

Stay Safe by Being Prepared!

Being prepared for emergencies is part of creating a safe environment for youth who participate in the 4-H Youth Program. A prepared volunteer secures needed equipment, plans and practices with members, and is a positive role model if an emergency arises.

Safety Equipment	Mini First Aid Kit	Plan/Practice	Being a Leader in an Emergency	After the emergency
<p>Part of being prepared is having the proper safety equipment. Here is a list of materials to assemble for a short term emergency kit.</p> <ul style="list-style-type: none"> • NOAA Weather Radio and flashlight with extra batteries • Poncho • Blanket • Hand Warmers • Bottle of drinking water • Light Stick • Whistle with Neck Cord • Face Mask • Exam Quality Vinyl Gloves • Hand Sanitizer • Germicidal Wipes (kills germs) 	<ul style="list-style-type: none"> • Adhesive Plastic and fabric Bandages (3/4" x 3") • Fingertip /knuckle Fabric Bandage • Antiseptic Cleansing Wipes (sting free) • Triple Antibiotic Ointment Packet <p>Emergency kits are available through retail stores. It is important to look at expiration dates on materials – and to update items annually.</p>	<p>It is important to always ask the “what if” questions when planning club meetings and activities. Asking “what if” prompts adults and youth to think through a situation and create a plan to handle an emergency before it happens.</p> <p>Help members and parents be prepared by checking for existing safety plans and procedures at meeting places. Youth are used to practicing fire and tornado drills at school. Review and practice these drills at your club meeting. Discuss with members and parents how to handle emergencies at county fairgrounds.</p>	<p>Youth look to their club leaders and adult volunteers for reassurance and guidance on how to react. If adults stay calm and positive during the emergency, so will youth. Adults can help youth react to the emergency by:</p> <ul style="list-style-type: none"> • Modeling calm and control • Reassuring youth that they are safe • Reminding youth that trustworthy adults are in charge • Finding ways to help youth minimize their stress during the emergency – ask questions, tell stories, sing songs, plan future 4-H projects and fair exhibits. • Tell youth the truth about the situation • Keep your explanations age appropriate 	<p>Because of your planning and practice as a leader you were able to minimize the injuries and stress caused by this emergency. Take the time to complete the incident report and notify your county office of the situation. By completing this step, Extension staff members are able to file, if needed, insurance claims and other risk management documents.</p>