

# 2025 HEALTH & SAFETY FACT SHEET

Ohio State University Extension  
 Erie County 4-H  
 2900 Columbus Ave, Sandusky, OH 44870  
 419-627-7631  
<http://erie.osu.edu>

## Project Numbers

- ✎ 351 - Staying Healthy
- ✎ 353 - First Aid in Action
- ✎ 354 – Medicine Science & Safety
- ✎ 355 – Tracking Your Health & Fitness
- ✎ 356 - Relationships 101
- ✎ 357 - Alcohol and Drug Abuse
- ✎ 359 – Your Thoughts Matter
- ✎ 360 – Your Feelings Matter
- ✎ 434 – Superhero You

## Evaluation, Times & Places

Projects will be judged Tuesday, July 15<sup>th</sup> after 5 pm at the Erie Co. Fairgrounds. Specific judging times for each project will be posted on our website in July. [go.osu.edu/eriejudging](http://go.osu.edu/eriejudging)

Results will be posted and e-mailed the next day.

## General Information

**Fair Entry Deadline** – Entries via FairEntry Online System due by July 14<sup>th</sup> at 11:59 p.m.

**Project check-in:** Bring your exhibit to the fairgrounds on **Sunday, August 3, 2025**, between 5-8pm.

### Project check-out:

Sunday, August 10, 2025, **9am-NOON**.

**Please plan to help tear down project building at 12 noon.**

Projects will be at the Extension Office Monday, August 11 until September 15, 2025.

## HEALTH AND SAFETY GUIDELINES

**Questions, call Key Leader:** Danie Wagner 419-357-3439

**Extension Educator Responsible:** Angela Holmes 419-627-7631

**Age categories are suggested State Fair ages.**

1. 4-H members **should bring to judging a completed project book with their fair exhibit.** Completed project book and project guides are required at all judging. If book and/or guidelines are not complete or not present, the letter grade will be lowered, and the member is not eligible to place.
2. Appropriate attire for judging will be required. Appearance should be neat, clean, and respectful. No shorts, tank tops, tube tops, halter tops, midriff tops, or low rise jeans should be worn for judging or for the small project auction.
3. Do not bring project books for fair display! We only have room to display the projects.

✎ Designates projects that are eligible for the state fair, if member is selected.

**Continues on back**



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
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**erie.osu.edu**

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✎ **351 Staying Healthy** - (Beginning - all ages) - Explore your body and learn how to keep it healthy. That's what "Staying Healthy" is all about. You'll have fun learning to keep fit, increase your brain power and express yourself in positive ways.

*Judging and Fair Exhibit:* Complete all required activities in the "Project Completion Guidelines" found on page 2 in the project book. Show the smartest thing you've done to learn about good hygiene, healthy eating and being fit. Ideas may be used from "Show Your Smarts" sections (page 28). Complete a display for at least one of the sections in the book. **No Flat Posters.** All projects to be judged and exhibited at the fair should be educational display that fits into a 3-foot area. Flat posters will **not** be accepted as an exhibit.

✎ **353 First Aid in Action** - (Grade 3-5 - Beginning Level - all ages) - Learn about first aid and create your own family first aid kit.

*Judging and Fair Exhibit.* Complete the required activities in the "Project Completion Guidelines" found on page 2 in the project book. Complete "First Aid Instruction Book" and a Family First Aid Kit. Complete a display for at least one of the sections in the book. **No Flat Posters.** All projects to be judged and exhibited at the fair should be educational display that fits into a 3-foot area. Flat posters will **not** be accepted as an exhibit.

✎ **354 Medicine Science & Safety** – (Grade 3-5 - Beginning Level - all ages) – Learn about medicines (what it is, how to make decisions, be safe, and careers in pharmacy). Follow the project guidelines on page 3 of the book for completion and be sure to record your progress on pages 4-6 of the book along with all the questions and exercises through-out the book.

*Judging and Fair Exhibit:* Bring a project display representing your learning experience of the current project. **No flat posters.** All projects to be judged and exhibited at the fair should be educational display that fits into a 3-foot area. Flat posters will **not** be accepted as an exhibit.

✎ **355 Tracking Your Health & Fitness**– (Intermediate level for members with some experiences OR 11-13 years old) Learn about health & fitness in an interesting fun way as you learn about vital measurements. Follow the project guidelines on page 3 – 6 of the book for completion and be sure to record your progress on pages 4-6 of the book along with all the questions and exercises through-out the book.

*Judging and Fair Exhibit:* Bring a project display representing your learning experience of the current project. **No flat posters.** All projects to be judged and exhibited at the fair should be educational display that fits into a 3-foot area. Flat posters will **not** be accepted as an exhibit.

✎ **356 Relationships 101** (Intermediate – 11 – 13 years old or some experience) – This project lets you explore different relationships and discover what makes them healthy or unhealthy. Follow the project guidelines on page 3 of the book for completion and be sure to record your progress on pages 3-6 of the book along with all the questions and exercises through-out the book.

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✎ **357 Alcohol & Drug Abuse** (Advanced- age 14 & up) –This project covers the nature of addiction, how alcohol is marketed, why teens use and how to best respond to the problem. Follow the project guidelines on page 3 of the book for completion and be sure to record your progress on pages 4-7 of the book along with all the questions and exercises through-out the book.

*Judging and Fair Exhibit:* Bring a project display representing your learning experience of the current project. **No flat posters.** All projects to be judged and exhibited at the fair should be educational display that fits into a 3-foot area. Flat posters will **not** be accepted as an exhibit.

✎ **359 Your Thoughts Matter** (This book is Advanced – age 14 & up; younger youth may take it, but use caution due to content) - Learn about mental health, learn how people are affected by mental health issues, and be part of the solution. Follow the member project guide on page 3 of the book for completion requirements and be sure to record your progress on pages 3-5 of the book along with all the questions and exercises through-out the book.

*Judging and Fair Exhibit:* Bring a project display representing your learning experience of the current project. All projects to be judged and exhibited at the fair should be educational display that fits into a 3-foot area. Flat posters will **not** be accepted as an exhibit.

✎ **360 Your Feelings Matter** (Grade 3-5 - Beginning Level - all ages) – This project lets you explore what emotions are, how to express them, and how to react to them in a positive way. Follow the member project guide on page 3 of the book for completion requirements and be sure to record your progress on pages 3-6 of the book along with all the questions and exercises through-out the book.

*Judging and Fair Exhibit:* Bring a project display representing your learning experience of the current project. All projects to be judged and exhibited at the fair should be educational display that fits into a 3-foot area. Flat posters will **not** be accepted as an exhibit.

✎ **434 Superhero You** (Grade 3-5 - Beginning Level - all ages) – You are about to learn about a few things that help define who you are – your own characteristics, your family, your friends, and your thoughts and feeling about the future. This project is all about self-identity. Follow the member project guide on page 3 of the book for completion requirements and be sure to record your progress on pages 3-5 of the book along with all the questions and exercises through-out the book.

*Judging and Fair Exhibit:* Bring a project display representing your learning experience of the current project. All projects to be judged and exhibited at the fair should be educational display that fits into a 3-foot area. Flat posters will **not** be accepted as an exhibit.

\*Junior Fair projects may not be sold on the fairgrounds except through the fair project auctions. For sale signs may **not** be posted on projects.

