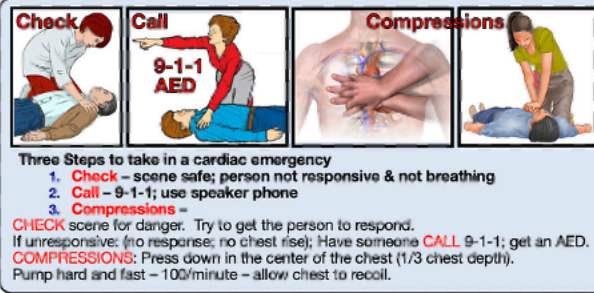


# First Aid Kit



## What can **YOU** do ?

### Before

- Have a good First Aid Kit
- Bleeding Control Kit
- Know first aid & CPR & Stop-the-Bleed

### During

- Recognize symptoms
- Dial 9-1-1
- First Aid & CPR & Stop-the-Bleed



## First Aid Kit Essentials

- First aid manual
- Adhesive tape & Duct tape
- Self-adhering bandage wrap
- Sterile adhesive bandages in assorted sizes
- Safety pins (assorted sizes)
- Cleansing agents (isopropyl alcohol, hydrogen peroxide, soap//germicide)
- Sterile saline for irrigation, flushing
- Triple antibiotic ointment
- Non-latex exam gloves (2 pair)
- 2-inch and 4-inch sterile gauze pads (4-6 each size)
- Triangular bandages (3)
- 2-inch & 3-inch sterile roller bandages (3 rolls each)
- Cotton balls
- Scissors (or trauma shears)
- Tweezers & Needle
- Thermometer
- Breathing barrier, pocket mask
- Tongue depressor blades (2)
- BZK antiseptic wipes
- Antiseptic
- Petroleum jelly or other lubricant
- Hydrocortisone cream (1%)
- Sting & bite relief wipes
- Sunscreen
- Ibuprofen, 200mg; Acetaminophen, 325mg
- Diphenhydramine, 25mg (Benadryl)
- Aspirin – low dose, 81mg

## Contents of Bleeding Control Kit

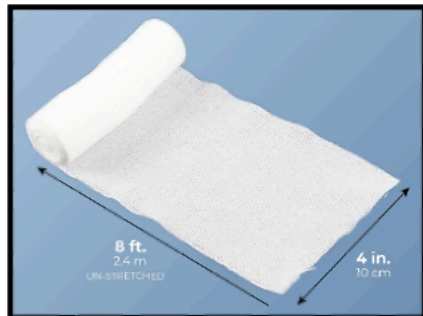
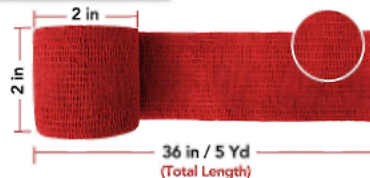
### Contents:

- 2 pr Nitrile Gloves
- 1 x CAT Tourniquet (gen 7)
- 2 x Emergency Trauma Dressings
- 6 x Gauze Rolls (4")
- 4 x 4x4 Gauze pads
- 2 x Survival Blankets
- 1 x Trauma Shears
- 2 x Coban Rolls (2")
- 6 x 1" x 3.5" band-aids
- 1 x Permanent Marker
- 1 x Instruction Card/Guide
- 1 x Pouch



### High Elastic

With adjustable elastic, and breathable for skin comfort



Maybe a Pulse Oximeter too