

Minor Emergencies Kit

Use this kit for treating minor cuts, burns and skin irritations (poison ivy, insect bites). The calamine lotion is used for sunburns, poison ivy and insect bites. Apply the lotion as directed on the label. Please reseal the bottle after use and store in plastic bag provided. Gauze pads held in place with conforming gauze roll can be used to protect minor burns and irritations.

For treatment in the field use the blue pads. These can be placed on the ground or other surface, blue waterproof side down, white absorptive side up, to give a clean area for minor treatment. The pads are single use only and should be discarded after use.

Use the splinter forceps to remove splinters and similar small objects from the skin. **Always** store the forceps in the plastic container to prevent rust and prevent the sharp end from sticking someone using the first aid kit.

The povidone-iodine cleaning pads are non-sting cleaning pads for minor cuts and abrasions. Use to disinfect minor wounds. Allow to dry before applying a dressing; you don't need to clean off the brown stain before applying the dressing.

The Mefix tape is a wide medical tape which is gentle on the skin. The Transpore tape is a more rugged, general-purpose medical tape. Use either to hold dressings in place over the wound. Use the antibiotic ointment only for small or superficial wounds **and** only if the person has no known allergies to the antibiotic (see the antibiotic ointment tube for information).

The current recommendation for soft tissue injury, sprains, strains and possible fractures, is: **Rest, Immobilization, Cold, Elevation (RICE)**. Compression with tensor (elastic) bandages is **NOT** recommended and tensor bandages are not included in this kit.

The cold pack or other cold material, should be wrapped with a towel before applying it to the area. Apply for 15 minutes, then remove for 15 minutes. Start cold therapy as soon as possible after injury.

- Knapsack, small, red and black
- gloves, single use, non-latex
- hand sanitizer, small bottle
- blue pads, small (for treatment in field)
- Calamine Lotion, 250mL bottle
- 10cm x 10cm gauze sponges, non-sterile (use to apply calamine lotion)
- bandage scissors, 20cm, stainless steel
- splinter forceps in plastic container
- povidone-iodine 10% wound cleaning pads
- antibiotic ointment, 15g
- 2.5cm wide roll Transpore medical tape
- 5cm wide roll Mefix medical tape
- 10cm wide conforming gauze roll, non-sterile
- Adhesive dressings, assorted
- Non-adherent pads, 7.5cm x 10cm, sterile
- 10cm x 10cm gauze, sterile