

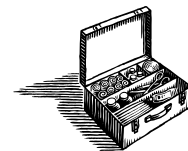


Department: _____ Workplace Location: _____

Date: _____ Start Time: _____ Finish Time: _____ Instructor/Supervisor: _____

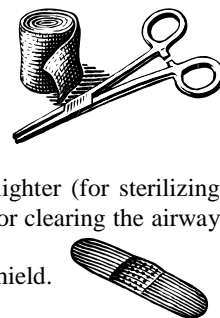
Topic R060: First Aid Kits

Introduction: A first aid kit is a collection of supplies and equipment used to give first aid. First-aid kits contain a variety of equipment that may include bandages for controlling bleeding, personal protective equipment (PPE) such as gloves, a breathing barrier for performing EAR (expired air resuscitation) and CPR (cardiopulmonary resuscitation), and sometimes instructions on how to perform first aid. There are 2 types of first aid kits: homemade first aid kits and commercial kits bought at stores. Both are intended for treatment of minor injuries only. Specialized first aid kits are available for various regions, vehicles or activities.



Contents of a First Aid Kit

- Dressings (sterile and applied directly to wound) such as pads (e.g. eye pads, gauze pads, and non-adherent pads) and burn dressings (sterile pads soaked in cooling gel)
- Bandages such as gauze roller bandages, elastic bandages (used for sprains), pressure bandages, elastic roller bandages, and triangular bandages (used as slings or tourniquets to tie splints, etc.)
- Adhesive bandages (band-aids and sticking plasters) such as straight adhesive bandages, moleskin (for blister treatment), butterfly (knuckle) bandages, and other wound closure strips
- Instruments such as hypoallergenic adhesive tapes, trauma shears (for cutting clothing and for general use), tweezers, lighter (for sterilizing tweezers, etc.), 20-cc syringe with catheter tip and sterile saline solution (for wound irrigation), and rubber suction bulb (for clearing the airway of an unconscious patient).
- Equipment such as personal protective equipment (PPE), disposable non-latex gloves, and breathing barrier such as a face shield.
- Other accessories such as scissors, eye cup (or a small plastic cup), torch (flashlight), thermometer, penlight
- Other materials such as instant-acting chemical cold packs, sterile eye wash (commonly saline), sterile saline (used for cleaning wounds where clean tap water is not available), sterile non-woven swabs, space blanket (or "emergency blanket" usually made of lightweight plastic foil), alcohol rub, hand sanitizer, and antiseptic hand wipes

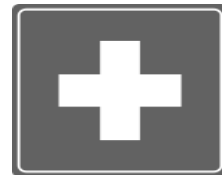


Medication such as antiseptics/antimicrobial (Povidone Iodine wipes, Benzalkonium Chloride, alcohol pads), antibiotic pills, antibiotic ointment (single, double, or triple antibiotic ointment in petroleum jelly base), antiseptic/anesthetic ointment (fluid or spray), anti-fungal cream, anti-itch ointment, Hydrocortisone cream, Calamine lotion, painkillers/fever reducers (Acetaminophen, Ibuprofen, Aspirin), anti-diarrhea medication (Loperamide Immodium), oral rehydration salt, Antihistamine (diphenhydramine or Benadryl), aloe vera gel (used for a wide variety of skin problems, including burns, sunburns, itching, and dry skin; used as a substitute for triple-antibiotic gel to keep a wound moist and to prevent bandages from sticking), burn gel (water-based gel that acts as a cooling agent and often includes a mild anesthetic such as lidocaine and an antiseptic such as tea tree oil), Epinephrine auto-injector or EpiPen (often included in kits for wilderness use and in places such as summer camps for treating anaphylactic shock), poison treatments (activated charcoal, syrup of ipecac), QuikClot (a hemostatic agent sometimes included in first aid kits, especially in military kits, to control severe bleeding), and a tincture of benzoin (improves tape adhesion to skin and toughens cracked skin).

Improvised Uses: Besides its regular use in first aid, many first-aid items can also have improvised uses in a survival situation. Examples of these would be alcohol pads and petroleum jelly-based ointments that can also be used as a fire-starting aid in an emergency. Petroleum jelly can also be used as an improvised lubricant for certain mechanical devices. Adhesive tapes and bandages can also be used for repairs. These alternate uses can be an important consideration when picking items for a kit that may be used in wilderness or survival situations. An alternative could, however, also be used in addition to other kits such as Survival kits.

Trauma Bag/First Responder Bag: Emergency responders use a more advanced medical kit called a trauma bag or a first responder bag containing higher quality as well as greater quantities of material, than commercially available first aid kits.

Markings/First Aid symbols: Commercially available first aid kits sold are generally identified by one of the following symbols: Red Cross, Green Cross, Red Star, and St. John Ambulance.



Storage: Choose containers for your kits that are roomy, durable, easy to carry, and simple to open. (Plastic tackle boxes or containers for storing art supplies are ideal, since they're lightweight, have handles, and offer a lot of space.) Make sure your first aid and emergency kits are readily accessible as well as convenient to locate for everyone.

Conclusion: A well-stocked first-aid kit, kept within easy reach, is a necessity in every workplace. Having supplies gathered ahead of time will help you handle an emergency at a moment's notice. Remember that it is better to be safe—and ready—than to be sorry!

Employee Safety Suggestions and Specific Workplace Hazards: _____

Personnel Safety Violations: _____

Employee Attendance: (Names or signatures of personnel who are attending this meeting)

These guidelines do not supersede local, state, or federal regulations and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.