

# First Aid in Action



First Aid Activities  
for Youth

Name \_\_\_\_\_

County \_\_\_\_\_



As you know, 4-H project books are designed as self-study manuals for youth to read and complete. The information and activities in this book are arranged in a unique, experiential fashion (see below). In this way, youth are introduced to a particular project topic through an opening *Experience*. This is followed by *Reflection*, allowing youth to explore a deeper meaning of the topic at hand. Following this, youth *Generalize* what they learned to other examples. Last, youth *Apply* what they learned to real world situations.

## 4-H Project Learning



At the core of every child's project experience is the Project Helper. This can be a parent, relative, project leader, friend, or knowledgeable adult. The duties of this individual include helping the child Focus on the tasks at hand, providing Support and Feedback for the learning taking place, and conducting Debriefing exercises to determine what was done well, what could have been done differently, and where to go from here. As a Project Helper, you can nurture and cultivate an interest in this project by guiding and motivating youth to complete the project's activities and recognizing them for a job well done.

## Your Role

- Become familiar with the material in this project book.
- Support each child in his or her efforts to set goals and complete the recommended number of project activities.
- Provide feedback as requested or needed.
- Date and initial the activities that have been completed.
- Recognize each child for a job well done. Project completion certificates are available from your county Extension office.

Good luck in your role as Project Helper and **thanks** for contributing to the positive development of young people!

## Acknowledgments

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# First Aid in Action

A First Aid Guide for Kids

## What's Inside?

For more on Health,  
look for other guides  
in this series.



BU-08176

### Keeping Fit

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Fitness Feedback
- Chapter 2 Sports Nutrition  
High Performance  
Organize Your Favorites  
Delete the Junk
- Chapter 3 Injury Free  
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- Chapter 4 Self-Assessment  
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Use Your Files  
Show Your Results



BU-08175

### Staying Healthy

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Ears and Eyes
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# First Aid in Action

## Planning Your Project

### Project Background

This beginning level project is designed for youth of all ages with little or no experience in this project area. Older youth may wish to specialize in one or more of the Project Interest Areas by planning and conducting additional activities on their own. This project should take no more than three months to complete. Check your county's project guidelines (if any) for additional completion requirements especially if you wish to participate in county project judging or prepare an exhibit for the fair. Those youth who wish to go further by completing activities that were not accomplished in their first year may repeat this project.

### Project Completion Guidelines

1. Complete the Planning Section of this Guide; Steps 1-4.
2. Explore all 12 Project Interest Areas by completing the First Things First and Call to Action activities. (Step 1)
3. Complete any three of the More Challenges activities listed throughout the book. Have your Project Helper initial and date each one you complete.
4. Take part in at least two Organized Project Activities. (Step 2)
5. Become involved in at least two Citizenship/Leadership activities. (Step 3)
6. Take part in a Project Review. (Step 4)

Tape a photo of you and your helper here.

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My Project Helper

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Phone Number

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E-mail Address

**First Things First (The activity)**

**A Call to Action**

**More Challenges**

# Step 1

## Planning Your Project (Continued)

### Project Interest Areas

Explore all 12 Project Interest Areas. As you begin an area, place the current date (month and year) next to it. After reviewing each completed Project Interest Area with your Project Helper, have this person date and initial the accomplishment.

Project Interest Areas	Date Started	Date & Initial Completion
1. Getting the Facts	_____	_____
2. Ouwees and Ouches	_____	_____
3. Biting Off More Than You Can Chew	_____	_____
4. Twist and Turn	_____	_____
5. Going With the Flow	_____	_____
6. Get Outta Here	_____	_____
7. Bugged by Bugs	_____	_____
8. My What Big Teeth You Have	_____	_____
9. Here, There and Everywhere	_____	_____
10. Give Me a Break	_____	_____
11. Playing with Fire	_____	_____
12. Pulling It All Together	_____	_____

## Step 2 Organized Project Activities

Select two of the Organized Project Activities listed below and plan your involvement in the Report of Organized Activities chart. Before starting your project, write your choices in the section labeled "Plan to Do." Once you have taken part in an activity, record what you did and when. Plans may be added to or changed at any time.

### Organized Activities

- Demonstration
- Speech
- Project Tour
- Illustrated Talk
- Project Exhibit
- County Judging
- Field Trip
- Workshop
- Mall Show
- Radio/TV Presentation
- Short Course

Tape a photo of you and your organized activity here.

