

First Aid Kit

The worst first aid kit is the one that never gets made. Nearly as bad is the kit that gets made but is never used when an emergency happens.

Emergencies are what first aid kits are for. It is a mistake to believe that a small kit provides enough supplies for a serious accident. A small kit doesn't have the materials needed for large wounds, fractures, or serious burns.

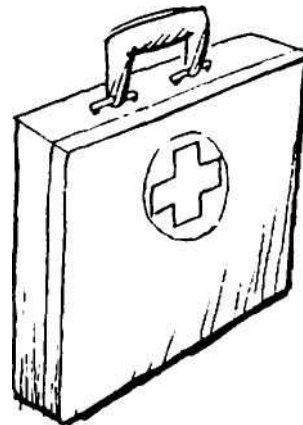
It also is a mistake to think that it will be easy to find substitute first aid supplies. A person who must walk half a mile or more to get materials may decide not to go. Instead the "rescuer" may put the injured person, unsplinted and sitting up in a car and drive in search of help. To avoid this—and to possibly save a life—have the correct first aid supplies in your home, automobile, and patrol box.

Home First Aid Kit

If you check at home, you'll probably find first aid supplies. But usually these supplies are incomplete and scattered—some in the bathroom medicine cabinet, some in the kitchen, and some in a closet. They should be brought together in one place and in one container.

The following items make up a good first aid kit for most households. It's important to replace supplies as they are used.

- Two 2- inch roller bandages
- Two 1-inch roller bandages
- Roll of 1-inch adhesive tape
- 12 3x3 sterile pads
- Box of assorted adhesive bandages
- Six elastic bandages: 3-6 inches wide
- Thermometer
- Scissors
- Tweezers
- Safety pins
- One box alcohol swabs
- Calamine lotion
- Two pairs latex gloves
- Antiseptic



The kit should be in a clearly marked container