

# FIRST AID EXHIBITS

**Note:** No substitutions are allowed for kits.

## First Aid — Basic Kit

**Contents:** Brand names must be visible on first aid items for medical clarification. All contents are to be put in a container that is water resistant, durable, and labeled “First Aid” on the outside.

**Inventory list of items** must be attached to the inside of the lid—date items with date of purchase and expiration date, if given (some first aid items are no longer effective after a certain length of time, such as 1–2 years).

**List of emergency numbers** must be attached to the inside of the lid. List to include: 911 (if available in your local area); poison control center; emergency local numbers (fire, hospital, police, sheriff, emergency medical transport ambulance). Specify names and phone numbers of your home, family doctor, family members, neighbors, etc. Include address and directions to your home. If available, include cell phone numbers, radio numbers, and e-mail addresses for emergency contacts.

**Includes, but not limited to the following items:**

- **Bandage scissors** – Full-size, blunt-tipped bandage scissors, 5 1/2" – 6" length (strong enough to cut denim). The sharp point on a sewing scissor could scrape and/or puncture skin when bandages, dressings, or clothing are removed.
- **Sewing needle and tweezers** to remove splinters and other objects.
- **Small magnifying glass** to enhance vision of wound site.
- **Safety pins** to secure sling or bandage.
- **Sterile roll of gauze bandage** for covering wounds.
- **Sterile 4" × 4" gauze pads** for covering wounds.
- **Bandages** of assorted types and sizes for covering wounds.
- **Dish-towel sling** – Purchased or hand-made and stored in a plastic bag. Clean cloth approximately 36" × 36" (such as a dish towel) to be used for a sling or bandage.
- **Reusable elastic wrap** – 3" wide bandage for support or compression.
- **Non-allergic medical tape** – Approximately 1/2" to 3/4" for securing bandages.
- **Instant cold compress** to apply to decrease swelling and/or promote comfort.
- **Instant hand sanitizer** for cleansing.

- **Antibacterial liquid soap** for cleansing.
- **Bottled water** – For cleansing (8 to 16 oz.).
- **Non-sterile medical gloves** – In a gallon-size, sealable plastic bag. Prior to use, gloves are clean. After use, dispose of gloves in a plastic bag as an infection barrier.
- **Pencil or mechanical pencil and paper** for recording phone numbers, emergency information, or directions to location. (Lead pencils can have broken lead and are thus not helpful in an emergency situation.)
- **CPR mask or micro shield** for infection barrier.
- **CPR guidelines** on small plastic card for use by CPR-trained person. (**Card can be purchased for \$2.00 from a CPR instructor.**)
- **First aid booklet** such as American Medical Association, First-Aid Guide, or “First Aid Fast” from American Red Cross (Contact a pharmacy or bookstore).

## First Aid – Advanced Kit

**Contents:** Brand names must be visible on first aid items for medical clarification. Inventory list of items attached to the inside of the lid—date items with date of purchase and expiration date, if given (some first aid items are no longer effective after a certain length of time, such as 1–2 years).

**When preparing the Advanced Kit, include the Basic Kit contents as listed above. Revisions are made annually. Place the Basic Kit contents and the following items in a water-resistant, durable container that is labeled “First Aid” on the outside:**

- **Thermometer** (oral) to monitor body temperature.
- **Antibiotic cream or ointment** (any type) for minor cuts, scrapes, or burns.
- **Cotton balls** in a clean package for cleansing wounds.
- **Flashlight** (Batteries **reversed** to prevent accidental burnout. Label as a reminder to reverse batteries for use).
- **HELP sign** – Letters (purchased or handmade) are a minimum 4" tall × 1/2" wide. Sign must be waterproofed or laminated.
- **In the event of accidental poisoning, contact the Poison Control Center (1-800-222-1222) or a local hospital emergency room for treatment advice.**
- **Whistle** – To signal for help.