

# 4-H Safety Officer

## Welcome

Congratulations on your new role as your 4-H club's safety officer. You have the opportunity to lead activities that will be both fun and educational for your 4-H club. You will find a list of responsibilities for your office as well as activities, ideas, and web sites in this book to help you plan a safe 4-H club year. Good luck!

## Your Role as a Safety Officer

As the safety officer your role is to plan a safety-related activity for each meeting. The activity can be as simple as a roll call where each member responds by giving a safety tip, or as involved as planning a demonstration or setting up a speaker to come to your meeting. As the safety officer you are a leader. Encourage your club members to think about creating a safer environment. Teach them how to be cautious about their personal safety. Plan activities that will help them make good safety choices.

## Activities

Below are some ideas for activities you can do with your club. These activities range from a two- or three-minute discussion to a program that takes the full time allowed for educational activities.

### Roll Call

- Have the members respond to roll call by naming a hazard they have removed from their home, making a safety suggestion, describing a recent accident, or sharing a safety slogan.

### Guest Speaker or Presentation

- Inviting a speaker can add a lot of fun and interest to your club meeting. Ideas for resource people include: a nurse or family life teacher to discuss safety and baby-sitting, a state highway patrolman or sheriff to speak about highway safety, or your 4-H agricultural educator or veterinarian to speak about working safely around animals.

### Safety Speech

- Any safety topic can be turned into a speech. Pick a topic that interests you and present a three- to five-minute speech to your 4-H club. Giving your speech as part of a county speaking contest can be a lot of fun! If you are interested in giving your speech at the county level, check with your advisor or your county office for entry deadlines and a complete set of rules.

## Safety Demonstrations/Optional Safety Topics

Similar to safety speeches, safety demonstrations can be presented at club meetings or at the county level. Demonstrations may include posters, equipment, a PowerPoint slide show, or other type of audiovisual presentation. Below are a few examples of demonstrations you could give.

ATV Safety

How to Safety-Proof Your Home

Kitchen Safety

Pretty Poisons – poisons with containers that look the same as food items

Putting Together a First Aid Kit

Safety around Animals

Emergency preparedness

Safety at the Swimming Pool or Lake

Safety for Young Children

Safety on the Bus

Safety While Riding in a Car

Selecting the Proper Shoe

Selection and Use of Proper Fire Extinguishers  
Smoke Detectors

Farm tractor and machinery safety

Summer safety (bugs, traveling)

Animal safety

Bicycle safety

Playground safety

Winter weather safety

Eat healthy

Lawn mower safety

Nutritious snacks

Fitness and exercise

Water safety

Playground safety

Winter weather safety

Safety in the home

Shooting sports & guns

Athletics/Sports

Highway safety

Fire Prevention

# Safety Websites

## **Baby-Sitting & Young Child Safety**

[judoinfo.com/defense.htm](http://judoinfo.com/defense.htm)

## **Bicycling and Helmet Safety**

[kidshealth.org/parent/firstaid\\_safe/outdoor/bike\\_safety.html](http://kidshealth.org/parent/firstaid_safe/outdoor/bike_safety.html)

**Farm Safety** [kidshealth.org/parent/firstaid\\_safe/outdoor/farm\\_safety.html](http://kidshealth.org/parent/firstaid_safe/outdoor/farm_safety.html)

## **Fire Safety**

[homesafetycouncil.org/safety\\_guide/sg\\_fire\\_w001.aspx](http://homesafetycouncil.org/safety_guide/sg_fire_w001.aspx)

## **First Aid**

[kidshealth.org/parent/firstaid\\_safe](http://kidshealth.org/parent/firstaid_safe)

## **Home Safety**

[kidshealth.org/kid/watch](http://kidshealth.org/kid/watch)

## **Sports Safety**

[kidshealth.org/parent/firstaid\\_safe/outdoor/sports\\_safety.html](http://kidshealth.org/parent/firstaid_safe/outdoor/sports_safety.html)

## **Sun Safety**

[kidshealth.org/parent/firstaid\\_safe/outdoor/sun\\_safety.html](http://kidshealth.org/parent/firstaid_safe/outdoor/sun_safety.html)

## **Tornado Safety**

[www.quakekare.com/emergency-preparedness/tornado-preparedness.html](http://www.quakekare.com/emergency-preparedness/tornado-preparedness.html)