

# First Aid 4-H Project Newsletter



*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 in October of 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.

### Level I - Suggested Topics:

- Principals of First Aid
- Respiratory System
- Choking
- Circulatory System - Wounds and Bleeding
- Shock and Unconsciousness

### Level II - Suggested Topics:

- Review of Unit I
- Fractures - Forearm and Leg
- Chest Injuries
- Hand Injuries
- Environmental Injuries and Illness
- Poisoning
- Eye Injuries

### Project Work Requirements:

1. Poster or display on anything learned this year.
2. First Aid Kit (adequately equipped).

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### Level III – Suggested Topics:

- Review of Units I and II
- Fractures – Upper Arm, Thigh, Collar Bone
- 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)

### Level IV – Suggested Topics:

- Review of Units I-III
- Child and Infant Resuscitation
- Joint Injuries, Strains, and Rescue Carries
- Medical Conditions (Diabetes, Epilepsy, Allergies)
- First Aid Exam with Certificate

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### Project Work Requirements:

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2. First Aid Kit (adequately equipped).

First Aid displays must be in an area no bigger than 9 square feet (i.e. 3'x3' or 2'x3').

**First Aid Kits:** In the past, there have been some questions concerning what should be in a First Aid Kit. Members are encouraged to prepare adequately equipped First Aid Kits for the level of the project they are in. 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 following are some **suggestions** for material that members could include in their kits in each level of the project.

**Note:** 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.

### Level I:

Sturdy, preferably waterproof container, vinyl/latex gloves, disposable face mask/shield, gauze dressing (roll & pads), triangular bandages, assorted Band-Aids, antiseptic wipes, pressure dressings, compress bandage, First Aid tape, First Aid book, 911 number and emergency numbers, scissors, note pad, pencil, plastic freezer or 'zip-lock' bag.

### Level II:

Level 1 Kit items & plastic bags, triple antibiotic (polysporin), eye pads, roller bandage (cling type), tongue depressors or stir sticks, tweezers, safety pins

### Level III:

Addition of more supplies from other units as needed, non-stick dressings.

#### Level IV:

Addition of supplies from other units as needed, sugar, insect sting relief pads, rescue blanket, and small dish of baking soda.

#### **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 – Levels 1 & 2
Section 3:	First Aid Kits – Levels 3 & 4
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 <http://www.stjohnamb.ns.ca/www.sja.ca>.

An online version of the St. John Ambulance First Aid Reference guide can be found at: [https://sja.ca/sites/default/files/2021-05/First%20aid%20reference%20guide\\_V4.1\\_Public.pdf](https://sja.ca/sites/default/files/2021-05/First%20aid%20reference%20guide_V4.1_Public.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).