



# 4-H CPR, 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 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 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?

### 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 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.

#### 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 identification safety, such as never giving out your address in a chat room.

#### 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 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, 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 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.

## Resources

- Fight BAC  
[www.fightbac.org](http://www.fightbac.org)
- The Scrub Club  
[www.scrubclub.org](http://www.scrubclub.org)
- FEMA Emergency Preparedness  
[www.ready.gov/kids/index.html](http://www.ready.gov/kids/index.html)
- National 4-H Council  
[new.4-hcurriculum.org/projects/health/firstaid.htm](http://new.4-hcurriculum.org/projects/health/firstaid.htm)
- UC Safety Notes  
[safety.ucanr.org/Safety\\_Notes/](http://safety.ucanr.org/Safety_Notes/)
- National Bicycle Safety Network  
[www.bicyclinginfo.org/network/](http://www.bicyclinginfo.org/network/)
- KidsHealth  
[www.kidshealth.org/kid/watch/index.html](http://www.kidshealth.org/kid/watch/index.html)
- United States Fire Administration for Kids  
[www.usfa.fema.gov/kids](http://www.usfa.fema.gov/kids)
- Spark the Fire Dog  
[www.sparky.org](http://www.sparky.org)
- NetSmartz  
[www.netsmartz.org](http://www.netsmartz.org)
- American Red Cross  
[www.redcross.org](http://www.redcross.org)
- Ready.gov  
[www.ready.gov](http://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
<p><b>Presentation Days</b> – Share what you’ve learned with others through a presentation.</p> <p><b>Field Days</b> – 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"> <li>• Health &amp; Wellness - <a href="http://www.mhschool.com">www.mhschool.com</a></li> <li>• Citizen Safety - <a href="http://marketplace.unl.edu">marketplace.unl.edu</a></li> <li>• 4-H ATV Safety Guide - <a href="http://www.atv-youth.org">www.atv-youth.org</a></li> <li>• Safe at Home/Safe Alone - <a href="http://pubs.ext.vt.edu">pubs.ext.vt.edu</a></li> <li>• Wanna Be My Friend? - <a href="http://epayment.ndus.nodak.edu/C22800_ustores/web/search.jsp">epayment.ndus.nodak.edu/C22800_ustores/web/search.jsp</a></li> <li>• Health Rocks! - <a href="http://www.4hmall.org">www.4hmall.org</a></li> </ul>	<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> <p>To access the 4-H Record Book online, visit <a href="http://ucanr.edu/orb/">http://ucanr.edu/orb/</a></p>

