

Health and Safety Speaking Contest Tips

Preparation

- No posters or other visual aids can be used.
- Try not to use note cards—be well prepared, but don't rely on memorization.
- Check your time and be sure not to go over. Time limit--5.5 minutes for seniors; 3.5 minutes for juniors.
- PRACTICE, PRACTICE, PRACTICE!

Appearance

- Your overall appearance should be neat – this includes clothing, hair, etc.
- Don't wear flashy clothes or jewelry – the audience will focus on it instead of you.

Delivery

- Someone will introduce you – name, club and title – don't repeat this information
- Take three (3) deep breaths before starting, but don't make them noticeable to the audience.
- Let your audience settle into their seats before starting to talk.
- Keep gestures above your waist so they can be seen.
- Don't shuffle your feet. You can take a definite step toward or away from the audience to emphasize a point.
- Don't put your mouth too close to the microphone if you are using one.
- Don't talk too fast.
- Make eye contact with the audience as much as possible.

Speech Content

- Narrow your topic--e.g. First Aid is too broad – Artificial Resuscitation is good.
- Have a good opening line.
- Have three main points.
- Use examples from everyday life – something the audience can identify with.
- Round off statistics (5,000,000 instead of 4,999,999). Don't use too many statistics, the audience will lose interest.
- When quoting a source, mention it.
- Summarize your main points at the end of your speech.
- Your ending should make your audience think.
- Do not ask for questions, you should have explained everything the audience needs to know.
- Do not thank the audience for listening—it will detract from the impact of your speech.

Avoid Four Common Mistakes!

- Too much content
- Talking too fast because you are trying to say too much
- Too many points – have three at the most!
- Don't be overdramatic with gestures

