

First Aid Kit

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INTRODUCTION

What is first aid kit?

The first aid kit is a portable container of medicines, supplies, and information. It is kept for situations in which quick medical attention is needed for minor injuries. A First aid kit is used to treat minor illness and injuries in or outside the home, thereby reducing the risk of complications from minor injuries.

You never know when you might need to provide basic first aid. To prepare for the unpredictable, considering storing a well-stocked first aid kit in your home and car. It's also a good idea to have a first aid kit available at work. You can buy preassembled first aid kits from many first aid organizations, pharmacies, or outdoor recreation stores. Alternatively, you can create your own first aid kit using products purchased from a pharmacy.

What should I keep in my first aid kit?

It is important to have a first aid kit in your home; you can deal with minor accidents and injuries (Figure 1).

- First Aid Kit should be locked and kept in a cool, dry place out of the reach of children.
- Many people also keep a small first aid kit in their car for emergencies.

A standard first aid kit should include:

- Adhesive bandages of assorted sizes
- Roller bandages of assorted sizes
- Gauze pads
- Adhesive cloth tape
- Triangular bandages
- Antiseptic wipes
- Aspirin
- Antibiotic ointment
- Hydrocortisone cream
- Calamine lotion

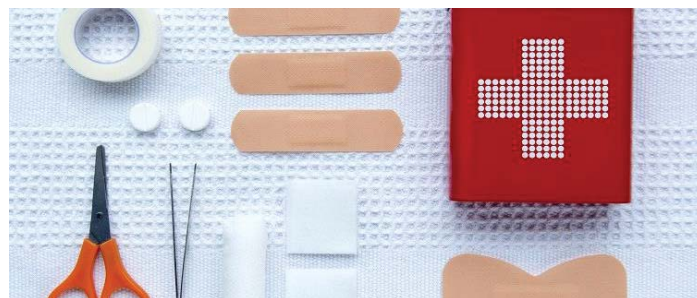


Figure 1: First aid kit items.

- Gloves
- Safety pins
- Scissors
- Tweezers
- Thermometer
- Breathing barrier
- Instant cold pack
- Blanket
- First aid manual

First aid kit items

- First aid manual
- Tweezers
- Alcohol swabs
- Antibiotic ointment
- Bandages
- Scissors
- Medical tape
- Elastic bandages

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- Pain relievers
- Disposable gloves

What are the ten items in a first aid kit?

1. **First Aid Manual:** Every first aid kit should contain a first aid manual. The manual will help you know how to treat wounds, sprains, bites, and other common health issues. The guide should be studied before a crisis arises, and everyone with access to the kit should know the basics of first aid.
2. **Tweezers:** Tweezers are an important tool to have in any first aid kit regardless of how basic your kit is. Tweezers can be used to remove debris such as glass, dirt, or splinters from a wound. They can also be used to remove stingers left behind by bees.
3. **Alcohol Swabs:** Alcohol swabs are used to clean the infected or wounded area before antibiotic ointment or bandages are placed on the area. Alcohol swabs may also be used in conjunction with anaesthetic swabs and can be used to sterilize tweezers if needed (Figure 2). **Uses of Alcohol Swabs:** a. first aid for minor cuts, b. clean skin before injection, c. disinfect, kill bacteria & clear objects, d. clean skin before venepuncture for intravenous therapy or blood sampling.
4. **Antibiotic Ointment:** Antibiotic ointment can be used to treat many types of conditions and will aid in the proper healing of the wound area. Antibiotic ointment also helps to keep infection out of the wound and should be administered after the injured area has been thoroughly cleaned. **Uses:** a. to treat minor wounds (ex. cuts, scrapes, burns), b. to prevent mild skin infections, c. to stopping the growth of bacteria.
5. **Bandages:** Adhesive bandages in multiple sizes should be part of a first aid kit. Consider purchasing a box of assorted-size bandages and putting a few of each in the kit. Traditional size bandages are needed more often than the largest and smallest sizes, so it's a good idea to add a few extra of these, just in case (Figure 3). **Uses:** heal the wounds, to provide support to the part that is injured, dislocated joint, to provide rest to the part that is injured, to prevent and control haemorrhage, it allows skin to breathe for faster healing, flexible and easy to remove without sticking to the wound.
6. **Scissor:** Scissors are essential supplies that should be included in any first aid kit at a home or workplace. Scissors can be used to cut bandages to fit wounds and to help remove dressings to bandages can be changed to reduce the risk of infection. **Uses of Scissors:** to provide cutting the bandages.
7. **Medical Tape:** Medical tape is used to secure gauze pads or wraps when they are being used as a bandage. This tape is designed not to leave residue behind and usually comes in a long roll. Clear medical tape (which is often made of plastic) can be used for emergency uses or for general skin care, like treating a scraped knee from a fall. Most medical tapes are hypoallergenic, so as not to cause skin irritation and to be universally used on any patient. A quality medical tape should be breathable, waterproof and include a strong non-irritating adhesive (Figure 4).
8. **Elastic Bandage:** Elastic bandages help keep a sprained joint immobile and reduce swelling. Elastic bandages come with either hook-and-loop or metal fasteners to keep them in place. These flexible bandages can be wrapped around ankles, knees, wrists, and elbows until you can get to a doctor. **Uses of Elastic Bandages:** provide support to injured soft tissue structure, body part should be flexed when wrapped.
9. **Pain Relievers:** Each first aid kit should include a selection of pain relievers. Aspirin-based and non-aspirin pain relievers should be included in the kit at all times. If there are children in the house, be sure to include pain relievers meant for them. These will come in handy when treating a deep wound or scrape and can also be used to relieve minor aches and pains.
10. **Disposable Gloves:** Gloves are important for protecting both the person administering first aid and the injured area from bacteria and other harmful microbes. They also come in handy for cleaning up the area where blood or other bodily fluids might have been spilled (Figure 5). **Uses of disposable gloves:** to prevent from bacteria and infections, to prevent



Figure 2: Alcohol swabs.



