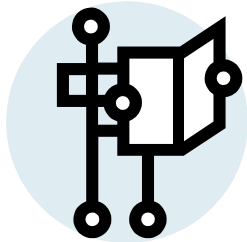


Basic Information

First Aid Kit



"This is the first step to be good first aider, read the book"

First aid is an important part of every-day life at home, work or at school. Everyone should learn first aid and be willing to administer basic care until emergency assistance arrives. Not every incident requiring first aid is a life-and-death situation. First aid knowledge is commonly used to manage minor injuries

at home or work. First aid can literally be life-saving so it behooves all of us to know some basic principles. The main aims of first aid are to:

- **Preserve life**– This includes the life of the casualty, bystander and rescuer.
- **Protect the casualty from further harm**– Ensure the scene is safe.
- **Provide pain relief**– This could include the use of ice packs or simply applying a sling.
- **Prevent the injury or illness from becoming worse**– Ensure the treatment you provide does not make the condition worse.
- **Provide reassurance.**

It is important to understand that first aid has its limitations and does not take the place of professional medical treatment.

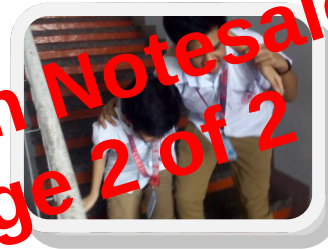
ROLES & RESPONSIBILITIES

An emergency first aider has various roles and responsibilities. It is important first aiders take these roles and responsibilities seriously as first aid is potentially lifesaving in an emergency situation. The role of a first aider is to provide immediate, lifesaving, medical care before the arrival of further medical help. This could include performing procedures such as:

- Placing an unconscious casualty into the recovery position.
- Performing Cardiopulmonary resuscitation (CPR)
- Using an automated external defibrillator (AED)
- Stopping bleeding using pressure and elevation
- Keeping a fractured limb still.

CHARACTERISTICS OF A GOOD FIRST AIDER

- **GENTLE**– a good first aider must not cause any pain.
- **RESOURCEFUL**– a good first aider makes use of things at hand with capability
- **OBSERVANT**– a good first aider notices all signs.
- **TACTFUL**– a good first aider does not make the victim worry.
- **EMPHATIC**– a good first aider comforts the victim.
- **RESPECTABLE**– a good first aider has professional and caring attitude.



A first aid kit is a collection of supplies and equipment that is used to give medical treatment, and can be put together for the purpose by an individual or organization or purchased complete. A well-stocked first-aid kit, kept within easy reach, is a necessity in every home. Having supplies gathered ahead of time will help you handle an emergency at a moment's notice. You should keep one first-aid kit in your home and one in each car. Also be sure to bring a first-aid kit on family vacations.

WHAT YOU'LL NEED

- First aid manual
- Sterile gauze pads of different sizes
- Adhesive tape, bandage
- Elastic bandage
- A splint
- Antiseptic wipes
- Soap
- Antibiotic ointment
- Tweezers
- Sharp scissors
- Safety pins
- Disposable cold packs
- Thermometer

