



# FIRST AID KIT

It's important to have a well-stocked first aid kit in your home, so you can deal with minor accidents and injuries.

Your first aid kit should be locked and kept in a cool, dry place, out of reach of children.

Many people also keep a small first aid kit in their car for emergencies - it is recommended that you keep one in your vehicle.

## SHOPPING LIST

Here's a shopping list for a basic first aid kit:

- 2 sterile eyepads
- 1 crepe bandage
- 4 triangular bandages
- 6 medium sterile dressing pads
- 2 large sterile dressing pads
- assorted waterproof plasters
- 2 pairs of sterile gloves
- 1 pair of paramedic scissors
- 6 alcohol-free wipes
- 6 safety pins
- tape

# WHEN AND HOW TO USE THEM

Waterproof plasters	Qty: Selection available	Use: For most minor words
<b>When:</b> If there is a bleeding wound that is fairly small, an adhesive dressing should be used. If you're preparing food in the kitchen use a blue plaster so you will be able to see it if it drops in the food.		<b>How:</b> Minor wounds can be washed with water and padded dry, then the adhesive dressing should be stuck over the top.
Sterile eyepads	Qty: 2	Use: For minor eye injuries
<b>When:</b> If the wound is small, or the casualty has a foreign object in their eye such as dirt or grit, but it's not embedded, you can apply an eyepad or small dressing. Use an eyepad until you can get medical advice.		<b>How:</b> Place the pad lightly over the eye and secure with some bandage around the head using a knot or with tape.
Crepe bandage	Qty: 1	Use: For sprain or strain
<b>When:</b> It's mainly used for a sprained or strained ankle or wrist. First treat the injury with an ice pack to reduce swelling. After 10-12 minutes, remove the ice pack for a few minutes then re-apply. If the swelling does not go down, it could be a break and you should seek medical advice as an X-ray may be needed. If you think it's just a strain, and some of the swelling has gone down as a result of using the ice pack, apply a crepe bandage for support.		<b>How:</b> The bandage is generally applied in a figure of eight. For example, on an ankle you would start at the base of the leg (above the heel), make two turns, then take the bandage inside the instep of the foot and begin the figure of eight. The heel stays exposed. If the sprain or strain is to the wrist, you can simply wrap the bandage around the wrist. If the bandage came with clips, secure it with these. Alternatively, you can use tape or safety pins.

### Triangular bandages (sling)

Qty: 4

Use: To lift a limb

#### When:

You can use a triangular bandage in different ways: as a sling to lift a limb to prevent blood loss, to secure a fractured collarbone or hand, and also for sprains and strains if a crepe bandage isn't available.

#### How:

If there's an injury to the lower or upper arm, you can also make an arm sling, tied at the neck. Triangular bandages can also be folded and used as a supporting bandage if a crepe bandage isn't available.

### Medium sterile dressing pads

Qty: 6

Use: When a plaster is too small

#### When:

These pads are wound dressings. When you open them up, there is a roll of bandage attached so you can secure them into place. They'll cover most common wounds and should be used whenever a plaster is too small. The dressing applies firm pressure on the wound.

#### How:

Make sure the pad covers the entire wound. When you wrap the bandage part of the dressing (which is attached to the pad) around the wound, make sure you seal each end of the pad with it to stop infections entering the wound, and stop blood seeping out. The bandage should be secured by tying in a knot, above the wound if possible, which will apply more pressure.

### Large sterile dressing pads

Qty: 2

Use: When a plaster is too small

#### When:

These pads are large wound dressings. When you open them up, there is a roll of bandage attached so you can secure them into place. They'll cover most common wounds and should be used whenever a plaster or medium dressing pad is too small. It applies firm pressure to the wound.

#### How:

Make sure the pad covers the wound and that the bandage part of the dressing seals each end of the pad. If the wound is severe, put the dressing on and seek medical advice.

### Sterile gloves

Qty: 1 pair

#### When:

To protect the casualty and first aider.

#### How:

These protect the casualty if the first aider's hands are dirty, and they protect the first aider if the casualty is bleeding.

# WHEN AND HOW TO USE THEM

## Tough cut scissors

Qty: 1 pair

Use: To safely cut clothing off

### When:

These are used for cutting clothing to get at a wound or the site of a fracture. They are safety scissors so you can't jab them into somebody's leg by accident – there is no danger of cutting the skin.

### How:

Only use if you need to expose the site of an injury. If the wound is on the arm or leg, cut along the seam of the trouser leg or shirt, and on a side away from the wound.

## Alcohol free wipes

Qty: 6 pack

Use: To clean grazes if water is not available

### When:

These are used to clean grazes and minor wounds when water is not available.

### How:

Wipe the wound once, then dispose of the wipe. Take another one and repeat. Wipe away from the wound, to avoid introducing an infection.

## Safety pins

Qty: 6

Use: To secure a bandage or sling

### When:

Safety pins can be used to secure a crepe bandage, or for securing a sling on the elbow.