

3. Action Demonstration – You may present an action demonstration for your project completion requirement.

Level C (Grades 7-9) Exhibit:

Choose one of the following:

1. Design a 22" x 28" poster based on one of the activities you completed in your manual or one that promotes physical, emotional, or cognitive skills
2. Display a binder notebook that includes the information from one of the activities you completed this year.
3. Create a display no larger than 36" x 36" x 36" using one of the activities from your project manual or one that promotes physical, emotional, or cognitive skills. Complete an Activity Card and attach it to the exhibit. A sample Activity Card is on page 40 in your manual. Use a 5" x 8" index card or larger cardstock to create your card.
4. Action Demonstration – You may present an action demonstration for your project completion requirement.

Level D (Grades 10-12) Exhibit:

Choose one of the following:

1. Design a 22" x 28" poster based on one of the activities you completed in your manual or one that promotes physical, emotional, or cognitive skills
2. Display a binder notebook that includes the information from one of the activities you completed this year.
3. Create a display no larger than 36" x 36" x 36" using one of the activities from your project manual or one that promotes physical, emotional, or cognitive skills. Complete an Activity Card and attach it to the exhibit. A sample Activity Card is on page 40 in your manual. Use a 5" x 8" index card or larger cardstock to create your card.
4. Action Demonstration – You may present an action demonstration for your project completion requirement.



Fire Education

Judging - Thursday, July 2, at 6pm at the Fairgrounds; Home and Family Arts Building.
No State Fair Exhibit

**Please also refer to the Policies and Procedures beginning on page 2 and the General Project Rules on page 20.*



Are you interested in learning more about fire education or need help with your project? Contact Cody Bixler at (574) 527-4020.

Purpose: To give 4-H members a hands-on opportunity to explore their interest in fire safety, fire science, and first responder aid.

Goals: This 4-H project will allow youth to-

1. Interact and network with local firefighters and first responders.
2. Research topics of their interest related to fire safety, fire science, and first responder aid.
3. Learn life-saving rescue skills and other life skills such as concern for others, conflict resolution, service learning, critical thinking, decision making, personal safety, and team work.
4. Interact with others who have a similar interest and to share with others what they have learned.
5. Explore potential volunteer, internship, and career options.

How: Youth will have opportunity to attend workshops put on by local fire firefighters that they can base their projects off of. If a member misses the workshop for their designated age group they will have to do their research via online and the public library or contact the project leaders to set up an interview with a firefighter. Contact the Extension Office for workshop information.

Level 1 (Grade 3)

1. Visit a local fire station and create a poster or scrapbook detailing your visit. The exhibit should:

- a. Feature pictures taken by the 4-H member of the station with captions.
- b. Include a summary of your visit.
 - i. What did you learn?
 - ii. Who did you meet?
 - iii. Would you consider firefighting as a career option? Why?
 - iv. What was your favorite part of visiting the station?
2. Fire hazards – Speak to a firefighter or do your own research about different types of fire hazards. Go throughout your home and identify any potential hazards. Create a poster based off of what you learned.
 - a. What are common fire hazards?
 - b. Did any of the hazards you learned about surprise you?
 - c. Did you find any hazards in your home?
 - d. What should you do if there is a fire in your home?

Level 2 (Grades 4 and 5)

Choose one of the following options per year:

1. Design an escape route for your home for you and your family. Be specific about where you plan to meet and how you will know if everyone has made it out safely. Practice the fire drill with your family.
 - a. Create a poster or notebook including your escape plan OR pictures of your practice drill (or a combination of both).
2. Learn basic first aid – Ask a firefighter, EMT, or paramedic to teach you what to do before help arrives in the event someone gets hurt. What if someone falls and breaks their arm? What if your friend gets cut while playing outside? Practice on a friend or family member and make a poster or how-to book on what you learned. Be sure to take pictures!
3. Types of trucks – Visit a fire station and learn about the different trucks they have. Create a poster to tell about the different types of trucks that you learned about.
 - a. What is the purpose of each truck?
 - b. What makes it the best truck for the job?
 - c. What situation would the truck be used in?

