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4-H Youth Development: Safety Project Guide

Sue Bogue
Iowa State University

Charles V. Schwab
Iowa State University, cvschwab@iastate.edu

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**Project Objectives**

To help you:
- practice safety in all areas of your life
- develop into an individual who can help your home, community, nation, and world become a safer place to live
- involve your entire family in becoming aware of safety practices
- learn that injuries in the home, on the highway and farm, in the community, and during recreation can be reduced
- recognize hazards and ways to correct them
- develop your life skills of decision making, leadership, citizenship, and communication

**Project Overview**

Safety means the quality or condition of being safe—free from danger, injury, or damage. We use many safety devices in everyday life such as safety pins, safety matches, safety glasses, safety harnesses, vehicle seat belts, and smoke detectors. Although only a few, think how valuable they are to us.

Participating in the 4-H safety project can help you:
- become aware of how to make your surroundings safer at home, work, and play
- become alert to hazards wherever you are and in whatever you do
- learn to look for ways to remove hazards or unsafe conditions, and to keep your family, friends, and yourself safe

You can use this guide to help identify some possible goals for your safety project and plan safety-related goals in other projects.

You are encouraged to:
1. Plan your project with help from your leader, parent(s), or another caring adult. Record your plans, goals, progress, and results on a 4-H Project Record (4-H 96A, B, or C).
2. Read literature related to safety—especially to decide what you want to learn and do in your project.
3. Obtain help at educational meetings held by your project leader, county extension office, or project-related groups.
4. Give talks or presentations about some phase of your project.
5. Participate in project visits, trips, and tours planned by leaders and 4-H’ers. Discover how others encourage safety.
6. Look for everyday hazards and unsafe conditions that are around you.
7. Teach others as you become more knowledgeable about safety.
8. Find opportunities to share your new skills with your family, friends, other 4-H’ers, and people in your community.

**Possible Activities**

You can plan and organize many activities by yourself or as a 4-H group. Perhaps you can develop a whole new safety program. Some possible activities are listed below.

- Develop the Blue Star Program in your neighborhood or community. (The Blue Star program usually is sponsored by a school parent-teacher organization and designates safe home...
Events

You can help bring about more awareness of nationwide events that promote safety. Share information with your family, 4-H group, or community about the following (in chronological order).

- National Poison Prevention Week (March)
- National Hurricane Preparedness Week (May)
- National Safe Boating Week (May)
- Healthy Eyes Month (May)
- National Safety Month (June)
- National Emergency Preparedness Week (September)
- National Farm Safety and Health Week (September)
- National Emergency Preparedness Week (October)
- National Fire Prevention Week (October)

For more information, visit the National Safety Council website at: www.nsc.org/.

Recognition

The National Safety Council sponsors a Safety Awards Program. It is noncompetitive; recognition is granted for achievement in injury prevention and health enhancement activities. To get involved, consider planning activities that save lives, reduce injuries, lessen injury severity, and reduce economic loss.

Consider attending the National Youth Safety Congress that occurs each fall. You could be selected to attend the youth congress in recognition for an outstanding safety program you develop. If you are Iowa’s delegate, financial aid may be available for your trip.

The auxiliary to the American Optometric Association sponsors the Youth Achievement Award in Recognition of Outstanding Vision Safety Programs. To participate, you should provide vision health or vision safety education to the community. Examples of programs include 4-H Vision Education; Drugs and Alcohol Abuse and Vision; Bike Safety and Vision; Eye Safety on the Farm; and Hunting and Vision Safety. See address on page 5.

The National 4-H Council sponsors the 4-H Community Action Award. Some ideas to consider include sponsoring a bicycle safety/riding rodeo; conducting an automobile safety equipment check; working with the Conservation Commission or Coast Guard Auxiliary to sponsor a boating equipment safety check or safe boating course promoting seat belt use; and develop a “clean-out-the-home-medicine-chest day” to get rid of expired medications.

