed
- Originality
- Creativity
- Educate the reader

## 4-H First Aid Project Report

- Write a story or report on how you have used your 4-H First Aid Kit (Basic, Advanced, Vehicle, Farm, Outdoor, or Winter Survival) that you have made within the past three years. Tell how your first aid kit contents have been used. Tell what you have learned in the 4-H First Aid Project. Tell what you taught or shared with others as a result of acquired knowledge and skills.
- The First Aid Kit Project Report must be typed or computer printed and placed in a 3-ring binder. Report includes: title page, minimum 3-page written report, reference page, and optional pictures, pamphlets, or illustrations on additional pages.

## First Aid Workshop Presentation Report

Describe your presentation on first aid. How did you prepare for the workshop? How did your audience participate? What visuals did you use (videotape, power point, posters, models, equipment, First Aid Kit, slides, computer, Internet, CD Rom, etc.). Include the number of times presented and the number of participants.

- Suggested topics: How to use a fire extinguisher; How to treat burns; How to wash your hands for infection control; “Thump Your Melon” from State Department of Health; etc.

The First Aid Workshop Presentation Report must be typed or computer printed and placed in 3-ring binder. Report includes: title page, minimum 3-page written report, reference page, and optional pictures, pamphlets, or illustrations on additional pages.

## First Aid Investigations Report

Have you interviewed a medical professional, or have you read stories or articles about first aid?

- Describe what you learned from reading a minimum of three different stories or articles relating to one specific first aid topic, or describe what you saw and learned as you toured and interviewed workers at a hospital, ambulance service, flight helicopter, care center, fire station, etc. Explain what effect this information has had on your first aid knowledge and skills.
- The First Aid Kit Investigations Report must be typed or computer printed and placed in a 3-ring binder. Report includes: title page, minimum 3-page written report, reference page, and optional pictures, pamphlets, or illustrations on additional pages.

## Career Aspirations Report

Do you have career aspirations in health care, nursing, medicine, or health science, or do you want to be a CPR instructor or EMT? Tell of your goals and plans.

May include pamphlets and handouts received.

- Ideas for report could include tours, visits, interviews regarding helicopter flight service, flight nursing, hospital emergency personnel, etc.
- The Career Aspirations Report must be typed or computer printed and placed in a 3-ring binder. Report includes: title page, a minimum 5-page written report, reference page, and optional pictures, pamphlets, or illustrations on additional pages.

## Emergency Pet Supply Kit

**This exhibit lot is cross-listed under several 4-H project areas and satisfies a project goal for any of the four projects listed: Cat, Dog, Horse, or First Aid**

(These kits will be judged by Vet Science judges.)

In case of an emergency, your pet will still need you to take care of it. Place all essential items in a sturdy container (e.g., duffle bag, back pack, covered plastic container, etc.) that can be carried easily. Your Emergency Pet Supply Kit should include:

- Pet name, pet medications and medical records, veterinarian's name and telephone number, and owner's name and telephone number (stored in a waterproof container).
- Sturdy leashes, harnesses, and/or carriers to transport pets safely and ensure that your animal can't escape.
- Current photos (stored in sealable plastic bag) of your pets, in case your pets get lost.
- List of boarding facilities, friends, or relatives that could provide shelter for pets in an
- Food and potable water to last three days.
- Bowls, cat litter/pan, can opener, or other items specific to your pet.
- Information (stored in sealable plastic bag) on feeding schedules, medical conditions, behavior problems, and the name and telephone number of your veterinarian, in case you have to foster or board your pets.
- Pet beds and toys, if easily transportable.



South Dakota  
Cooperative Extension Service

**Available electronically on the Internet at <http://agbiopubs.sdstate.edu/articles/4HYD515.pdf>**

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