

2020

HEALTH AND SAFETY

In this category 4-H'ers have the opportunity to create exhibits about all-terrain vehicles, fire, and tractor safety. In addition, participants can also create informational exhibits about basic safety strategies. Through involvement in this category, 4-H'ers will be better educated about personal safety and have the knowledge base to educate others about safety.

4-H members may only exhibit in the project in which they are enrolled and one entry per class number.

All exhibits must be labeled. Label each item with the exhibitor name, project division, exhibit class number and years in the project before entering at county fair.

All static exhibits must receive a purple ribbon at the county fair in order to be eligible for State Fair selection.

State Fair Premier 4-H Science Award is available in this area. See General Rules in State Fair Book for more details.

SAFETY

*Denotes State Fair Entry

Purple, \$4; Blue, \$3.50; Red, \$3; White, \$2.50

*E440001 First aid kit — A first aid kit is a good way to organize supplies in an emergency. The kit should be assembled in a container appropriate for the kit's intended use. 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. Use Citizen Safety manual, 4-H 425, pages 6 and 7. Refer to score sheet SF110.

Kits containing any of the following will be automatically disqualified:

1. Prescription medications (if the purpose of the kit is to provide medication for someone with special needs, explain in the written description and inventory, but remove the medication).
2. Any dated material that has expired as of the date of judging (sterile items, non-prescription medications, ointments, salves, etc.).
3. Any controlled substance.

*E440002 Disaster kit — Emergency preparedness. A disaster kit must contain the materials to prepare a person or family for emergency conditions caused by a blizzard, tornado, flood, power failure, a special medical emergency, etc. Contents are at the discretion of the exhibitor. A description of the kit's purpose, the number of people supported and a list of contents is required. Youth are encouraged to test their kit by challenging their family to try to survive using only the included materials for the designated time. If tested, share that experience in kit documentation. Please include an explanation of drinking water needs for the disaster kit. Do not bring actual water to the fair in the kit. Refer to score sheet SF111.

*E440003 Safety scrapbook — The scrapbook must contain 15 news articles from print and/or Internet sources about various incident types. Mount each clipping on a separate page accompanied by a description of events leading to the incident and measures that might have prevented it. The scrapbook should be bound in a standard size hardcover binder or notebook for 8½-inch by 11-inch paper. Correct sentence structure, readability and thorough explanations are an important part of judging.

*E440004 Safety Experiences - The exhibit should share a learning experience the youth had related to safety. Examples could be participating in a first aid or first responder training, a farm safety day camp, babysitting workshop or similar event; scientific experiment related to safety; or the youth's response to an emergency situation. The exhibit should include a detailed description of the experience, the youth's role, some evidence of the youth's leadership in the situation and a summary of the learning that took place. Exhibits may be presented in a poster with supplemental documentation, a notebook including up to ten pages of narrative and pictures, or a multimedia presentation on a CD lasting up to five minutes.

*E440005 Careers In Safety - The exhibit should identify a specific career area in the safety field and include education and certification requirements for available positions, salary information, demand for the field and a summary of the youth's interest in the field. Examples of careers include firefighters, paramedics, emergency management personnel, some military assignments, law enforcement officers, emergency room medical personnel, fire investigator and more. It is recommended youth interview a professional in the field in their research. Additional research sources might include books, articles, career web sites, job-related government web sites or interviews with career placement or guidance counselors. Exhibits may be presented in a poster with supplemental documentation, a notebook including up to ten pages of narrative and pictures, or a multimedia presentation on a CD lasting up to five minutes.

Purple, \$2; Blue, \$1.50; Red, \$1; White, \$0.50

E440006 You Be The Teacher — Show something learned about safety or first aid

E440007 Poster to show something learned about safety or show safe or first aid

FIRE SAFETY

*Denotes State Fair Entry

Purple, \$3; Blue, \$2; Red, \$1.50; White, \$1

*E450001 Fire Safety Poster – This is a home floor plan drawn **to scale** showing primary and secondary escape routes and where fire extinguishers and smoke detectors are located. Draw every room, including all doors and windows. Use **black** or **blue** arrows showing **primary** escape routes from each room. Use **red** arrows showing **secondary** routes to use if the primary routes are blocked. Primary and secondary escape routes must lead outside to an assembly location. Documentations should include evidence the escape plan has been practiced at least four times. Poster must be constructed of commercial poster board at least 11" x 14" but not larger than 22" x 28".

