



Enroll in ZSuite Under this Project Name: HW-KEEPING FIT & HEALTHY-Lv 1: First Aid in Action
Approved for 2023-24 Project Year

Project Description: Youth in this project will plan and assemble a home first aid kit, learn how to treat cuts, scrapes, nosebleeds and bee stings and to help someone who is choking or has broken a bone, as well how to interview an injured person to determine what help they need.

REQUIRED YOUTH CURRICULUM

[First Aid in Action: First Aid Activities for Youth](#) (#08174), 2005

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

none

SUPPLEMENTAL RESOURCES

none



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete at least seven (7) activities from the First Aid in Action manual.
	Assemble a home first aid kit.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Your First Aid Kit assembled in the project.
	ONE of the following exhibit options: <ul style="list-style-type: none"> • A poster (14" x 22") or display illustrating a skill or skills learned in this project. • A scrapbook, portfolio or journal notebook showing activities and skills learned in the project.