

Sample First Aid Kit



A complete first aid kit is essential. This kit must be carefully prepared in order to treat the most common injuries. Furthermore, it must be accessible to those responsible for the team. Here is a list of what a first aid kit should contain.

Contents	Purpose
Medical record	<ul style="list-style-type: none"> important information in case of an emergency
Disinfectants: <ul style="list-style-type: none"> soft antiseptic soap antiseptic cream antiseptic solution peroxide 	<ul style="list-style-type: none"> all skin lesions laceration requiring cleaning before a dressing can be applied
Dressings: <ul style="list-style-type: none"> ocular aseptic (sterile gauze, 50, 75, 100mm rolls) adhesive bandages ("Band-Aid" type and butterfly closures) elastic bandages (100 and 150mm) triangular bandages and safety pins 	<ul style="list-style-type: none"> close and cover the eye dry compression protection of minor lesions compression multiple uses but primarily to act as an arm support in case of a fracture
Drug products and ointments: <ul style="list-style-type: none"> zinc ointment xylocaine spray 	<ul style="list-style-type: none"> scratches or blisters sore burns
Other useful items: <ul style="list-style-type: none"> cleaning solution for foreign bodies scissors tongue depressor body temperature thermometer chemical cold bags (if you don't have access to real ice) plastic bags 	<ul style="list-style-type: none"> dislodge foreign bodies common use multiple uses check body temperature in case of trauma for ice cubes
Phone number list: <ul style="list-style-type: none"> cell phone, pen, quarters, paper, participants' emergency records 	<ul style="list-style-type: none"> ensure quick response
Tools	<ul style="list-style-type: none"> minor repair of equipment
Adhesive tape (37.5mm)	<ul style="list-style-type: none"> support wounded joints