

FIRST AID SUPPLIES

A first aid kit is not the final solution to first aid during a disaster. Individuals need to know how to use the items in their kit and may need to be creative (for example, using a door as a stretcher or backboard, using blankets to splint a leg, or using diapers as bandages). A first aid course is highly recommended for everyone in the neighbourhood, both adults and children.

The following list contains more than the supplies normally found in the everyday home first aid kit. For example, there are additional large dressings to help deal with large wounds and crush injuries.

- 1 nylon satchel, plastic container or other kit box labeled “First Aid”
- 1 First Aid Manual
- 6 triangular bandages 150x100x100 cm (60”x40”x40”) with 2 safety pins each
- 2 pressure bandages (non-sterile) 11x15 cm (4 1/2”x6”)
- 6 pkg. Of gauze sponges (sterile) 10x10 cm (4”x4”) (2 per pkg)
- 1 pkg. Gauze sponges (non-sterile) 10x10 cm (4”x4”) (25 per pkg)
- 2 stretch roller gauze 10 cm x 4.5 m. (4”x15’)
- 1 adhesive tape 2.5 cm x 4.5 m (1”x15’)
- 1 scissors
- 1 splinter forceps (stainless steel)
- 1 pocket mask with head strap & one-way valve
- 6 pairs latex gloves (non-sterile)
- 50 plastic adhesive strips 2x7.5 cm (7/8”x3”)
- 2 packages eye pads (sterile)
- 1 bottle Savlon antiseptic 120 ml (4 ounces) (preferred to iodine)

Optional Items

- ASA tablets or other painkillers – check expiry dates, rotate
- Emergency supply of other medication – check expiry dates, rotate
- Eye drops
- Antacids
- Laxatives
- Instant hot/cold packs
- Anti-diarrhea medicine
- Sunscreen
- Thermometer
- Sanitary napkins
- Disposable diapers
- Elastic tensor bandages
- Soap
- Splints
- Drinking water