

2020 HEALTH & SAFETY FACT SHEET

Ohio State University Extension
 Erie County 4-H
 2900 Columbus Ave, Sandusky, OH 44870
 419-627-7631 or 1-888-399-6065
<http://erie.osu.edu>

Project Numbers

- ✂ 351 - Staying Healthy
- ✂ 352 - Keeping Fit
- ✂ 353 - First Aid in Action
- ✂ 357 - Alcohol and Drug Abuse
- ✂ 358 - The Truth about Tobacco
- ✂ 359 - Your Thoughts Matter

Evaluation, Times & Places

Projects will be judged Tuesday, July 21st after 5 pm at the Erie Co. Fairgrounds. Specific judging times for each project will be posted on our website in July.

Announcement of results will begin after 7:00pm.

General Information

Project check-in: Bring your exhibit to the fairgrounds on Monday, August 10, 2020 between 5-8pm.

Project check-out times are:

Supervised - Sunday, August 16, 2020 from 7-8pm

Unsupervised - Sunday, August 16, 2020 from 8-9pm

Monday, August 17, 2020 during the day, after that projects will be at the Extension Office until September 18.

HEALTH AND SAFETY GUIDELINES

Questions, call Key Leader Carolyn Cull at 419-239-4953

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 judgings. 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.

Continued on back



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES



CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information: go.osu.edu/cfaesdiversity.

✓ 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.

✓ 352 Keeping Fit - (Intermediate Level - all ages) - Develop a personal fitness plan to gain the benefits of exercise and test your fitness knowledge. *Judging and Fair Exhibit:* Complete all required activities in the "Project Completion Guidelines" found on page 2 in the project book. Create a display to express your personal fitness plan. 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 displays that fit 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.

✓ 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.

✓ 358 The Truth about Tobacco (Advanced - Age 14 & up) - Explore how tobacco products are made, marketed, and consumed in America along with the physical effects. 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 display for one of the sections listed in 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.

✓ 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.

*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.