### Report of Organized Project Activities

Plan to Do	Date Completed	What I Did
Demonstration	5/28	Showed club members how to properly treat a bee sting

## Step 3 Leadership/Citizenship Activities

Select the two activities you wish to do or plan your own in the space provided. Record your progress by marking the date (month/year) when you have completed the activity. Leadership/Citizenship activities may be added or changed at any time.

I Plan to Do	When I Finished	Leadership/Citizenship Activities
<input type="checkbox"/>	_____	Encourage someone to become your club's Health officer.
<input type="checkbox"/>	_____	Help someone with his or her Health project.
<input type="checkbox"/>	_____	Organize a Health Fair in your community.
<input type="checkbox"/>	_____	Invite someone to talk to your club about a Health issue.
<input type="checkbox"/>	_____	Prepare and exhibit a poster on First Aid.
<input type="checkbox"/>	_____	Teach someone something you learned about First Aid.
<input type="checkbox"/>	_____	Encourage someone to join 4-H and take a Health project.
<input type="checkbox"/>	_____	Apply something you learned about First Aid to benefit your family.
<input type="checkbox"/>	_____	Do a First Aid safety check around your home.
<input type="checkbox"/>	_____	Help a member prepare his or her Health project for judging.
<input type="checkbox"/>	_____	Help a member prepare his or her Health project exhibit.
<input type="checkbox"/>	_____	Plan your own activity here:
		_____
		_____
		_____
		_____
		_____
		_____
		_____
		_____
		_____



## Step 4 Project Review

Once you have completed your project activities, arrange for a project review. This can be done with your project helper, club leader, or knowledgeable adult. It may also be part of a more comprehensive evaluation at a time agreed upon by club members. This review will help you evaluate what you learned, as well as your own personal growth.

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Helper's Signature

Date

# Getting the Facts

**First Aid Skill:** Completing a needs-assessment to design a family first aid kit

**Life Skill:** Acquiring and evaluating information; obtains and analyzes data

**Educational Standard:** NL-ENG.K-12.7: Conducting research on issues/interests by generating questions; evaluate data to communicate discoveries

**Success Indicator:** Completes a needs assessment and using the information to design a family first aid kit.

Have you ever thought about what might happen if someone got hurt at your house? What would you do? You can be prepared for an emergency by making a first aid kit.

## First Things First

Interview a family member. Then complete the Needs Assessment. It will help you decide what First Aid information and First Aid supplies are the most helpful for your family.

Asking others about their ideal First Aid kit.



### Family Interview

Think about the last time you got hurt.

1. What were you doing?

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Sample answer: riding a bicycle.

2. Where were you when it happened?

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(Location)

Sample answer: down the street

3. What did your injury look like?

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(Category of injury)

Sample answer: scraped up one knee and one elbow

4. What did you do to treat it?

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(First Aid used)

Sample answer: washed it off and left it

5. What did you wish you had with you?

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(First Aid supplies)

Sample answer: big band-aids

### Needs Assessment

Use the answers to the questions to analyze the needs of your family.

#### Assess your family's activities

My family spends its time:

- Playing sports
- Doing crafts
- Cooking
- In the workshop
- In the yard
- Playing with pets
- Other \_\_\_\_\_

#### Assess the best location for your Family First Aid Kit

We need a kit in:

- The kitchen
- The car
- The barn
- The garage
- My pocket
- A purse
- Other \_\_\_\_\_

#### Assess the injuries of your family

Most of our injuries fall in these categories:

- Hurts: scrapes, cuts, scratches,
- Sprains, Strains, Bruises
- Nosebleeds
- Something in the Eye
- Stings: allergic reactions
- Bites: snakes, dogs, people
- Burns
- Other \_\_\_\_\_







## Let's Consult

### Share What You Did

- What did you learn about the best location to store your First Aid Kit?

### Process What's Important

- Why is it important to find out about the needs of your family before you put a First Aid Kit together?

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### Generalize to Your Life

- Are there things that your family can do to prevent accidents and injuries?

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### Apply What You Learned

- How could a "needs assessment" be used to help your family in other ways? Think of some decisions your family might be trying to make. For example:
  - What would be the best family vacation?
  - What kind of pet should our family get?
  - How can we divide up chores around the house?

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### PREVENTION:

Every year, more children die from accidents than from illnesses. Every family needs to know basic first aid and how to prevent accidents.



## Assemble Your First Aid Kit and Design Your First Aid Instruction Book

Each activity has a page that is already designed for you to use! After you complete each activity, turn to the back of this book and summarize the most important facts. You will be selecting the supplies for your kit as well as designing an information card about each first aid skill. When all the pages are complete, cut them out and create a booklet or have a set of cards to put inside your Family First Aid Kit.