Figure 3: Adhesive bandages.



Figure 4: Medical tape.



Figure 5: Disposable gloves.

cross contamination disposable gloves should only be used to treat one causality, they should be removed as soon as the treatment is completed.

How to create home first aid kit:

Emergencies can happen anytime, anywhere, so being prepared for one is important for you and your family. Having a properly stocked first aid kit in your home is an easy but essential part of good emergency preparation.

Choosing, Locating and Maintaining Your Kit:

1. Pick a good container: You should look for a suitable container which is large. The container should be a large, translucent, water-resistant, rigid or flexible plastic box with tightly closure or a latch-top lid. This makes the materials inside visible for easy identification. The box should have enough space to contain things, be accessible and portable as well. For instance, by writing "FIRST AID" with a permanent marker in multiple locations.
2. Keep the Kit Safely Accessible: The first aid kit should be kept at a consistent spot which is clearly defined, and each and every member should be aware of it. You must remember to keep it beyond the reach of small children, but they should know where it is kept.
3. Teach your Family Members about the First Aid Kit: Every adult member in the house should know when the first aid kit should be retrieved. They should also well aware of the use of the equipment in the first aid kit. Children should be aware of the location, but should not be able to access it. Older members should be accessing the first aid kit.
4. Keep the Kit updated always: You should always keep track of the supply of medicines and their expiry dates.
5. Include a Checklist in the Kit: Stock your first aid kit and record every item on a sheet of a paper you can keep it in the kit. Write list of things in your first aid kit and should write the expiration dates for medication or ointments. You want anyone who retrieves the kit to immediately know what it includes and does not include, and that items are ready to use.

What type of first aid kit do I need?

From a minor ailment to more serious injury, a first aid kit is a must in every home. It can help reduce the risk of infection or the severity of an injury. First aid kits typically include a variety of supplies that will help treat cuts, scrapes and injuries including sprains and burns. First Aid Kit for home: adhesive bandages,

adhesive cloth tape, antibiotic ointment packets, antiseptic wipe packets, blanket, breathing barrier, instant cold compress, gloves, scissors, bandage, gauze pads, thermometer, triangular bandages, tweezers, first aid manual guide, and flashlight.

Antiseptic wipe packets: Antiseptic wipes are used to sterilizing. This wipe kills germs and sanitize skin or whatever surface to which they are applied. It is can be used to clean wounds.

Blanket: An emergency blanket, sometimes referred to as a first aid blanket. It is used in emergencies to reduce heat loss in person's body caused by thermal radiation, water evaporation and convection.

Instant Cold compress: Instant cold compress temporarily relieves minor pain and swelling for sprains, aches and sore joints. This is used conveniently disposable with no pre-chilling required for quick, effective for quick.

Gauze pads: Gauze pads is the basic tool used to stop bleeding and keep wounds clean. It treats small to medium cuts, burns, scrapes and other wounds. It also protects the area from dirt and debris can cause wounds to get infected.

Thermometer: Thermometers are an essential part of your first aid kit and having the right thermometer is crucial.

- Mercury Thermometer: This thermometer most familiar. They can be used in the mouth.
- Digital Thermometer: A standard uses electronic heat sensors to quickly and accurately record body temperature (Figure 6).
- Digital Ear Thermometer: Digital ear thermometer uses an infrared ray to measure temperature inside your canal. They quickly and accurately record the body temperature. This is used to infants older than 6 months, children and adults.

Temperature:

- Body temperature is a measurement of the amount of heat in the body.
- The normal adult body temperature is 37 degrees Celsius.
- Digital thermometers provide temperature readings in decimal points, for an accurate and specific reading.
- Digital thermometers are faster to calculating readings.

Triangular bandages: A triangular bandage is made from a strong type of cloth which has been cut into a right-angle triangle. A triangular bandage can be folded in the shape of a rectangle. It can



Figure 6: Digital thermometer.

be placed over a large wound to absorb blood and stop bleeding. Uses: to use to treat a wound, used like a trauma pad to control bleeding, used to wrap the wound.

Safety Pin: Safety pin has a number of uses in first aid. This can be used to secure a bandana over a wounded and bleeding arm or leg. They can be used to help keep a severe wound closed in place of stitches in dire circumstances.

Benefits of first aid kit:

1. It can save lives: First Aid kit saves lives. It gives you the confidence and ability to react immediately to an incident, injury or illness. It also saved due to fast reaction and aid given during critical and life-threatening accidents, injuries or health complication.
2. It can reduce recovery time: Quick response to illness or injury before medical help arrives does not only save lives, it can also reduce the recovery time to victim.
3. Emergency Medical supply within your home: First Aid Kit is also an important source of emergency medical supplies. Medical emergency that may arise in the home, you will always

be able to counter it with the right medical supplies available in your First Aid Kit.

4. Gives you the ability to provide help in emergency situations: For instance, if someone ingests harmful substances or suffers health-related issues, your First Aid Kit becomes more than just another household item. They become an invaluable support to victims in emergency situations before medical help arrives. As important, all homes should have them and also make them easily accessible to everyone in the home.

First aid kit uses:

- It is used for home, workplace or outdoor environments.
- Easy to use.
- Used for cuts, burns and injuries.
- It is multipurpose kit.
- To prevent further infection and injuries.
- To save lives.
- To promote fast recovery.