

# First Aid

## 4-H Project Newsletter

*This newsletter will be updated in December of each year, if necessary, based on changes made to the project at the 4-H Nova Scotia Annual General Meeting in November.*

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 Agriculture Leadership Coordinator (ALC).

### GENERAL 4-H INFORMATION

#### **Ages for Members:**

Junior Members: 9 - 13 years of age as of January 1, as of the current year.

Senior Members: 14 - 21 years of age as of January 1, as of the current year.

4-H members may register in the club and county of their choice, but must only be registered in one club, in one province. Members may register in one club and access projects in a neighboring club if that club is willing to assist with leadership of a certain project.

#### **Project Completion:**

All 4-H members must complete 'project requirements', for each of their projects, at their club Achievement Day. If you are unable to attend your own club Achievement Day, please make prior arrangements with your Regional ALC. Completion of your project qualifies you to move on to any further county, provincial, or national 4-H competitions relating to that project in the current 4-H year. School projects are not permitted to be used as 4-H projects. Each member must complete and display their own project work (i.e., two members cannot share a project for project completion).

#### **What is Achievement Day?**

Achievement Day allows members to display their project work to the public and have their projects evaluated, non-competitively. Project completion at Achievement Day is based on the following system:

A <b>Green</b> project completion sticker will be given to a member who has completed:	A <b>Silver</b> project completion sticker will be given to a member who has completed:	A <b>Gold</b> project completion sticker will be given to a member who has completed:
<ul style="list-style-type: none"> <li>• Record Sheet</li> <li>• Project Work</li> </ul>	<ul style="list-style-type: none"> <li>• Record Sheet</li> <li>• Project Work</li> </ul>	<ul style="list-style-type: none"> <li>• Record Sheet</li> <li>• Project Work</li> </ul>
Plus <b>one</b> of the following: <ul style="list-style-type: none"> <li>• Communications</li> <li>• Club Contribution</li> <li>• Judging</li> </ul>	Plus <b>two</b> of the following: <ul style="list-style-type: none"> <li>• Communications</li> <li>• Club Contribution</li> <li>• Judging</li> </ul>	Plus all <b>three</b> of the following: <ul style="list-style-type: none"> <li>• Communications</li> <li>• Club Contribution</li> <li>• Judging</li> </ul>

**RECORD SHEET** – Each member must complete a satisfactory record sheet. Record sheets may be hand written or typed. *For more useful information, refer to Record Sheet Guidelines.*

**PROJECT WORK** – Each 4-H project (e.g., woodworking, dairy, etc.) has specific project work requirements. Each members' project work will be evaluated on the quality of the work, degree of difficulty for experience/age, the way articles are displayed/presented, and whether all requirements are met. A 1st, 2nd, or 3rd place ribbon will be given for each project. Please review project requirements for each project carefully. In non-livestock projects, members must complete the required number of items as outlined, unless prior approval is given by the Regional ALC. This request should be made in advance of the member's Achievement Day. Consideration of an item counting as additional items will be given based on members age, degree of difficulty, time required to complete, etc.

**COMMUNICATIONS** – Members who participate in public speaking and/or demonstrations at club level will receive recognition on their Achievement Day Certificate. Each club has its own standards for communications, so members should confirm with the general club leader.

**CLUB CONTRIBUTION** – Members are encouraged to be actively involved in their club, county, province, and community. The club contribution aspect is an assessment on such things as a member's attendance at meetings and events, attitude, effort, cooperation, and self-expression. Each club has its own standards for club contribution. Evaluation of this Achievement Day component is done by the Club General Leader and / or project leader(s). The standard for club contribution should be communicated clearly to all members by club leaders at the beginning of the 4-H year.

**JUDGING** – In each project, members are asked to compare four (4) articles or livestock (e.g., 4 wooden shelves in the woodworking project or 4 heifers in a dairy class), then evaluate them to place the class in order from first (closest to the ideal), to fourth (furthest from the ideal). Oral reasons, using proper terminology, are given to an official judge for the project to support those choices. There are many useful judging resources available through your Regional ALC.

In each county, a judging box is also available to borrow to help practice judging skills. It includes judging information and cards as well as judging classes, with reasons. Clubs may book these supplies through the Regional ALC.

At 4-H Nova Scotia Provincial Show, 4-H animals participating in the 4-H Nova Scotia Show competitions are used to make up livestock judging classes (e.g., 4 intermediate Holstein calves). Members are responsible for notifying their Regional ALC by September 15 by email if they do not wish to have their animal used. Please keep in mind that judging classes can only be provided if members are willing to offer their animals for a judging class. As such, 4-H members are encouraged to let their animal be used in a judging class if possible.