Level 3 (Grades 6-8)

1. Choose one of the following options per year:
 - a. Life Safety – Learn about the different ways that firefighters stay safe. Interview a firefighter about how they stay safe on the job and write a story, report, or poster on what you learned.
 - b. Types of tools – Firefighters use many different tools depending on the type of emergency and also depending on the size of the incident. Visit a fire station and learn about some of the different tools. Create a poster explaining the uses of 5-10 different tools including pictures of the tools and if possible, pictures of the tools in use. Make sure to include a little bit about the care and maintenance of these tools.
 - c. Search and rescue - Create a poster describing how firefighters do search and rescue. What obstacles are there and how do they get around those obstacles?
 - i. You can also do your own pretend search and rescue in your home or another building and have someone take pictures. Explain what you are doing in the pictures and why.
 - d. Make a poster about the types of jobs firefighters do. For example, search and rescue, ladder company, incident command, etc. Include pictures of the tools or trucks that each job may require. Which of these jobs sounds the most interesting to you? What sounds the most challenging?

Level 4 (Grades 9-10)

Choose one of the following options per year:

1. Public education- Firefighters go into schools and hold special events to teach kids about fire safety. Create a program of your own explaining what you would do to teach kids about fire safety. Be creative in your program and include examples. If possible, put your program to the test by showing it to some younger friends or family members. Create a notebook or poster detailing your program, what you would teach, how you would teach it, etc. Be sure to include pictures of our demonstration as well as the kid’s reaction to the program. Specific topics that you could choose to base your program off of include but are not limited to: fire hazards, what to do if there is a fire, and basic first aid.
2. Explore the types of employment available in the fire service and/or first responder field (volunteer departments, full-time positions, part-time positions, paramedics, etc.) Create a resume and cover letter and take part in a mock job interview for the job of your choosing (Contact the project leaders no later than June 1 to schedule your mock interview). Create a notebook or poster which includes your resume and cover letter, interview tips, or a reflection of your interview.
3. First responder tactics – Firefighters are often called to emergencies where they have to know how to deal with trauma, bleeding, and other medical emergencies. Speak to a firefighter about what they do in these situations and create a poster which shows what you should do in one of the situations they discuss.
4. Fire Science – Create a poster, with visuals, explaining a fire triangle or tetrahedron, and how fire flows. How is this information useful when trying to put out a fire?

Level 5 (Grades 11-12) – (Workshop TBA)

1. Choose one of the following options per year. Contact the project leaders for information about local CPR and Fire I courses or how to volunteer at your local fire department.
2. Enroll in a CPR/AED course or training to receive your certification. Create a poster or do a five minute demonstration about CPR and/or using an AED.
 - a. What did you have to do to receive your certification?
 - b. What are the steps to CPR?
 - c. What are the steps of using an AED?
 - d. How do you know when to do CPR?
3. Hazmat – Learn about local Haz-mat teams and what they do, how they are called out, and when they are called out. Make a poster that details what you learned.
4. Fill out an application to volunteer for 10 hours at a local fire department. Keep a log describing in detail what you did to volunteer. Have an over-seeing officer sign your log. Create a poster describing what you did during your time and be sure to include any pictures you may have taken as well as the log you kept.
5. (Must be 18 years old) Enroll in a Fire I course at your local fire department. Make a poster about the topics covered in the course.

Independent study (all grades)

Are you interested in a topic related to fire education, fire science, or first responder aid that is not covered in the project requirements? You can fill out an application to suggest your own fire education independent study project. Contact the project leaders for more information.



Health

Judging - Tuesday, June 30, at 1pm at the Extension Office; Auditorium.
1 Champion from each level to State Fair

****Please also refer to the Policies and Procedures beginning on page 2 and the General Project Rules on page 20.***



Do you want to learn more about healthy eating, portion sizes, and other ways to stay healthy? The Extension Office at (574) 372-2340.