



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:

- The container is the appropriate size, strength and protects contents from environment.
- Clear explanation of the kit's purpose.
- 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, five points will be deducted for errors in understanding any of the item's 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. Keep a list of everything that stays in the kit. 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.