4-H References

Help may be obtained from your 4-H leader, your county extension office, businesses, or agencies promoting safety. First, check your 4-H
project manuals. You will find good information there. The following ways to learn about safety can be part of a safety project or part of another 4-H project. You might record an automotive safety activity under automotive or safety. If you want to record the activity under both projects, make sure you are enrolled in each project.

Junior-level 4-H’ers can learn about safety precautions around the home and for the family. Intermediate 4-H’ers may choose to involve their 4-H club and other groups in safety-related activities. Senior 4-H’ers should consider involving their counties or communities in safety activities.

Some possible safety learning activities follow.

**Aerospace**
Give a presentation on safety when constructing model rockets.

Visit an airport to learn about protective clothing worn by pilots, mechanics, and other airport workers. Learn about safety features available to all pilots.

**Animals**
(Beef, dairy cattle and goats, dog, horse, pets, poultry, rabbits, sheep, and swine)

Conduct a training session to teach other 4-H’ers about safety while handling livestock.

Visit with a veterinarian or pet store owner for care and safety information about your animal or pet.

Develop an educational display illustrating people and animals working safely together.

**Arc Welding**
Investigate the various types of protective clothing that should be worn while welding.

Examine equipment for proper operation before using it. Understand how it works. Visit a welder and talk about safety practices and precautions.

**Automotive**
Give a presentation on various road signs. Explain what they mean and describe their different colors and shapes.

Invite a patrol officer to visit your 4-H group to talk about auto safety and seat belts.

Research the pros and cons of wearing seat belts.

Learn about the safe operation of an automobile on the highways, on gravel roads, and in towns and cities.

**Bicycle**
Share with others through workshops on bike maintenance, care, and protection.

Take a group on a hazard hunt in the community: identify busy streets, potholes, broken glass, etc.

Give a presentation on safe bicycling.

Discuss biking equipment and the use of proper hand signals.

**Camping/Sports/Recreation**
Invite first aid professionals to visit your 4-H group and share basic first aid information.

Conduct a water safety program on swimming, canoeing, and boating.

Visit a sporting goods business and identify various types of safety equipment used while participating in sports.

Investigate the safety principles involved in snowmobiling.

Investigate the safety practices involved in camping. Discuss hiking.
food preparation and storage, and controlling a campfire.

**Child Care**

Conduct a babysitting clinic that stresses methods of handling possible emergencies that babysitters might face.

Research and compare various toys to see if they are appropriate for the child’s age.

Take your 4-H group to visit a community child care center and look for safety measures and other items that can be improved.

**Electric/Electronics**

Conduct an electrical hazard hunt around your home.

Investigate safety precautions that should be used when moving farm equipment near overhead electric lines.

Give a presentation on how to safely handle electrical equipment.

Visit a local electrician to learn about safety on the job, and the electrical services and appliances that you should be aware of around the home.

**Food and Nutrition**

Give a presentation on safety tips to use when preparing and storing food (such as safety with hot oil).

Prepare a kitchen safety display; you could include knives, blenders, food processors, mixers, or other equipment. Investigate safe ways to pack lunches for work, school, or play.

**Health**

Visit a health club, and learn how to safely use the equipment found there.

Conduct a workshop on eye care.

Visit with a coach or sport professional to discuss how to reduce injuries during events by proper warm-ups, training, and activities.

**Clothing**

Demonstrate how to safely remove stains from clothing. Consider a variety of stains—from food to farm chemicals.

Visit factories, restaurants, farms, and other businesses. Look at the type of clothing worn; notice whether the clothing allows the person to work safely.

Identify protective clothing or protective features of clothing meant for everyday wear.

Have a firefighter visit your 4-H group to discuss fires and clothing.

**Home Improvement**

Visit your local lumberyard and ask for safety information on equipment for refinishing articles (gloves, goggles, masks).

Give a presentation on safety procedures to use when refinishing furniture.

Conduct a fire drill at home for your whole family.

