

# Arkansas 4-H Project Reflection

## Safety (General) Project

Year

Name



Objectives for All Projects	<ul style="list-style-type: none"><li>• Apply all 4-H training and experience in choosing and preparing for a vocation</li><li>• Practice leadership skills and roles in 4-H and the community</li><li>• Take part in community affairs and demonstrate citizenship responsibility.</li><li>• Develop integrity, sportsmanship and decision-making capability, and public speaking skills through experiential learning.</li></ul>
Objectives for this Safety (General) Project	<ul style="list-style-type: none"><li>• To learn how to reduce accidents and injuries, recognize and correct hazards, and think and practice safety in everyday life.</li><li>• To encourage the entire family to become safety conscious.</li><li>• To learn how safety can be applied to any 4-H program or project.</li><li>• To explore career and job opportunities involving safety.</li><li>• To develop leadership abilities, build character, and assume citizenship responsibilities.</li></ul>

**I worked toward the following objectives this year: (list)**

**List talks and illustrated presentations related to the projects reported by title.**

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### **What have you learned in this project?**

*List what you have learned as a result of participation in the project along with skills you have acquired related to the project.*

### **Leadership Experiences in this project**

4-H Leadership

Other Leadership

### **Citizenship Experiences in this project**

4-H Citizenship

Other Citizenship

## Arkansas 4-H Project Reflection

### Participation in the Safety (General) Project

*Include the amount of project work (number of items, number of times, etc.) along with related experiences such as tours, public speaking, research, career exploration, etc.)*

EXAMPLE

Activity – These are examples – add or delete categories as needed	Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.	Total
<b>Home Safety</b>													
Safety Hazards Identified													
Kitchen													
Bathroom													
Other areas													
Safety Hazards Corrected													
Check Smoke Detectors													
Install/check fire extinguishers													
Distributed cards of emergency numbers													
<b>Child Safety</b>													
Child-ID cards made													
Medical care authorizations sheets distributed													
Infant/Child CPR training attended													
<b>Personal Safety</b>													
Attended CPR/First Aid training													
Swimming lessons attended													
Relationship safety training													
Youth/Adolescent health fairs attended													



<b>Activity – These are examples – add or delete categories as needed</b>	<b>Jan.</b>	<b>Feb.</b>	<b>Mar.</b>	<b>Apr.</b>	<b>May</b>	<b>June</b>	<b>July</b>	<b>Aug.</b>	<b>Sept.</b>	<b>Oct.</b>	<b>Nov.</b>	<b>Dec.</b>	<b>Total</b>
<b>Food Safety Example</b>													
Use an insulated lunch bag/box to take lunch to school.													
Selected unblemished fresh fruits and vegetables													
Checked expiration dates on foods before purchase													
Washed hand before and after food preparation													
Cooked meat, poultry, and fish to correct internal temperatures													
Stored food appropriately within 2 hours of preparation													
Date food packaging before storing in refrigerator or freezer													
Clean refrigerator, freezer and or pantry and dispose of products that are no longer safe													
Transport cold food in an ice chest with ice													

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