



**Texas 4-H Youth
Development**

**Healthy Lifestyles
Invitational**

First Aid

Knowing first aid is an essential skill that can make a profound difference in emergency situations. It empowers individuals to take immediate action, which can save lives—whether it's performing CPR, stopping severe bleeding, or helping someone who's choking. In high-stress moments, having first aid knowledge helps people stay calm and confident, which not only improves outcomes, but also reassures others around them.

Beyond emergencies, first aid skills are valuable in everyday settings—at home, work, school, or outdoors—where accidents can happen at any time. Being prepared means you can protect yourself and others, making you a reliable and responsible presence in any environment.

The web pages below are the official Healthy Lifestyle Invitational Contest study resources. Classes will be developed based on information from these pages.

American Red Cross

<https://www.redcross.org/take-a-class/resources/learn-first-aid>

Mayo Clinic

<https://www.mayoclinic.org/first-aid>