

First Aid Essentials



Basic First Aid Kit



This suggested first aid kit list is a basis for creating your own list of first aid supplies. Add items according to you and your family's training, needs, and abilities. Have first aid kits easily identifiable, accessible, labeled, stocked, and rotated. Be sure to have first aid kits at home, in the vehicles, at work, and anywhere else you spend time.

Personal Protective Equipment

- Non-latex, nitrile exam gloves (2 med, 2 lg) in a zip-style baggie to prevent drying out
- 1 rescue breathing barrier
- 2 N-95 masks
- 1 pair protective glasses or face shield
- Alcohol-based hand sanitizer

Bandaging

- 2 compress dressing trauma pads (5X9in)
- 1 box assorted adhesive bandages
- 4 fingertip adhesive bandages
- 4 knuckle adhesive bandages
- 5 butterfly adhesive bandages
- 1 adhesive cloth tape (10ydsX1in)
- 4 roller bandages (3 or 4in)
- 1 large roller bandage (Kerlix style)
- 12 sterile gauze pads (4X4in)
- 2 triangle bandages
- 2 elastic bandages (3in)
- 1 large SAM style split
- 2 tongue depressors
- 5 safety pins

Ointments and Medications

- Personal and family medication as needed
- 10 triple antibiotic packets (.03oz)
- 10 antiseptic towelettes (.14oz)

- 10 alcohol pads
- 5 hydrocortisone packets (.03oz)
- 5 burn cream packets or dressings
- 2 packets aspirin
- 5 packets ibuprofen
- 5 packets acetaminophen
- 5 packets allergy medication
- 1 oral glucose tablet
- 1 small bottle saline solution

Additional Items

- 1 reflective "space" blanket
- 2 instant cold packs
- 1 blunt-nosed scissors
- 1 tweezers
- 5 cotton-tip applicators
- 1 small sewing kit with needle
- 1 pencil and pocket size notepad
- 1 up-to-date first aid instruction booklet

Optional Items

- 1 commercial windlass rod tourniquet
- 1 eye pad and eye covering
- 2 tampons or pads for excessive bleeding
- 1 fingernail clippers
- Bug repellent
- Sunscreen and lip balm
- Penlight

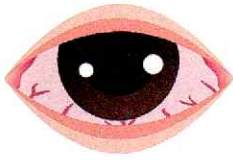
✓ **Make a Plan** ✓ **Get a Kit** ✓ **Be Informed** ✓ **Get Involved**

For more preparedness information: BeReady.Utah.gov

Access additional brochures at the Be Ready Utah Library

dem.utah.gov

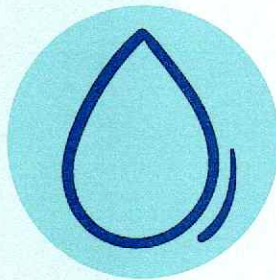




First Aid EYE INJURIES

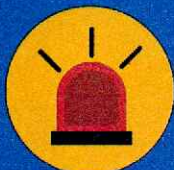


Do not rub the eye.
If something feels like it is in
the eye, pull the upper lid
down and blink repeatedly.



Flush the eye with lots of clean
water. Turn the head sideways
so that the water does not run
into the unaffected eye.

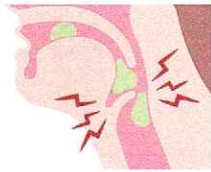
If a liquid chemical enters the
eye, flush immediately with
clean water. If a powder
chemical enters the eye do not
use water - try to blow it off.



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First Aid CHOKING



Signs of Choking

The person is clutching their throat, unable to breathe or talk, or their skin, lips, and nails are turning blue.



Steps to Help Someone Who Is Choking

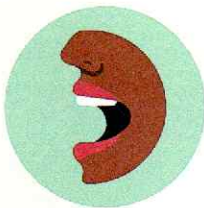


Stand behind the person and wrap your arms around their waist.

Make a fist with one hand. Place it over the lower part of the breast bone.

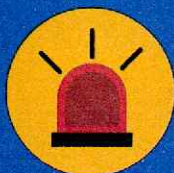
Grab your fist with the other hand and press hard using a quick inward and upward thrust.

Do this until the object is expelled. If there is little or no response, or if the person collapses call for emergency assistance.



Try to clear away anything that might be in the mouth and then start rescue breathing and/or CPR.

For a very small child, turn them over and hit their back to dislodge anything that might be stuck in the throat.