*E450002 Fire safety scrapbook. This scrapbook will contain at least 10 news articles from print and/or Internet sources about fires to residential or commercial properties or landscapes. Mount each clipping on a separate page accompanied by a description of events leading to the incident and any measures that might have prevented it. The Scrapbook should be bound in a standard size hardcover binder or notebook for 8 ½ x 11" size paper. Correct sentence structure, readability and thorough explanations are an important part of judging.

*E450003 Fire Prevention Poster – Posters should promote a fire prevention message and be appropriate to display during National Fire Prevention Week or to promote fire safety at specific times of the year. (Halloween, 4th of July, etc.). Originality, clarity and artistic impression will all be judged. Do not include live fireworks, matches or other flammable/explosive/hazardous materials. Any entry containing this material will be disqualified. Posters must be constructed of commercial poster board at least 11" x 14" but not larger than 22" x 28".

ATV

Purple, \$2; Blue, \$1.50; Red, \$1; White, \$0.50

E451001 You Be The Teacher — Show something learned about ATV safety or show safe or unsafe procedures.

E451002 Poster to show something learned about ATV safety or show safe or unsafe procedures.

E451003 Project notebook covering a specific topic learned. The notebook should be bound in a standard hard cover binder or notebook for 8½-inch by 11-inch paper. Correct sentence structure, readability and thorough explanations are an important part of the project.

BICYCLE

Purple, \$3; Blue, \$2; Red, \$1.50; White, \$1

E454001 Demonstration display. The exhibit is to be prepared on a 24-inch-high by 32-inch-wide board not to exceed ¼-inch thickness. It may include: 1. Parts or system of a bicycle; 2. Work on broken parts; or 3. A step-by-step procedure of how some repair or service job is performed. A limited number of photographs are acceptable. Actual parts or cutaways of parts are recommended.

E454002 Bike restoration — Exhibitors of bicycles need to restore/overhaul/ upgrade a bicycle to include current safety features. A report (handwritten or typed) must be included, covered by clear plastic, describing cost, repair costs and what was done. Before and after photos should be included.

E454003 Documented bike ride/trip — Include a written report (handwritten or typed) using a notebook or scrapbook showing a ride or trip taken by the 4-H'er using a bicycle.

Purple, \$2; Blue, \$1.50; Red, \$1; White, \$0.50

E454004 You Be the Teacher — Share with others what you learned in the project. Exhibit may be a notebook or a small display of an educational nature.

E454005 Bicycle poster (14 inches by 22 inches, vertical or horizontal arrangement). Any medium is permitted — watercolor, ink, crayon, etc. — as long as they are not three-dimensional.

TRACTOR

Purple, \$4; Blue, \$3.50; Red, \$3; White, \$2.50

E455001 Individual tractor service record.

E455002 Demonstration models — May be exhibited by an individual only. Model of some part or system of a tractor or machine that shows how the system or part works. A brief explanation of how it works must be attached. Prepare the display on a 24-inch-high by 32-inch-wide board not to exceed 3/8 inch in thickness.

Purple, \$2; Blue, \$1.50; Red, \$1; White, \$0.50

E455003 You Be The Teacher — Show something learned about tractor safety or show safe or unsafe procedures.

E455004 Poster to show something learned about tractor safety or show safe or unsafe procedures.

HEALTH

Purple, \$2; Blue, \$1.50; Red, \$1; White, \$0.50

E472001 Create an Educational Display — This display must keep within the 12-inch depth, 15-inch width, and 10-inch height dimensions. This could be an experiment out of the manual or any other three-dimensional display.

E472002 Scrapbook — A collection of 10 photos depicting healthy choices. Explanation required for each photo.

E472003 Poster — An anti-tobacco, anti-drug, or any other concept from the manual such as emotions, stress, decision making or family well-being.

E472004 Family — Essay explaining how your family participated in a healthy activity that is unique to your family. A photo album or a video of your family doing such an activity.

E472005 Ad Activity — Create a poster, video, or vocal tape of a Public Service Announcement about a concept from the manual.

E472008 You Be the Teacher — Share with others what you have learned in the project. Could be anything not mentioned above.

E472009 Poster (14 inches by 22 inches, vertical or horizontal arrangement) to show something learned about health.