

First aid doesn't just facilitate recovery. It helps save lives.



The importance of first aid is hard to overestimate. Among the major benefits of first aid are the following:

- It affords people with the ability to provide help during various emergency situations
- First aid helps ensure that the right methods of administering medical assistance are provided.
- Knowledge in first aid also benefits the individuals themselves.

Accidents will always happen. Because of this, properly-trained individuals and the right first aid equipment help ensure better safety for everyone. Without the proper first aid, a simple injury could turn into something much more severe. Many fatalities resulting from accidents and emergency situations result from lack of immediate medical treatment.

WHERE TO GET FIRST AID TRAINING

There are many options to become trained in first aid.

Through American Red Cross – www.americanredcross.org/utah

Join Community Emergency Response Team (CERT) - www.tcem.org

Join Medical Reserve Corps (MRC) – www.tooelehealth.org

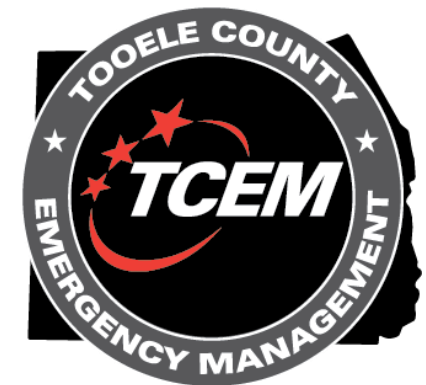
Inquire with your local Fire Department for First Aid and CPR training

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First Aid Kit

Prepared for you by



WWW.TCEM.ORG

At its most basic, first aid is the initial assistance given to a victim of injury or illness. Having a kit on hand will help you and could potentially save a life.

- First Aid Kits can range from simple to very detailed. A small simple first aid kit should be carried to aid in small emergencies such as a cut or a scrape. When something more severe happens having the right skills and equipment will help to give first aid.
- A more detailed first aid kit should be kept at home while a smaller sized detailed kit should be kept in the car for emergencies away from home.

A **Basic Kit** should include:

- *Sterile adhesive bandages in assorted sizes*
- *2-inch sterile gauze pads (4-6)*
- *4-inch sterile gauze pads (4-6)*
- *Hypo-allergenic adhesive tape*
- *40-inch triangular bandages (3-rolls)*
- *2-inch sterile roll bandages (3-rolls)*
- *3-inch sterile roll bandages (3-rolls)*
- *Scissors and tweezers*
- *Epi pen (if allergic to bee stings)*
- *Small Sewing kit*
- *Moistened towelettes/wet wipes*
- *Antiseptic soap*
- *Antiseptic solution - iodine compounds*
- *Antibiotic Ointment*
- *Hydrocortisone Cream*
- *Thermometer*
- *Tongue depressors (2)*
- *Tube of petroleum jelly (Vaseline or lubricant)*
- *Safety pins in assorted sizes*
- *Cleaning agent/soap*
- *Vinyl gloves (2 pairs)*
- *Sun screen*
- *Insect repellent*
- *Caladryl or generic equivalent*
- *First aid manual*
- *Rubbing alcohol*
- *Cotton balls*
- *Witch Hazel for bug bites and hemorrhoids*
- *Mylar Blankets (2)*

An Advanced First Aid Kit Should Also Include:

Tools

- *Duct Tape*
 - *Thermometer*
 - *Q-Tips*
 - *Large all-metal trauma shears*
 - *Nail clippers*
 - *Scissors*
 - *N95 Masks 6+*
 - *Paracord or rope*
 - *Superglue*
 - *Matches*
 - *Light Source*
 - *Magnifying glass*
 - *Fels naptha soap- to wash off poison Ivy, oak or sumac from skin and clothes (also a great clothes detergent)*
 - *Entertainment and comfort candy*
- ### **Over-The-Counter Medications (Suggested numbers included)**
- *Ibuprofen (Advil), 20+*
 - *Acetaminophen (Tylenol), 15+*
 - *Aspirin, 15+*
 - *Anti-histamine, x10*
 - *Immodium/Loperamide, x10*
 - *Sudafed (or an equivalent), x10*
 - *Throat lozenges, 10+*
 - *Bismuth tabs, x20*
 - *Oral rehydration, x3*
 - *Cranberry extract, x10*
 - *Dramamine, x10*
 - *Stool softener (laxative), x15*
 - *Miconazole/Anti-fungal*

Treating wounds is not always a simple ordeal – especially trauma – and it is often a job that is best left to the professionals. But in a survival situation, it may be your responsibility to treat these injuries to the best of your ability.

Realistically, outside of a hospital, no one is prepared for every medical emergency. Wounds can be ugly. Trauma can be horrifying. But here are some tools that will help prepare you for both:

Blister Treatments

- *Molefoam*
- *Moleskin*
- *2nd skin*
- *Medical tape*

Other Wound Treatment Tools

- *Nitrile gloves, LOTS and LOTS*
- *Irrigation syringe*
- *Sterile gauze pads, 5+*
- *Steri strips and butterfly bandages to close minor lacerations*
- *Multiple size Ace Bandages, x2*
- *Triangle bandages, x2*
- *Steri-strip or butterfly closures, 3+*
- *Maxi Pads and tampons- multi use materials*
- *Sam-splint / moldable foam splint*
- *Israeli bandage*
- *Suture kit*
- *Iodine*

