

## Training Module: First Aid Kits

**Objective:** To gain familiarity with a First Aid kit.

**Trainer's Note:** Review location and contents of the kit prior to session. Check for outdated and/or missing items. Acquaint employees with the location and contents of the kit. Ask employees to suggest additional kit items. Invite a health care professional to participate in this session

### Background

Knowing how and what types of first aid to use can prevent a more serious injury. Keep a Red Cross First Aid Manual with the First Aid Kit.

The Red Cross suggests that the kit include:

- Poison First Aid Kit with syrup of Ipecac and charcoal
- Sterile first aid dressings in sealed envelope ( 2"x2" for small wounds, 4"x4" for larger wounds and for compress to stop bleeding)
- Tongue blades
- Bandage scissors
- Tweezers
- Eye wash solution
- Thermometer
- Safety pins
- Ace bandage
- "Band-aids"
- Roller bandage 1"x 5 yds. (for finger)
- Roller bandage 2"x 5 yds. to hold dressings in place
- Adhesive tape
- Triangular bandages for a sling or as a covering over a larger dressing
- Cotton balls for cleaning wounds or applying medication
- Splints 1/4" thick, 1/2" wide, 12-15" long for splinting broken arms and legs
- 70 percent isopropyl alcohol and tincture green soap in a covered container for cleaning
- Ice packs (chemical ice bags) to use to reduce swelling
- Insect bite kit
- Several pairs of disposable gloves
- Waterless hand wash



There are many types of first aid kits available. Keep and maintain an appropriate kit on each major piece of farm equipment, truck, auto and in the barn, shop, and the home.

The Red Cross suggests that workers be certified in emergency cardiopulmonary resuscitation (CPR), the method used to restore the heartbeat and breathing. The administration of CPR may save the life of someone who has been injured or suffers a serious illness. A non-trained individual who gives CPR or first aid may cause harm.

Having an emergency plan in place saves times during an accident. Plan for every farm location, including the home, machinery sheds, barns and field. Know and practice what to do in case of an emergency.

If a serious accident occurs:

- Stay calm and try to calm the victim.
- Shout for help and tell a specific person to call 911 (Emergency Medical Service (EMS)).
- Evaluate the victim's condition and administer first aid or CPR as needed. (Only trained individuals should administer CPR/First Aid). Continue treatment until relieved by the EMS personnel.
- Do not move the victim except to protect victim from further injury.
- Remain with the victim.
- Conduct a quick rescue without risking personal safety.

When calling 911, give the dispatcher the following information and remain on the phone until information is confirmed and the dispatcher says to hang up.

- Location of and directions to the emergency.
- Type of emergency.
- Number of victims.
- Location phone number.
- Treatment given the victim(s).

### **Review The Following Points**

- Have a complete First Aid kit on all major implements and farm facilities.
- Learn First Aid and CPR.
- Know the emergency medical plan and keep it current.
- Know the 911 number and accident information.

**True or False Answer Key**

1. F, 2. T, 3. T, 4. T, 5. T

## First Aid Kits Quiz

**True or False**

**Name** \_\_\_\_\_

- |   |   |   |
|---|---|---|
| 1. Anyone can give proper First Aid in an emergency.  | T | F |
| 2. Knowing CPR can save precious seconds and may mean the difference between life or death. | T | F |
| 3. Every farm should have an emergency accident plan.                                       | T | F |
| 4. Keep a Red Cross First Aid manual with each first aid kit.                               | T | F |
| 5. CPR can save lives.  | T | F |