## **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, ie. 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)

### **Project Work Requirements:**

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

### **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

### **Project Work Requirements:**

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

**First Aid displays must be in an area no bigger than 9 square foot (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, triangular bandages, assorted Band-Aids, antiseptic wipes, pressure dressings, First Aid tape, First Aid book, 911 number and emergency numbers, safety pins, scissors, tweezers, note pad, pencil, plastic freezer or 'zip-lock' bag.

**LEVEL II:**

Plastic bags, triple antibiotic (polysporin), eye pads, roller bandage (cling type), tongue depressors or stir sticks.

**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 junior and top two senior articles to the Nova Scotia 4-H Provincial Show. The sections are as follows:

**CLASS 15: FIRST AID**

<b>SECTION 1:</b>	Posters
<b>SECTION 2:</b>	First-Aid Kits – Levels 1 & 2
<b>SECTION 3:</b>	First-Aid Kits – Levels 3 & 4
<b>SECTION 4:</b>	First-Aid Display

**OTHER FIRST AID RESOURCES**

**St. John Ambulance** produces a calendar of General Public courses all over Nova Scotia. To contact St. John Ambulance, 1-800-565-5056

St. John Ambulance  
72 Highfield Park Drive  
Dartmouth, NS B3A 4X2  
or

St. John Ambulance  
479 George Street,  
Sydney NS B1P 1K5 (Phone – 902-564-4189) or visit [www.sja.ca](http://www.sja.ca)

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’s Ambulance offers a 50% discounted rate of \$45 to 4-H members and 4-H leaders only (this does not include parents).

**NOTE:** All reports, posters or displays must include a bibliography for information taken from a source other than the 4-H member. For example, should a member utilize information or pictures from a reference book or from the internet, then the member must include credit for the source of the information.

**NOTE:** 4-H members must complete their project at achievement day in order to compete in, or to participate in, any further county, provincial, or national 4-H competitions relating to that project in the current 4-H year. (i.e., judging, project competitions, etc.)

**NOTE:** Live animals are not to be used for display at 4-H achievement days, exhibition or 4-H Nova Scotia show. Reports, displays, posters or demonstrations are acceptable methods of displaying projects about live animals.

**NOTE:** If members require video/slide equipment to display their project, specialty item or project activity, they must provide their own equipment at achievement day, exhibition and 4-H show.

## **SPORTSMANSHIP – Be a Good Sport!**

In 4-H, Sportsmanship plays a key role in living by the motto of 'Learn to Do by Doing'. Please take the opportunity to consider good sportsmanship when at 4-H events. Here are some key factors to good sportsmanship:

**GOOD CONDUCT** – Demonstrate and maintain high standards of personal behaviour and conduct. You are representing your family, your club, your community and the 4-H program.

**FAIRNESS** – Learn and follow the rules. Be objective and honest. No matter what the results try your best by using your true skills without cheating. Treat others fairly.

**HONESTY** – Be a reliable person, do not lie or deceive. Be straightforward in everything you say and do. Understand your abilities and skills, accept the fact that you cannot do everything perfectly, but you still can do many things well.

**COMPETITION** - Competition experiences enhance positive youth development and prepare youth with competitive knowledge, skills and attitudes. Take pride in your accomplishments and in improving your skills – you are all winners, even if the ribbon color doesn't appear to reflect this.

**COURTESY** – Be well-mannered in your conduct. Be respectful, thoughtful, considerate, cooperative, friendly, and cheerful, no matter whether you do well or not. When you have concerns, questions, or suggestions, be polite in expressing them. Be pleasant and nice toward other participants, spectators, program officials, judges, the media, your leaders, parents and others. Give others the benefit of the doubt. Treat people and animals kindly. Keep your emotions under control.

**GRACEFUL ACCEPTANCE OF RESULTS** – Accept judges' results and suggestions with a positive attitude. The judge's decision is final. Regardless of the outcome; thank all that were involved in helping you put forth your best effort. Thank the organizers for their efforts; Sponsors for their generous donations; Agriculture Leadership Coordinators for their wisdom and guidance; Judges for their skilled eye and time given to the 4-H program; and anyone else who has helped you along the way.

The work in any 4-H project should always be done by the members. Hiring, or the use, of professionals and/ or adults to prepare projects for 4-H shows are not acceptable. Using these people as resources provides 4-H members with the information and skills to do the job on their own.