### How to Do an Interview

1. Make an appointment to do your interview.
2. Explain the purpose of the interview. Ask the question and sit quietly. Give them time to think. Give a "sample answer" if they seem confused.
3. Be a good listener. Be polite.
4. Write their answers in the proper spaces. Don't write YOUR ideas.
5. Think about what they are saying. If you don't understand, ask them to repeat the answer.
6. Thank them.



## More Challenges

1. Design a pocket First Aid Kit. What supplies would be helpful in most emergencies?
2. Interview an emergency first aid worker at a hospital or fire station. Prepare 5-8 questions. Find out the types of injuries they work on and the supplies that they use. Do they have a First Aid Kit? What is in it?

# Ouwees and Ouches!

## First Aid for Cuts and Scrapes

**First Aid Skill:** Identifying the First Aid steps for treating cuts and scrapes

**Life Skill:** Solving problems: recognizes problem, devises and implements a plan of action

**Educational Standard:** NS-5-8.A: Science as Inquiry; think critically and logically

**Success Indicator:** Completes the Family First Aid Card for cuts and scrapes and adds the proper supplies to the Family First Aid Kit.

Do you know how to help when somebody gets a cut or scrapes a knee? What First Aid supplies would you use?

What could happen here?



### First Aid Steps

Number the action steps in the correct order (1-7). Then match the action steps to the picture.

#### Action Steps

- \_\_\_\_\_ A. Apply a bandage
- \_\_\_\_\_ B. Wash the injury
- \_\_\_\_\_ C. Elevate the wound
- \_\_\_\_\_ D. Stop the bleeding (apply pressure if necessary)
- \_\_\_\_\_ E. Wash your hands
- \_\_\_\_\_ F. Apply antibiotic cream
- \_\_\_\_\_ G. Rinse with antiseptic wash



### CAUTION!

Tell an adult or call **911** if you see a large cut with a lot of bleeding. If bleeding does not stop with elevation and pressure, a larger blood vessel may be injured. If the cut edges are far apart, it might need stitches.

## First Things First

Check out the situation. Do you see a slice through the skin (a cut) or a rash-like wound (a scrape)? Do you see a lot of bleeding (a cut) or a little blood oozing (a scrape)?

Cuts

Scrapes



## Let's Consult

### Share What You Did

- What important First Aid steps come before applying a bandage to a cut?

### Process What's Important

- Why is it important to do the First Aid steps in the proper order?

### Generalize to Your Life

- How might these tips help to prevent cuts and scrapes?
  - Get trained before using a knife.
  - Wear bike helmets, knee pads, and gloves.

### Apply What You Learned

- What are some other situations in which doing things in the correct order make a difference?

### Make your own Antiseptic Wash

Antiseptic wash is good for cleaning cuts and scrapes, especially when clean water isn't available. You can find these supplies in natural foods stores, pharmacies, and some large supermarkets.

#### You'll need:

- water
- a clean jug (quart/liter) with a lid
- 4 to 5 drops essential tea tree oil
- 4 to 5 drops essential geranium oil

Pour the water into the jug and mix in the oils. Tighten the lid and store out of direct sunlight. Shake well before using to rinse and wash scrapes.



### PREVENTION:

Your skin is the largest organ in your body. It is one amazing organ. An adult's skin weighs 5 to 8 pounds. It covers and protects everything inside your body, lets you feel the world around you and helps keep you from getting hurt. It is important to take good care of your skin.



## First Aid for Cuts and Scrapes

Study the flowchart below. Use the information to fill out your Family First Aid Card for Cuts and Scrapes found on page 31.

### Treating a cut or a scrape requires some of the same steps!

- 1 Stop the bleeding! Use a gauze pad, apply pressure and elevate until the bleeding stops.
- 2 Make it clean. Wash your hands and then wash the cut or scrape.
- 3 A **scrape** needs extra rinsing to get out all the dirt. Rinse several times with antiseptic wash. Use clean gauze to brush across the wound, if necessary. Be gentle!
- 4 A **cut** (a slice through the skin) should be rinsed with antiseptic wash and left to dry.
- 5 Leave the scrape uncovered unless it will be exposed to lots of dirt.
- 6 Apply a small amount of antibiotic cream.
- 7 Apply a bandage. A gaping cut is best treated with a butterfly bandage.

