



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

**H**ave 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.
- Kits containing any of the following will be automatically disqualified: 1. Prescription medications. (If the kit's purpose is to provide medication for someone with special needs, explain in the written description and inventory, but remove the medication.) 2. Materials with expiration dates on or before the judging date. (This includes sterile items, non-prescription medications, ointments, salves, etc. Articles dated month and year only are considered expired on the last day of that month.) 3. Any controlled substance.

## 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.

Copyright ©2018