Visit schools during Tornado Awareness Week, and share information about tornado safety at home and in the school (contact your fire department for assistance).

**Safety**

Write news articles offering safety hints for use during the holidays.

Invite a farmer or chemical dealer to your 4-H meeting to discuss the proper handling of farm and home chemicals.
Schedule a 4-H group trip to an Iowa State Patrol office to learn about highway safety.

**Small Engines**
Visit an implement dealer to gather information about safely operating lawn and garden power equipment.

Give a presentation showing the safety involved when rebuilding or repairing a motor.

**Farm Equipment**
Conduct a workshop for 4-H’ers about machinery care and safety.

Take a 4-H group tour to a farm implement dealer to learn about operating farm equipment safely.

**Visual Art**
Visit a craft store to learn about safety with glues, paints, and other supplies.

Invite an art teacher or crafts-person to visit with your 4-H group about safety when constructing crafts.

**Woodworking**
Give a presentation on sharpening and using tools safely.

Conduct a tool safety inspection in your home or family workshop and check the condition of the tools.

Visit a lumberyard or paint store to learn about harmful fumes that can occur when constructing or applying a finish to an article.

**Additional Resources**

**American Red Cross**—see your local telephone directory for nearest location

**Art and craft shops**—see your local telephone directory for nearest location

**County Extension staff**—see your local telephone directory for nearest location or check the ISU Extension website at: www.extension.iastate.edu/ouroffices.htm

**Farm Bureau**—see your local telephone directory for nearest location or go to: www.fb.org/state/

**Sheriff’s department**—see your local telephone directory for nearest location

**Fire department**—see your local telephone directory for nearest location

**Local library**—see your local telephone directory for nearest location

**Iowa Department of Transportation**—Lincoln Way, Ames, IA 50010 or visit: www.dot.state.ia.us.

**School teachers** of consumer and family sciences, industrial arts, agriculture, art, and driver education


**Administrative Resources**

**American Association of Poison Control Centers**, www.aapcc.org

**American Optometric Association**, www.aoa.org. Write to 243 N. Linbergh Blvd., St. Louis, MO 63141

**American Rental Association, Inc.**, www.ararental.org/

**Arts, Crafts, and Theater Safety**, www.artscraftstheatersafety.org/ (See newsletter)


**Food Safety and Inspection Service, United States Department of Agriculture**, www.fsis.usda.gov/. See the Contact Us link for several e-mail addresses and phone numbers.

**Forest Resources Association**, 600 Jefferson Plaza, Suite 350, Rockville, MD 20852; telephone: (301) 838-9385; www.forestryresources.org

Iowa State Patrol Crime Prevention Center, Department of Public Safety, Wallace Building, Des Moines, Iowa 50319. See also www.dps.state.ia.us/ISP.


National Food and Energy Council, P.O. Box 309, 2333 Rom- bach Avenue, Wilmington, OH 45177. See also www.nfec.org.


National Institute for Occupational Safety and Health, www.cdc.gov/niosh/

Power Tool Institute, 1803 S. Busse Road, Mt. Prospect, IL 60056. See also www.powertoolinstitute.com.


Underwriters Laboratories, Inc., 207 East Ohio Street, Chicago, IL 60611. See also www.ul.com.


National Institute for Occupational Safety and Health, www.cdc.gov/niosh/

Prepared by Charles Schwab, extension safety specialist, and Sue Bogue, 4-H Youth Development specialist. Edited by Carol Ouverson, extension communication specialist. Designed by Jane Lenahan, extension graphic designer.

Iowa Fire Marshal, 401 SW 7th, Suite N, Des Moines, IA 50309. See also www.dps.state.ia.us/fm/.


National Safe Boating Council, P.O. Box 509, Bristow, VA 20136. See also www.safeboatingcouncil.org.

National Safety Council, 444 North Michigan Avenue, Chicago, IL 60611. See also www.nsc.org.


... and justice for all
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