



# Emergency Responders Network First Aid Supplies Construction Kit

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As you know, when something can go wrong, it will go wrong (that's not just Murphy's law, its the second law of thermodynamics)! When it comes to accidents, they always happen in the wrong place at the wrong time. That is why it is so important to prepare yourself in advance for these situations. In addition to participation in important safety training and owning an Automated External Defibrillator, you should have a first aid kit with all the necessary anticipated supplies ready to go!

On page four of this document you will find a "supplies checklist" to use as a reference. Not all of these items are applicable to every situation and some desirable items may have been omitted. By no means is this list meant to be "all inclusive". Therefore, it is advisable that persons using this list check with local ordinances and verify which equipment is allowable for their organization.

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## *Disclaimer*

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## **Preliminary Considerations:**

When creating a First Aid Kit, the application for which it is intended must first be considered. There are countless emergencies that could require specific equipment. For example, if you have a kitchen with a deep fryer, having a burn kit nearby would be advisable. Therefore, because there are many ways to approach this task, consider taking into account the following points:

- Consider the environment where your employees operate.
- Consider the activities involved in your day to day operations.
- Consider other nearby available resources (i.e. Fire Station close by, on-site nurse).





- Consider who will be using the Kit (i.e. level of training).

### **Design:**

Your Kit should be designed in way that allows access to all of the contents easily. (Remember, some items in your First Aid Kit may require special training, certification or license to use so make sure to check with local ordinances to verify what is and is not allowed.) It should be easily identifiable and highly visible (e.g.. red, white, etc...). The size and type will, again, be determined by the application for which it is intended.

### **Covering your bases...**

This next area is divided into categories designed to help you organize and categorize the most important items. Use this information as a guide to help you put together the most appropriate and cost effective kit possible. These categories are summarized with specific suggested items listed on the *First Aid Emergency Equipment Checklist* on page four.

#### **Category One: Personal Protective Equipment (PPE)...**

Avoiding becoming a victim yourself should always be of the highest priority. Therefore, your kit should include an inventory of Personal Protective Equipment large enough to account for all potential users.

#### **Category Two: Airway adjuncts...**

Related to the “Personal Protective Equipment” category but worthy of it’s own, the type of ventilation device must be considered. The type(s) of device you include will be determined by your level of training and preparation. As a minimum barrier, a basic mouth-to-mask device with a one-way valve or filter may be used by lay persons trained in CPR while a more experienced user (i.e. EMT) may use a bag-valve-mask device.

#### **Category Three: Patient Assessment Equipment...**

Prior to treating a victim, you must determine the nature of the injury or illness. In order to determine the victim’s primary problem, you will need the appropriate assessment equipment. Included in your kit should be items that will help you achieve this step in the process of evaluating your patient.

## **Category Four: Treatment Adjuncts:**

Because this category requires the discretion of the person(s) organizing the First Aid Kit and will require the “*Preliminary Considerations*” mentioned at the beginning of this document, it is broken down into seven *subcategories* to simplify the categorization process.



### **Category Four - A: Bleeding Control**

Having something available to stop bleeding and absorb blood will be an important component.

### **Category Four - B: Wounds**

Related to bleeding control, this subcategory expands to include a wider variety of wound dressings.

### **Category Four - C: Injuries**

This subcategory will build on the previous subcategories and begins to address more specific injuries, such as a broken neck or limb.

### **Category Four - D: Cleansing and Disinfecting**

While the items in this subcategory may not fall directly into the category of “lifesaving” equipment, you may find them useful in a variety of situations.

### **Category Four - E: General Medical**

The “General Medical” subcategory suggests adding items to assist in aiding patient comfort and or treatment such as “over-the-counter” medications.

### **Category Four - F: Advanced medical equipment...**

Some organizations that have more “formalized” medical control on-site (i.e. Nurse on site) might consider adding more advanced equipment to take advantage of their level of training.

### **Category Four - G: Miscellaneous**

Finally, the contents of a First Aid Kit can vary quite a bit. This last subcategory suggests other types of First Aid items to be considered.

Once your kit is assembled, it is recommended that you create an inventory checklist (similar to page 4) with specific quantities indicated. You might then consider creating a cache for restocking

# Emergency Responders Network First Aid Emergency Equipment Checklist

**Toll Free**  
866-70-DEFIB  
www.ernetnetwork.com

\*Note - items with an asterisk require special training or regulation. Always check with local ordinances and verify which equipment is allowable for your organization.

Red Items represent the recommended minimum items

## Category One...

### Personal Protective Equipment (PPE)

- Gloves
- Mask
- Goggles
- Gown/jacket
- Decontamination (Pick-up) Kit

## Category Two...

### Airway Adjuncts:

- Mouth to mask CPR mask / Barrier
- \*Oropharyngeal Airways
- \*Bag-Valve Mask
- \*Oxygen / O<sub>2</sub> Mask

## Category Three...

### Patient Assessment Equipment:

- Pt. History Pad / sheet
- Stethoscope
- Penlight
- Trauma Shears
- Thermometer
- \*Blood Pressure Cuff

## Category Four...

### Treatment Adjuncts:

#### Bleeding Control:

- Pressure Dressing
- Gauze - Trauma Dressing
- ABD Pad or Sanitary Napkin

#### Wounds:

- Adhesive or Gauze Bandages (2x2 - 6x6)
- Roller Gauze - Miscellaneous Sizes
- Medical Tape - 1/2", 1", 2" & 4"
- Petroleum Gauze or Occlusive Dressings
- Butterfly Bandages
- Assortment of Bandages
- Non Adherent Pads
- Tincture of Benzoin (helps adhesive work)

#### Injuries:

- Splints
- Backboard (foldable?)
- Cervical Collar
- Sling and Swath (triangular bandage)
- Tweezers
- Ace Bandage
- Eye wash - Paper Cups
- Eye Occluder Dressings
- Cold Packs
- Burn Kit - Saline Solution

#### Cleansing and Disinfecting:

- Topical Antibiotic Ointment
- Antiseptic Solution (i.e. hydrogen peroxide)
- Providine Iodine
- Irrigation Syringe
- Sterile Dressings
- Cotton swabs
- Alcohol Pads

#### General Medical:

- \*Analgesic such as Tylenol or Aspirin
- \*Antacid
- \*Glucose Solution or Paste
- \*Electrolyte Replacement Solution
- \*Charcoal, \*Syrup of Ipecac
- \*Antihistamines (Benadryl)
- \*Hydrocortisone Cream
- \*Syrup of Ipecac
- \*Employee Prescription(s)

#### Advanced Medical Equipment:

- \*\*See "Airway Adjuncts" Category
- \*EPI Pen
- \*Other items that fall within the guidelines of your Scope of Practice.

#### Miscellaneous:

- Emergency Blanket
- Pillow
- OB Kit
- List of Important Phone Numbers