

Trauma Kit

Use this kit for treating trauma, bleeding, breathing and cardiac emergencies.

Single use gloves and a CPR mask with filter and one-way valve are located inside this kit.

The low-dose ASA included in this kit is for **cardiac emergencies only**. See: Singletary EM, Charlton NP, Epstein JL, Ferguson JD, Jensen JL, MacPherson AI, Pellegrino JL, Smith WR, Swain JM, Lojero-Wheatley LF, Zideman DA. Part 15: first aid: 2015 American Heart Association and American Red Cross Guidelines Update for First Aid. *Circulation*. 2015;132(suppl 2):S574–S589.

While waiting for EMS to arrive, the first aid provider may encourage a person with chest pain to take aspirin if the signs and symptoms suggest that the person is having a heart attack and the person has no allergy or contraindication to aspirin, such as recent bleeding (Class IIa, LOE B-NR). The suggested dose of aspirin is 1 adult 325-mg tablet, or 2 to 4 low-dose “baby” aspirins (81 mg each), chewed and swallowed. If a person has chest pain that does not suggest that the cause is cardiac in origin, or if the first aid provider is uncertain or uncomfortable with administration of aspirin, then the first aid provider should not encourage the person to take aspirin (Class III: Harm, LOE C-EO). The decision to administer aspirin in these cases may be deferred to an EMS provider with physician oversight.

The emergency blanket should be used in cold or wet weather to protect the trauma patient from the elements while waiting for EMS to arrive. This blanket must **NEVER** cover the patient's face.

To stop major bleeding use **ALWAYS** use direct pressure first. If bleeding continues, use the QuikClot clotting sponge **while continuing to apply direct pressure** to the wound. See *Circulation* Ibid.

Hemostatic dressings may be considered by first aid providers when standard bleeding control (direct pressure with or without gauze or cloth dressing) is not effective for severe or life-threatening bleeding (Class IIb, LOE C-LD).

The elastic compression bandages can be used with the Telfa dressings to apply pressure to stop bleeding. Triangular bandages may also be used to apply pressure to stop bleeding.

Use dry Telfa dressings, held in place with the conforming gauze roll, for dressing burns. Sterile gauze sponges can be used to **gently** pad and separate burned or frostbitten fingers or toes.

Triangular bandages can be used to apply pressure to wounds, make slings for the arm or to splint arms and legs. Always check for circulation (nail bed refill, radial or pedal pulse) before **and** after splinting. Use soft, non-sterile material for padding splints and slings.

- First aid bag, red, MEC, large
- 7.5cm wide elastic compression bandage (2)
- 2.5cm wide roll Transpore medical tape
- QuikClot, 9cm x 9cm clotting sponge
- emergency blanket, orange plastic
- 10cm wide conforming gauze roll, non-sterile (3)
- 10cm x 10cm gauze sponge, sterile (6)
- 7.5cm x 20cm Telfa dressings (6)
- CPR mask
- nitrile gloves, pair, large (2)
- hand sanitizer, bottle
- EMT shears
- ASA 81mg low-dose, chewable, 30 tablets (**cardiac emergencies ONLY!!!**)
- triangular bandages (8)