



Community Engagement  
and Communications

**Pillar:** Community Engagement & Communications

**Project:** Babysitting

**Activity:** Making a First Aid Kit  
Basic First Aid



# Making a First Aid Kit

A well-stocked first aid kit is a handy item to have. This will help you be prepared for emergencies. You can carry a first aid kit in your vehicle and it is a good idea to know where to find one when in other locations.

You can purchase a first aid kit in a store, but you can also make your own, so it is filled with items you know you may have to use with the correct sizes of bandages and sterile gauze. Some first aid kits are also designed for specific purposes, such as hiking, camping or boating.

## Basic First Aid Items:

- Emergency numbers for EMS/911, local poison control, police and fire
- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages (assorted sizes)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 5 antibiotic ointment packets or tube of Polysporin
- 5 antiseptic wipe packets or a bottle of hydrogen peroxide
- 2 packets of aspirin (81 mg each))
- 1 emergency blanket
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress, also found within our First Aid Kit
- 2 pair of nonlatex gloves (size: large)
- 2 hydrocortisone ointment packets
- 1 3 in. gauze roll (roller) bandage
- 1 roller bandage (4 inches wide)
- 5 3 in. x 3 in. sterile gauze pads
- 5 sterile gauze pads (4 x 4 inches)
- Oral thermometer (non-mercury/nonglass)
- 2 triangular bandages
- Scissors
- Tweezers
- Safety pins

## Additional, non-necessary, items:

- Painkillers, such as Tylenol or Advil
- Allergy pills, such as Benadryl
- Antacid, such as Tums
- Loperamide, such as Imodium
- Various splints for broken bones
- Tensor bandage
- Disposable instant cold pack
- Aloe vera gel
- Flashlight with extra batteries

You should be able to find most of these in your local drugstores and grocery stores. You can also make your own triangular bandages out of old sheets. You can have more than the recommended amount of supplies in your first aid kit!

Please remember to regularly check your kit, to make sure no one has removed supplies or that some of your supplies are not out of date (some ointments and wipes expire).

# Basic First Aid Skills

## Bleeding

The easiest way to remember how to stop bleeding is the acronym RED:

- R – Rest
  - Make sure the person is resting and is in a comfortable position
- E – Elevate
  - Elevate the injured part of the person above their heart. If their leg is injured, have them lay on the ground and prop their leg up on a stool.
- D – Direct pressure
  - Place your gauze or compress dressing directly on the wound and apply pressure with your hands. If the person is conscious and you need to call the ambulance, you can ask them to apply pressure while you make the phone call.
- Most bleeds will stop and you can cover them with a clean, sterile bandage
- If it is a major wound and the person is losing a lot of blood, call the ambulance.



## Nosebleed

- Sit the person down and get them to lean forward
- Give them some tissue to hold at their nostrils to collect the blood.
- Have them pinch their nose where the soft tissue meets hard cartilage
- Put an ice pack on the back of their neck
- If the nosebleed lasts longer than 10 minutes, they will require medical attention immediately

## Burns

- There are three types of burns:
  - First degree – these make the skin red, but do not have blisters. An example of these is a sunburn.
  - Second degree – these types of burns turn the skin red and then blisters appear. An example could be when someone spills a hot liquid on their hand.
  - Third degree – these are the worst type you will see. The skin will be black, cracked and bleeding.
- For First and Second degree burns:
  - As these are more minor burns, they are easier to treat. Rinse them under clean, cool water for 15 minutes.
  - If running water is not available, soak a clean cloth with cool water and place it gently over the burned area.
- For third degree burns:
  - Call EMS immediately
  - DO NOT rinse with cool water or immerse them. This could cause them to go into shock.
  - Drape a clean cloth over the burn, monitor their ABCs until the ambulance arrives

## Sprains, Strains and Breaks

- Remember the acronym RICE
  - Rest – make sure the person is comfortable
  - Immobilize – put a splint on the arm or leg impacted
  - Cold – put an ice pack on the area
  - Elevate – raise the area, above heart level if possible
- If it is a leg injury, do not move the person unless there is immediate danger or you are somewhere remote where the ambulance cannot come to you
- Splinting the arm
  - Use your triangular bandages to create a sling
- Splinting the leg
  - Do not move the person
  - Immobilize the leg where it is, using books, sticks, etc as a hard base and then tie the straight props to the leg using triangular bandages.



### Tips:

- Contact your local Red Cross or St. John's Ambulance to take a First Aid course. These courses will give you hands on experience with more than basic first aid and give you valuable skills.
- If you are in a situation where someone is unconscious, please call the ambulance. Do not attempt to do anything you are not trained to do.
- Remember your safety comes first. Do not put yourself in harm's way.
  - Before you go to help someone, check the scene for hazards.

