



Creating a First Aid Kit is a Good Way to Teach Youth First Aid Basics

Have you ever been in a situation where you cut your finger and then discovered no one had a band-aid? Or maybe your child fell and you didn't have antiseptic. You are probably not alone. Having a first aid kit available would have been helpful in both situations. Creating a first aid kit is a useful project your 4-H members will enjoy doing.

The 4-H manual, "Citizen Safety" is a great resource for creating a first aid kit. It suggests items to include in a first aid kit and gives additional information. All items need to be labeled correctly and instructions on the use of each item must be included as well. Be sure check expiration dates and that all items are tightly closed or sealed.

Fair Project

If the first aid kit is going to be entered in the County or State Fair, the judge will look for the following primary concepts:

- Refer to the First Aid score sheet (next page) and the Citizen Safety manual on pages 6 and 7 for guidance.
- The container is the appropriate size, strength and protects contents from environment.
- A description of where the kit will be stored and examples of specific emergencies for that situation should be included in the exhibit. The kit should include a written inventory and purpose statement for included items. Items should cover the following areas: airway and breathing, bleeding control, burn treatment, infectious disease protection, fracture care and miscellaneous supplies.
- An understanding of the purpose of each item in the kit.
- Items are easily identified by color and labels.
- A kit that includes all items in the handbook is not guaranteed a purple ribbon. If the kit's accompanying documentation indicates a lack of understanding, points will be deducted for errors in understanding any of the items purpose.



- The Poison Control Center has determined that ipecac syrup should no longer be given to anyone and therefore first aid kits should no longer contain it. 4-H members should list the Poison Control Center's phone number in the kit (1-800-222-1222).
- Remind 4-H members to check first aid kits twice a year and replace expired medications. Items should be kept as clean and sterile as possible.

Club Activity Ideas

Activity #1: Have 4-H members brainstorm items that should be in a first aid kit. Bring potential items for a first aid kit (also include items that are not appropriate). Have 4-H members then choose items to include in the kit. Once kit is completed, have 4-H members identify each item's use.

Activity #2: Prepare Situation Cards. Give a situation and ask what items from the kit to use.

Activity #3: Have an emergency person come to the meeting and talk about what they do, safety tips, first aid kits, etc.

Activity #4: Show 4-H members how to use each item in the kit. For example, how to wrap a gauze bandage around an arm or how to apply ointment with a cotton swab.

FOR MORE INFORMATION

"Citizen Safety" and other 4-H manuals are available for a small fee at your local extension office.



Rev 7/06

FIRST AID KITS

SF110

SCORESHEET

Name _____

Exhibitor ID _____ Class ID _____

Criteria	Point	
	Possible	Awarded
A. Container		
1. Appropriate size	4	
2. Strength (adequate for purpose of kit)	4	
3. Protects contents from environment	4	
B. Appearance and arrangement		
1. Easily identifiable by color and label(s)	4	
2. Contents easily identified	4	
3. Items readily accessible	4	
C. Written purpose and inventory – Zero points for including only an inventory list.		
1. Neatness and legibility	8	
2. Explanation indicates understanding	8	
D. Kit contents Award 10 points for each category. Score points by adequate quantity of material, suitability for the stated use, cleanliness and/or sterility. Dated material that is expired on the day of judging will result in disqualification. Dates including only month and year are considered expired on the last day of the month.		
1. Airway and breathing	10	
2. Bleeding control	10	
3. Burn treatment	10	
5. Infectious disease protection	10	
6. Fracture care	10	
7. Miscellaneous	10	
TOTAL POINTS		

RIBBON PLACING

P B R W

Comments:



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

The 4-H Youth Development program abides with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.