

TAC SIM TRAINING

BASIC FIRST AID AND TRAUMA KITS FOR CLOSE PROTECTION

When preparing first aid and trauma kits for close protection operations, it's crucial to focus on both immediate medical care for injuries and the specific risks associated with protective missions. Below is a detailed breakdown of essential items for both first aid and trauma kits, along with some considerations for effective use in the field.

First Aid Kit Essentials

A first aid kit for close protection should include the following items:

Basic Supplies

1. **First Aid Manual**
 - A compact guide for reference in emergencies.
2. **Personal Protective Equipment (PPE)**
 - Nitrile gloves (multiple pairs)
 - Face masks (surgical or N95)
 - Eye protection (goggles or face shields)
3. **Adhesive Bandages**
 - Various sizes for minor cuts and abrasions.
4. **Sterile Gauze Pads**
 - Different sizes (2x2, 4x4) for larger wounds.
5. **Medical Tape**
 - For securing dressings and gauze.
6. **Antiseptic Wipes or Spray**
 - To clean wounds before dressing.
7. **Antibiotic Ointment**
 - Such as Neosporin for infection prevention.
8. **Burn Dressings**
 - Sterile burn sheets or hydrogel for thermal injuries.
9. **Elastic Bandages**
 - For support of sprains and strains.
10. **Triangular Bandages**
 - For slings and securing larger dressings.

Medications

1. **Pain Relievers**
 - Ibuprofen or acetaminophen for pain management.
2. **Antihistamines**
 - For allergic reactions (e.g., Benadryl).

3. **Aspirin**
 - For suspected cardiac events.
4. **Epinephrine Auto-Injector**
 - For severe allergic reactions (if trained).

Trauma Kit Essentials

A trauma kit is more specialised and should contain items designed for serious injuries. Here are the essential components:

Immediate Trauma Care Supplies

1. **Tourniquets**
 - Combat application tourniquet (CAT) or similar for severe bleeding.
2. **Israeli Bandages**
 - For applying direct pressure to control bleeding.
3. **Haemostatic Agents**
 - QuickClot or Celox to promote clotting in severe wounds.
4. **Chest Seals**
 - For treating penetrating chest injuries (e.g., sucking chest wounds).
5. **Compression Dressings**
 - For control of haemorrhagic wounds.

Airway Management

1. **Oropharyngeal Airways (OPA)**
 - For maintaining airway patency.
2. **Nasopharyngeal Airways (NPA)**
 - For unconscious patients or those with facial injuries.
3. **Bag-Valve Mask (BVM)**
 - For assisting with ventilation.

Diagnostic Equipment

1. **Pulse Oximeter**
 - To monitor oxygen saturation levels.
2. **Blood Pressure Cuff**
 - For assessing circulatory status.
3. **Thermometer**
 - Digital or infrared for fever assessment.

Additional Items for Both Kits

1. **Flashlight**
 - Durable and waterproof for low-light situations.
2. **Emergency Mylar Blanket**
 - For warmth and shock prevention.
3. **Trauma Shears**
 - For cutting through clothing or bandages quickly.
4. **Tweezers**
 - For removing splinters or foreign objects.
5. **CPR Face Shield**
 - For safe rescue breathing in cardiac emergencies.
6. **Duct Tape**
 - Versatile for securing items or creating improvised solutions.

Storage and Maintenance

- **Durable, Waterproof Bag**
 - A rugged case that can withstand harsh environments.
- **Regular Inventory Checks**
 - Periodically check supplies for expiration dates and replenish as needed.

Training and Preparedness

- **First Aid and Trauma Training**
 - Ensure all personnel are trained in the use of the items in the kit and in basic life-saving techniques.
- **Scenario Drills**
 - Conduct drills to practice responding to various emergencies to increase preparedness.

Conclusion

Equipping close protection teams with well-stocked first aid and trauma kits tailored to their specific environment and risks is vital for effective emergency response. Regular training and kit maintenance will enhance the team's ability to manage medical emergencies, ensuring the safety of both the protectors and those they safeguard.