

Everyday Safety

Tailgate Talks

First Aid Kits

This Everyday Safety Tailgate Talk was originally published as part of the October 2018 training series "The Safety Pins" by Phillip E. Spiezio, Safety Officer of Washington County NY

A well stocked first aid kit is a very handy thing to have both at home and in your car. You may purchase first aid kits already put together in a convenient case or you can make your own by purchasing the supplies separately and putting them in your own container. A tackle box works well for this.

Whether you buy a first aid kit or put one together, make sure that it has all the items that you might need. You can include such items as personal medications and emergency phone numbers. Check with your health care provider to see what they may suggest you carry as well.

Check your kit regularly. Make sure that the batteries work in the flashlight. Check expiration dates and replace any used or out-of-date contents.

If you put a first aid kit together now, you will ensure that you will always be prepared should someone get injured and need assistance in the future.



THE AMERICAN RED CROSS RECOMMENDS THAT ALL FIRST AID KITS INCLUDE AT A MINIMUM THE FOLLOWING:

- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages (assorted sizes)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 5 triple antibiotic ointment packets (approximately 1 gram each)
- 5 antiseptic wipe packets
- 2 packets of aspirin (81mg each)
- 1 blanket (space blanket)
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress
- 2 pair of non-latex gloves
- 2 hydrocortisone ointment packets (approximately 1 gram each)
- Scissors
- 1 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- 5 sterile gauze pads (3 x 3 inches)
- 5 sterile gauze pads (4 x 4 inches)
- Oral thermometer (non-mercury/non-glass)
- 2 triangular bandages
- Tweezers
- First aid instruction booklet
- Flashlight with spare batteries is always handy

Action Item:

- Since you do not know where you will be when an emergency occurs, prepare supplies for home, work and vehicles.
- Check your first-aid kits regularly to be sure the flashlight batteries work and to replace supplies that have expired or been used up

Resources and References:

American Red Cross - Anatomy of a First Aid Kit

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/anatomy-of-a-first-aid-kit.html>

Mayo Clinic First Aid Kit Basics

<https://www.mayoclinic.org/first-aid/first-aid-kits/basics/art-20056673>

Ready.gov Build a Kit Webpage

<https://www.ready.gov/build-a-kit>

Date: ____ / ____ / ____

**“First Aid Kits”
Sign In Sheet:**

Name:

Signature:
