What is in a FIRST AID KIT?

Introduction
For most patrons and employees, an injury doesn’t mean a trip to the emergency room. It usually means a trip to the first aid kit with a skinned knee, bump, bruise, cut or a scratch. The attending agency employee might apply an ice pack or a band aid, and the appreciative patron or employee then goes back to play or work. However, in some situations providing first aid goes beyond applying an ice pack. It could mean controlling severe bleeding, or even dealing with a potential life or death situation.

Personnel
At least one person, and preferably two or more, trained in first aid and CPR should be available at the agency. The trained first aid responder(s) should be designated, and the other workers should know who they are and how to contact them. The trained employee should receive regular inservice training and remain certified.

In all first aid and emergency situations, CPR and first aid trained employees should not attempt any medical treatment that exceeds their training level. Contact your local fire department if there are any doubts about a person’s health or injuries.

Location
A first aid kit is no longer just a tin box gathering dust in a corner. It is a valued piece of park and recreation equipment and consideration should be given to its placement, contents, and use. At a minimum, each building or facility should have a designated location for a well-stocked highly visible first aid kit. Supplemental kits could be developed for a particular location (fixed or portable), person, activity or use, be it a pool, day camp, bus, camping trip, maintenance garage, or special event. The size and contents of the first aid kits depend on the intended use and the type of injuries that are anticipated. The kits may vary in size from a lifeguard or day camp counselor fanny pack to a large comprehensive first aid box at a special event. Consideration should be given to storing the first aid kit in places that are out of the reach of children, but easily accessible for adults.

Inspection/Maintenance
Providing first aid is the first step in emergency care and everyone and everything needs to be prepared, including the first aid kit. Just like first aid providers need to be prepared through initial training and frequent inservice training, the first aid kit needs inservice as well. The problem with most first aid kits is that they become “functionally incomplete” as soon as they are opened, unless there is an adequate replacement program, which includes a designated person to inventory and replace used items. Maintaining quantities of materials in the first-aid kit is easier if each kit contains a list showing the original quantities needed and expiration dates.

For example, first aid kits in facilities may be checked as part of a monthly building inspection. Vehicle first aid kits may be checked by the mechanic during scheduled maintenance. Fanny pack kits may need to be checked and replenished at the end of the day, trip, or related activity.
Contents
Each first aid kits should contain items that may be needed for a particular location or activity. Over the past years, the question of what should be in a first aid kit has gotten complicated. It is recommended that members work with safety equipment vendors to discuss what types of first aid kits and equipment are adequate for specific risks and activities. The following is a listing of contents to consider in purchasing first aid kits:
Sample First Aid Kit Contents

- First-aid manual
- An emergency telephone list
- A contents list and expiration dates
  - A variety of bandages for minor cuts and abrasions
  - Elastic bandage
  - A variety of gauze pads (2"x2", 3"x3", 4"x4")
  - At least one large trauma dressing (8"x24")
  - Rolled gauze (2 or 3 rolls, 3")
  - Medical tape (2 rolls, 1" and 2")
  - Antibiotic ointment
  - Alcohol swabs and pads
  - Medicine swabs (for bee stings)
  - Scissors
  - Pen light & extra batteries
  - Thermometer
  - Tweezers
  - Eyewash bottle
  - Latex gloves (at least 6 pair)
  - Emergency blanket
  - Ice packs
  - Syrup of ipecac
  - Disposal bag

Bloodborne Pathogens/Body Fluid Protection
- CPR barrier shield (at least 2 in kit)
- Latex gloves or other non-permeable barriers (at least 6 pair)
- Face mask (at least 2)
- Foot protection (at least 2 pair)

Optional Emergency Response Equipment if Required by Lifeguard Training Agency
- Oxygen cylinder and accessories
- Bag valve mask (infant and adult)
- Fluid removal device (for use in mouth)
- Automated external defibrillator (AED)

Forms/Reports
- Accident Report Forms
- Exposure to Body Fluid Report
- Pens