### Make your own Butterfly Bandages

A gash or a cut that is deep, with edges that are not next to one another, may require a butterfly bandage. It will help pull the skin together and reduce the chance of scarring and infection.

**You'll need:**  First aid tape  Scissors

**Directions:** Fold over a 3" to 4" piece of first-aid tape without letting it stick together. Snip off a triangle of tape from both folded corners. Place the X (butterfly) part over the cut, pulling the skin edges together.

1. Snip off triangle of tape from both corners
2. Open up tape to reveal X
3. Place the X of tape over the cleaned cut, pulling edges together



## More Challenges

1. Pretend to wash out a scrape on a family member using your own antiseptic wash.
2. Make and apply butterfly bandages to pretend cuts on each other.

# Biting Off More Than You Can Chew

## First Aid for Choking

**First Aid Skill:** Recognizing the signs of choking

**Life Skill:** Solving problems: recognizes problem, devises and implements plan of action

**Educational Standard:** NS-5-8.A: Science as Inquiry; think critically and logically

**Success Indicator:** Completes the First Aid page for the Family First Aid kit and describes the Heimlich maneuver to Project Helper.

Did you ever wonder what to do if you saw someone choking? Choking can happen very fast and the outcome can be deadly. Learn the Heimlich maneuver and prevention techniques so that you and others avoid a problem.

What could happen here?



## First Things First

To recognize the signs of choking use the 5 W's and an H: who, what, why, where, when and how.

**Who** could choke? Fill in the chart with names of people you know: your name, a friend's name, a baby's name, etc.

**What** could cause them to choke? Start by placing these examples on the chart. Then look around your house to find other items that may be choking hazards for a baby, an adult or even you.

- nuts
- small, hard candies
- marbles
- marshmallows
- small, plastic toy parts
- apple
- grapes
- steak
- hot dog
- paper clips
- baby carrots
- bubble gum

**Why** does it happen?  
**Where** does it happen?

Complete the chart by filling in the blanks.

	YOU	A FRIEND	A BABY	AN ADULT
WHO could choke?				
WHAT could they choke on?				
WHY does it happen?				
WHERE could it happen?				
WHEN do you know someone is choking?	Cannot cough, talk, or breathe. Feel faint.	Cannot cough, talk or breathe. Has turned very pale or blue. Has given the universal choking sign.	Cannot cough, talk or breathe. Has turned very pale or blue.	Cannot cough, talk or breathe. Has turned very pale or blue. Has given the universal choking sign.
HOW can you help? See the steps listed in the Call to Action.	Stay Calm. Do the Heimlich on yourself.	Stay calm. Shout for Help Do the Heimlich Send someone to call 911.	Stay calm. Shout for help. Send someone to call 911. Do the Heimlich for babies.	Stay calm. Shout for Help. Do the Heimlich. Send someone to call 911.



## Let's Consult

### Share What You Did

- What similarities did you notice about “what, where, and why” people choke?

### Process What's Important

- What advice could you give to others to avoid choking?

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### Generalize to Your Life

- How does knowing this information about choking help you respond when it happens?

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### Apply What You Learned

- Tell someone else how to avoid choking and what to do if someone chokes.

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### PREVENTION:

The Heimlich maneuver is named after Henry Heimlich, who first described it in 1974. It is a way to create pressure in the body so foreign objects that are stuck in the throat can be pushed out. Food is supposed to go down the esophagus on the way to your stomach. But sometimes it gets stuck in the trachea, the tube to the lungs. Usually coughing or gagging can bring it up. But sometimes it gets stuck and requires the Heimlich maneuver to remove it.



## First Aid for Choking

Study the flowchart below. Then use words or draw symbols on your Family First Aid Card for Choking (page 31). Do you remember the Universal Sign for choking? Draw it on the back of your card.

## ALERT!

**If you see someone choking, always SHOUT for HELP – DO the HEIMLICH – SEND SOMEONE TO CALL 911**

## Heimlich Instructions

### Stay Calm!

#### For Someone Else:

Stand behind the choking person, put your arms around him and bend him forward at the waist.



**For Yourself:** Put your own fist above your belly button, grab it with your other hand and do the thrusts on yourself.

**For a Baby:** Turn baby over. With baby's head lower than the bottom, give five quick slaps to the back. Make a fist and place it above his belly button. Grab the fist with your other hand. Press hard, quickly and upward.



## More Challenges

1. Learn the universal sign for choking and teach at least three others.
2. Learn the Heimlich maneuver procedures and practice them on your helper. Demonstrate your understanding on a baby doll and on yourself.