4-H Nova Scotia has a Code of Conduct in effect for all members and leaders. It is to be followed always throughout the year. If you would like a copy of what are acceptable practices in the 4-H program, [Visit 4-H Nova Scotia's website for more information!](#)

## You might also be interested in...

**For more information about any of the below opportunities, please contact your regional ALC:**

**4-H POSTER CONTEST** – Create a hand-drawn or computer-generated poster focused around the annual 4-H Theme. Deadline and evaluation is normally at county rally.

**4-H THEME CONTEST** – Put on your thinking cap and be the one to come up with next year's 4-H theme! Submissions due to Provincial 4-H Office by July 1<sup>st</sup>. (i.e., "Let 4-H Reign Supreme in 2018").

**WOOL & RECYCLING COMPETITION** – Open to all 4-H members. These articles must be made from 100% wool or a minimum of 75% recycled materials and members must exhibit a Competition Report Sheet with their entry.

**GIANT VEGETABLE COMPETITION** – Each year a new vegetable is selected for the Giant Vegetable competition held at the 4-H Provincial Show. Each county can send one junior and one senior giant vegetable entry to the show.

**TRACTOR DRIVING COMPETITION** – The tractor competition is open to teams of 3 members (1 driver and 2 assistants); the driver must hold a valid class#5 driver's license or tractor license. The driver will drive a tractor and trailer through an obstacle course. The score is calculated based on safe operation and judge's evaluation. One team per county will advance to 4-H Provincial Show.

**RECORD KEEPING COMPETITION** – An entry will be one record sheet for a project completed in the current year by that member, with a detailed analysis included. Entries in this competition must include a 1 to 4 page analysis of the work and costs in the project for the given year in order to be eligible. Entries should be displayed in a binder/folder. The top two senior and top two junior record sheets per county will be eligible for the Record Keeping Competition at the 4-H Provincial Show, but entries must first qualify at county level. All county entries must be forwarded to Truro by September 15th of the current 4-H year for judging prior to the 4-H Provincial Show.

**AWARDS, TRAVEL OPPORTUNITIES, AND SCHOLARSHIPS** – Each year, 4-H Nova Scotia covers the registration fee to National and International travel opportunities for members awarded such travel experiences. Also, there are several scholarships available to 4-H members in Nova Scotia.

**JUNIOR LEADER PROJECT** – This project is designed to build leadership skills by providing members with the opportunity to lead any aspects of their club which interest them (e.g., projects, recreation, communication, etc.).

**GRADE 10 PERSONAL DEVELOPMENT CREDIT** – Members must achieve GOLD completion and document at least 110 hours of 4-H related work to qualify. For more information visit the [NS Department of Education & Early Childhood Development Personal Development Credit website](https://pdca.ednet.ns.ca/)  
<https://pdca.ednet.ns.ca/>

**NOVA SCOTIA YOUNG SPEAKERS FOR AGRICULTURE** – Senior Members and screened volunteers up to age 24 compete by creating and presenting a speech on one of five topics from Canadian Young Speakers for Agriculture (<https://cysa-joca.ca/>). The winner represents 4-H Nova Scotia at the Canadian Young Speakers for Agriculture competition held annually in November at the Royal Agriculture Winter Fair in Toronto. Deadline to register for the competition is September 15<sup>th</sup> of the current 4-H year.





**Cake Decorating, Computer, Crafts, First Aid,  
The Great Outdoors, Heritage, Lego, Photography,  
Scrapbooking, Small Engines, Tractor, Vet Science,  
Welding, Woodworking  
RECORD SHEET**



Name of Member: \_\_\_\_\_

Name of Club: \_\_\_\_\_ Level: \_\_\_\_\_

4-H Age: \_\_\_\_\_ Years in 4-H: \_\_\_\_\_ Years in Project: \_\_\_\_\_

**4-H Project Experiences**

Explain why you are taking this project and what you learned this year.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please make a few comments about problems you may have encountered, how your goals were accomplished, and what you learned about the project.

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\_\_\_\_\_

Please make a few recommendations on your project articles, and how you feel they could be improved.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Project Articles** (please complete one box for each article you made/exhibit)

<b>Article</b>	<b>Skills/techniques learned</b>	<b>Materials used &amp; individual cost breakdown for materials</b>	<b>Total cost</b>

**Meeting Summary**

How many general club meetings did you attend this year? \_\_\_\_\_

How many project meetings did you attend this year? \_\_\_\_\_

Please list any other club/county activities that you may have participated in during the past year?

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