

St. Mary's Activity Outline
First Aid Kit

Outline:

What is a first aid kit?

- A first kit is a toolbox used to provide care to individuals with common injuries.
- You can purchase a first aid kit at a drugstore, from the Red Cross, or you can put together your own. Making your own kit allows you to tailor it to the needs of you and your family.
- First aid kits should be stored in accessible areas. Plan to have one in the house and one in the car

What items are in a first aid kit?

General supplies: these items keep wounds clean and provide safety to you and the injured person

- o Gloves
- o Hand sanitizer
- o Alcohol wipes

Wound supplies: these items will be used for mild to moderate cuts

- o For simple cuts:
 - Band-aids of various sizes
 - Antibiotic ointment (to prevent infection)
- o For bigger wounds:
 - Gauze pads
 - Roller gauze
 - Saline (for flushing wounds)

Musculoskeletal supplies: these items can be used to splint sprains, strains, and possible breaks

- o Ace bandages of various sizes (for ankles and wrists)
- o Tape (to buddy tape fingers and toes)
- o Instant cold pack (to prevent swelling)

Eye Supplies:

- o Saline (for flushing eyes)

Medications: simple medications can be used for minor aches, pains, and allergic reactions

- o Tylenol (for pain and fever)
- o Motrin (for pain and inflammation)
- o Benadryl (for allergic reactions)
- o Hydrocortisone cream (for rashes)

Conclusion:

- Always let an adult know when someone is injured as the injured person may need further medical attention.
 - o Urgent care
 - o Emergency room

- o 9-1-1
- Check your first aid kit regularly to replenish used supplies or replace expired supplies

What would you do?

Choose a flashcard with a scenario written on it and pick what supplies you would use.

- o A friend gets a paper cut with minimal bleeding.
- o A friend was jumping rope when they rolled their ankle.
- o A friend is swinging on the swings when a bug hits their eye.

Supplies:

- Gloves
- Hand sanitizer
- Alcohol wipes
- Band-Aids
- Antibiotic ointment
- Gauze
- Roller gauze
- Saline
- Ace bandages
- Tape
- Instant cold pack
- Tylenol
- Motrin
- Benadryl