First Aid
4-H Project Newsletter

CANADA
4-H Nova Scotia

This First Aid Project Newsletter contains information specific to the First Aid Project. Please use it in conjunction with the General 4-H Information Bulletin, so that you are aware of Achievement Day completion requirements as well as general opportunities and information pertaining to all 4-H members. This Project Newsletter, as well as the General 4-H Information Bulletin, will be updated each year, if necessary, based on changes made at the 4-H Nova Scotia Leadership Forum.

Welcome to the 4-H First Aid Project! This newsletter will give you an overview of the First Aid project, answer some of your questions concerning expectations of the project and provide you with project ideas and some resources. Project newsletters are an excellent reference to keep on hand to refer to throughout the year. Enjoy your year in the First Aid project and when working on your project, remember to "Learn to do by Doing." If you have any questions, please contact your Regional Program Coordinator (RPC).

First Aid Project Work Requirements

The **Project Work** requirements for the First Aid Project is two (2) projects which fall under the sections listed below. The First Aid project is based on St. John Ambulance training guidelines. 4-H members and leaders can use other training systems, i.e. Red Cross or Royal Life Saving Society, provided that the topic areas are covered.

> New for 2024/2025: Changes have been made to the levels outlined for the First Aid Project following the resolution passed at Leadership Forum in May 2024. The suggested topics that were divided into four levels are now divided across two, as shown below. Two new levels were also added for further learning.

Suggested Topics

Level 1	Level 2
- Principles of First Aid - Respiratory System - Choking - Circulatory System - Wounds and Bleeding - Shock and Unconsciousness - Fractures – Upper Arm, Thigh, Collar Bone - Chest Injuries - Hand Injuries - Poisoning - Eye Injuries - Joint Injuries, Strains, and Rescue Carries	- Review of Unit 1 - Head and Spinal Injuries - Pelvic, Abdominal and Crash Injuries - Burns - Heart Attack and Stroke - Multiple Injury Management - CPR with appropriate Certificate - Automated External Defibrillator (AED) - Child and Infant Resuscitation - Medical Conditions (Diabetes, Epilepsy, Allergies) - First Aid Exam with Certificate

Project Requirements for Level 1 & 2:

- First Aid Kit, adequately equipped to your level (see below).
- Poster or Display on anything learned this year.

Level 3	Level 4
Standard First Aid - Review topics covered in Levels 1 & 2. - Level 3 aims to build on your understanding and knowledge gained in the earlier levels. - Identify which topics from the first two levels you feel least confident in or want to learn more. With your leader, work to improve your knowledge and abilities in that area.	Mental Health First Aid - Listening Nonjudgmentally - Giving reassurance - Common Signs and Symptoms for Anxiety, depression, and eating disorders. - Types of Self-Help - Support Systems – what they are and how to find them.

Project Requirements for Levels 3 & 4:

- Two articles that fit into Sections 1, 4 and/or 5 (*see below in Class 15: First Aid*) and reflect something you've learned this year.

Note: it is recommended that the information covered in your poster and display for Levels 3 and 4 be more in-depth than those you had previously made in Levels 1 and 2, showing your learning. Members should also include a bibliography showing where they got their information when appropriate.

First Aid Displays

First Aid displays must be in an area no bigger than 9 square feet (i.e. 3'x3' or 2'x3'). All research should be shown in a Bibliography/Works Cited included in the display/poster.

First Aid Kits:

Members are encouraged to prepare adequately equipped First Aid Kits for members in Levels 1 & 2. Instead of having everything you could include in a kit (fully equipped), members should include items they learned to use in their project, adding more materials as they learn new things in each level of the project. While some material for a First Aid Kit can be expensive, the kit is not meant to cost "an arm and a leg." Some materials in a First Aid Kit can be improvised without having to cost a lot.

Note:

- Sterile items such as gloves, gauze bandages, etc., should be kept in a sealed plastic bag.
- The St John Ambulance no longer recommends use of salts, medication, peroxide or iodine in First Aid Kits. Do not include syringes in your first aid kit.
- All first aid kits in Level 2 or higher should include a list of what has been added each year.

The following are some suggestions for material that members could include in their kits in each level of the project.

Level 1	Level 2
- Sturdy, preferably waterproof container - Vinyl/latex gloves - Gauze dressing (roll & pads) - triangular bandages - assorted Band-Aids - antiseptic wipes - pressure dressings - compress bandage - First Aid tape - 911 number and emergency numbers - Scissors - note pad & pencil - plastic freezer or 'zip-lock' bag - rescue blanket	- Level 1 Kit items - Plastic bags - eye pads - roller bandage (cling type) - tongue depressors or stir sticks - tweezers - safety pins - disposable face mask/shield

4-H Nova Scotia Provincial Show Class & Sections:

Each county is eligible to send the top two (2) junior and top two (2) senior articles to the 4-H Nova Scotia Provincial Show. The sections are as follows:

Class 15: First Aid

Section 1:	Posters
Section 2:	First Aid Kits – Level 1
Section 3:	First Aid Kits – Level 2
Section 4:	First Aid Display
Section 5:	Specialty Item (any First Aid project items that do not fit in in the other sections).

Other First Aid Resources

St. John Ambulance produces a calendar of General Public courses all over Nova Scotia. To contact St. John Ambulance, call 1-800-565-5056 or visit www.sja.ca.

An online version of the St. John Ambulance First Aid Reference Guide (FARG) can be found at: FARG_August 2024_EN_CZ1210_17_24.pdf.

Clubs/counties can set up their own first-aid course by contacting 4-H Nova Scotia and submitting a request to host a first aid session form. St. John Ambulance offers a 50% discounted rate to 4-H members and 4-H leaders only (this does not include parents).