



Emergency First Aid

PROJECT PLANNING GUIDE

OBJECTIVES OF THE EMERGENCY 4-H FIRST AID PROJECT

1. To provide an understanding of first aid and how to apply it to yourself and others.
2. To become aware of how, when and where accidents occur.
3. To provide training in life-saving skills.
4. To acquire skills and methods for providing "first help" care for injured persons.

EXTENSION RESOURCE MATERIALS

Emergency 4-H First Aid Member Manual, 4H M-1-101
Emergency 4-H First Aid Leader Guide, 4H L-1-102
Films - listed in Leader Guide
Slide Sets - listed in Leader Guide

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Unit I: When an Emergency Happens

Things to Learn	Things to Do
1. The definition of first aid.	- Study Unit I of Emergency 4-H First Aid Member Manual.
2. What to do when an emergency happens.	- Study the methods and plans for handling an emergency. - Visit the rescue squad or emergency medical service. Observe and/or assist a trained adult in giving first aid. - Form a group of friends and practice the emergency suggestions on giving first aid. Receive feedback from trained emergency personnel.
3. How to obtain help.	- Practice making emergency telephone calls and place the emergency numbers on your phone. - Complete the activities at the end of Unit I. - View the slide set "First Aid: Newest Techniques - Review."

Unit II: Wounds, Burns and Bandaging

Things to Learn	Things to Do
1. Types of wounds and how to identify.	- Study Unit II in Emergency 4-H First Aid Manual. - Do the Activities at the end of Unit II.
2. Treatment for wounds.	- Visit your emergency medical center or local rescue squad.
3. First aid for burns.	- View and discuss slide set on "Burns." - With a group of friends pretend that you have people with wounds and burns. Practice the first aid for them, and get the help of a trained medical staff person.
4. Sterilizing bandages and how they are made.	- Make sterile bandages. Review and study a good movie on wounds, burns and bandages.
5. Tips for applying bandages and how they are used.	- Practice applying bandages and splints to friends, pretending they have a variety of wounds and burns.

Unit II: Wounds, Burns and Bandaging

Things to Learn	Things To Do
6. Equipment and supplies for family first aid kit.	- Study the value of a family first aid kit, its supplies and equipment.
7. How to use a family first aid kit.	- Make a family first aid kit with the help of a skilled first aid person.
8. Keeping the family first aid kit ready, replacing old supplies and equipment.	- Be responsible for the kit and make a schedule for replacing supplies and equipment. - Make a first aid kit for each car. - Take a first aid kit with you on special trips and family outings.

Unit III: Poisons, Bites and Stings

Things to Learn	Things to Do
1. About poisons, bites and stings.	- Study Unit III and do the suggested activities at the end.
2. Become acquainted with poisons in and around your home.	- View and study publications, movies or other teaching aids available.
3. Different ways poison can get into your body.	- Make an inventory of the poisons in your home and an outside storage area. - View and discuss slide set on "Poisons."
4. The effects that poisons have on people.	- Get a professional person to visit your group to discuss poisons, bites and stings.
5. How to treat persons for ingestion, inhalation, absorption and injection of poisons.	- Contact the hospital poison control center. In group setting, simulate treatment for poison victims with help of a skilled medical person.
6. Identify poisonous snakes, spiders and other biting insects.	- Visit the library for more information on poisonous snakes, spiders, etc. Include the information in your record. - Team with another first aid member, prepare and display a first aid exhibit in your community. - Present a talk to local civic groups on poisons, bites and stings.

Unit IV: Choking, Vomiting, Fainting and Seizures

Things to Learn	Things to Do
1. Symptoms of choking.	- Study Unit IV and do activities at the end of the unit.
2. How to assist a choking victim.	- Observe a trained emergency medical person demonstrating techniques for treating a choking person. Practice methods and techniques suggested in the manual with friends.
3. About vomiting - your role in treatment.	- Secure and review teaching aids such as movies, film strips, etc., on vomiting, fainting and seizures.
4. What causes fainting and what are the symptoms.	- Have a nurse or doctor visit your group to discuss this project and provide hands-on learning experience with your group.
5. What are the symptoms of seizures and convulsions and who is likely to have them.	- Do a show-and-tell on your favorite first aid topic before a group of community citizens.
6. Your role in the treatment of seizures and convulsions.	
7. What you need to be aware of when working with people who have seizures and convulsions.	

Unit V: Broken Bones, Sprains and Dislocations, and Rescue and Movement of the Injured

Things to Learn	Things to Do
1. Things to do and not to do for a person with broken bones.	- Study Unit V and do the activities suggested.
2. Splinting broken bones and making slings for support.	- Get supplies needed and practice on friends with the help of a trained medical staff person. - View slide set on "Bleeding."
3. How to transport people with broken bones and treat sprains and dislocations.	- Become acquainted with the skills and methods. Practice with friends.
4. Rescue and movement of the injured, such as serious back or neck injuries.	- Practice the methods and techniques for moving injured people.
5. Increase your knowledge and share your first aid training with others.	- Do suggested activities and many of the "Other Things To Do" suggested at the end of the Manual.
6. The value of preventive and first aid training in having a safe life.	- Play the "Safe at Home" game with friends and family. - Write a news article and/or radio message on your first aid project.