

First Aid Kits: What goes in them?

Requirement 12

"Hello, I need a list of what to put in a team first aid kit as well as the big first aid kits kept at the fields. I have a sponsor willing to fill this need. I just need to give them a list of what we need and how many."

**Thanks,
Marc Paladino
(via email)**

A team's first aid kit should contain ice in bags; these will be used almost anytime you have an injury to help reduce the pain and potential swelling. If using chemical cold packs, be cautious using around the face in case of leaks. Also, bandages, both large and small, gauze, some kind of dressing material like an Ace wrap or elastic wrap to hold gauze in place, or athletic tape. You should also provide water or a cleanser (antiseptic wipes, etc.) to clean abrasions or cuts. Check local expectations for first aid kits, as some states do not allow these cleansers other than at home or by health care professionals.

Also, don't forget latex or rubber gloves and some kind of small bag to properly dispose of blood and blood-soiled items like wipes or towelettes; blood-borne pathogens should be an important part of your safety training, so people do not put their health and future safety at risk dealing with unknown risks.

Finally, each team should have some kind of emergency telephone (mobile or land-line) to call an ambulance as well as a map or written directions to the area medical facilities anyone evacuated by medical professionals would be taken to. In an emergency, people need all the help they can get. Check the November/December 2003 ASAP News for some examples of that kind of information.

NOTE: Individual leagues decide what they need in a first aid kit. These give a good idea of fully-stocked kits. Items any kit should contain: A good supply of ice, drinking water, and personal items

or medications; emergency phone numbers; coins for pay phones; and directions and/or a map to/from emergency medical facilities.

ALSO: Keep a list of original supplies in your first aid kit, so it can be stocked and replenished! If managers or coaches use any first aid supplies, replace them before the next time the team meets.

Here are three good examples of a well-stocked first aid kit:

LLB's Emergency Management and Training Program

Little League's EMTP manual recommends your first aid kit include:

Ice bags

- Plastic bags of crushed ice

Elastic bandages

- 3, 4 and 6 inch widths

Sterile dressings

- 3 by 3 inch individual gauze

- 2 to 3, 5 by 9 inch pads

- Telfa or non-stick dressings

- Eye patches

Adhesive bandages

- 3/4, 1 and 2 inch widths

Bandages

- Triangular shape and in rolls

Adhesive tape

- 1/2, 1 and 1 1/2 inch widths

Eye shields

Small flashlight

Scissors

Antiseptic soap

Splints

- Inflatable, cardboard or wooden, for arm and leg (large enough for your largest player)

Petroleum jelly

Safety pins

First aid manual

Towels

Blanket

Small pocket notebooks and pencils
Water for drinking and plenty of paper cups. (Water and paper cups can also do double duty in some first aid applications.)

Fyrst USA Sport Medical Kits

A new first aid kit, available both in a team size and a league size, is offered by Fyrst USA. It was developed specifically for sports injuries. A unique feature: resupplies can be ordered by phone and to you in 5-7 days. Call 800/782-1355 or go to www.fyrstusa.com to order.

1 Reusable ice bag: 9 inches

4 Instant cold packs: 6 by 10 inches

1 Blister Kit

20 Bandages: 1- by 3-inches

6 Large bandages: 2 by 4 1/2 inches

1 Elastic wrap

1 Scissors

20 Antimicrobial skin wipes

10 Blood-off cloth towelettes

20 Latex gloves

1 Antiseptic hand cleaner: 4 ounces

2 Rolls of athletic tape

1 Roll of pre-wrap

3 Sport wound care kits

FIRST USA now carries the SAVE-A-TOOTH Preservation System (with ADA Seal of Acceptance)

Little League First Aid Kit

Recommended First Aid kit supplies are as follows:

Bandages — sheer and flexible

Non-stick pads — assorted sizes

Soft-Gauze bandages

Oval eye pads

Triangular bandage

Hypo-allergenic first aid tape in dispenser

2-inch elastic bandage

Antiseptic wipes

First aid cream

Instant cold pack

Tylenol® extra-strength caplets

Scissors

Tweezers

First aid guide

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Disposable gloves