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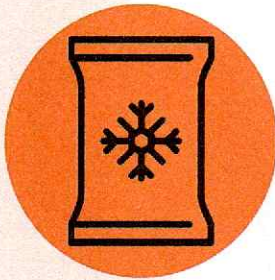


First Aid SPRAINS



RICE: Rest, Ice, Compress and Elevate

Rest the ankle or injured area.



Apply ice or a cold pack (wrap it in a cloth to protect the skin).

If a bandage is available, lightly wrap it around the injured area to provide support.



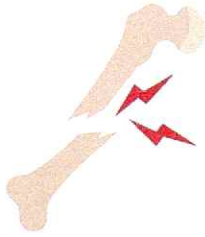
Elevate the affected area to reduce swelling.

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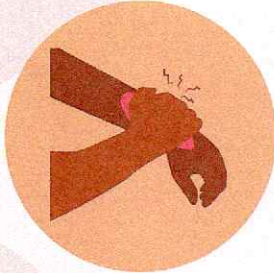


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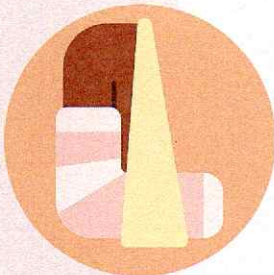


First Aid FRACTURES



Help the person support the injured area. Stop any bleeding by applying pressure.

If the limb is at an angle, gently try to realign it before stabilizing it with a splint.



Stabilize the injured area. Apply a soft or hard splint above and below the fracture.

In case of an open fracture where a bone is exposed, limit any movement and allow a health professional to stabilise the fracture.



Apply ice or a cold pack and elevate.



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First Aid BURNS



Ensure you are safe before you start helping others.



Remove the person from the source of the burn.

Hold the burnt area under cool (not cold or icy) running water or dip into cool water for 10 to 15 minutes.



Cover the burn with a clean cloth. It will prevent infections.

For serious burns, let the person lie down and elevate the legs. Elevating the legs will help prevent shock.



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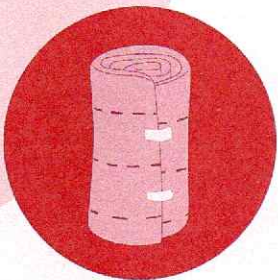
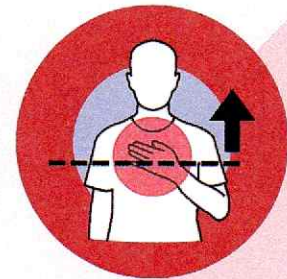


First Aid BLEEDING



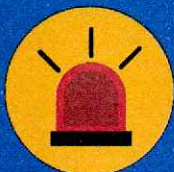
Apply direct pressure to the wound using a clean, sterile cloth or gauze pad.

Elevate the injured area above the heart level if there is no evident sign of a fracture.



Keep the pressure on the wound, using a pressure bandage, and add more dressing, if necessary.

The goal is to help stop the bleeding and encourage clotting of the wound.



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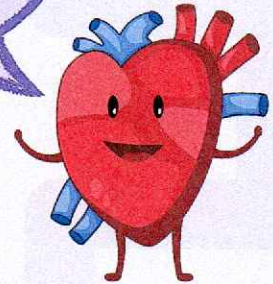
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First Aid CPR



Remember the order
of the steps:
Compressions, Airway,
Breathing (**CAB**)



CPR is done if someone is not breathing or has no pulse.

The **CPR cycle** consists of repeating 30 compressions followed by 2 breaths five times or until a medical professional arrives.

Compressions - Begin compressions



- The person must be placed on a flat surface on their back. Be careful to support the head and neck if you are moving them.
- Place the heel of one hand over the person's breastbone. Place the other hand on top of the first hand. Keep the elbows straight.
- Using your upper body push straight down, about 2 inches/2.5 cm. Push hard at a rate of 120 compressions per minute.

Airway - Clear the airway

- This step should be performed by someone who is trained in **CPR**.
- After 30 compressions, open the person's airway by placing your palm on their forehead and gently tilting the head back. With your other hand, gently lift the chin forward.
- Check for normal breathing sounds and movement in the chest.



Breathing - Breathe for the person

- Pinch the nostrils and cover the person's mouth with yours. Use a **CPR** mask if available.
- Give the first breath and watch to see if the chest rises. If it does, give a second breath. If it does not rise, continue doing chest compressions.
- Use an AED (automated external defibrillator) and then resume **CPR** until emergency personnel arrive.



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