

## Handy Hints for First Aid Kit Users

### **Adhesive tape**

Handy addition to your first aid kit for securing bandages or dressings. Essential in the first aid treatment of some chest area injuries  
Main versions are zinc oxide tape (ensure they are not left in the sun), and paper tape which is hypo-allergenic.



### **Antiseptic wipes**

Antiseptic towelettes contain cetrimide. Towelettes can be used to cleanse unbroken skin. For example they can be used around wound area to prevent dirt on the surrounding skin from infecting the wound. Towelettes are for single use only.



### **Burnaid gel**

Active ingredient: Melaleuca (tea tree oil)  
Tea Tree Oil has gained a good reputation especially in wound treatment based on its four main functions: bactericide and antiseptic, anti-fungal agent, active against certain viruses and providing a boost to the immune system. Tea Tree Oil is also used in dilute form for hard surface cleaning and as a general household disinfectant. Be aware that some people are allergic to tea tree oil. Burnaid mixture has an excess of 90% water.

**Important:** First cool the burnt area with cold running water for a minimum of 10 minutes! Apply gel liberally to the burn area. Cover lightly with a sterile dressing or bandage to prevent infection. Repeat application of gel after half an hour or as required. Bear in mind that serious burns need professional medical attention!  
Take burns seriously, for the infection risk is great!






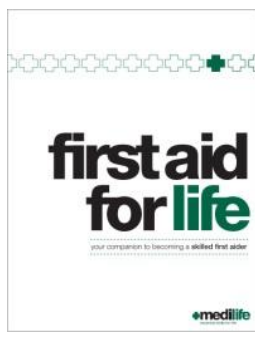

### **Burns dressing (sterile)**

After a burn has been cooled under cold, running water for a minimum of 10 minutes, cover it with a sterile non-adhesive burn dressing.

**Remember:** In case of a serious burn it may be better to continue cooling the burn down until the ambulance arrives and not to cover the burn at all. First wet the dressing and always apply the shiny side of the dressing to the skin so that the dressing will not stick to the skin.



<p><b><u>Chlorhexidine solution</u></b> Chlorhexidine is an antiseptic and can be used for irrigation of the skin. Notice that some people are hyper sensitive to Chlorhexidine and in that case the product should not be used.</p> <p><b>Note:</b> Chlorhexidine may come in a yellow steritube similar to eye wash. <u>DO NOT</u> use for eye irrigation.</p>	
<p><b><u>Cold pack-instant</u></b> Create an instant ice pack by “popping” the inner fluid bag and mixing the contents. Be careful not to puncture the bag. If skin is accidentally exposed to the contents of the bag, wash the affected area immediately with water. Do not expose to open flame and extreme heat. Be careful not to cause cold injuries on the skin.</p> <p><b>Note:</b> Current cold packs (2006-7) contain urea as the active ingredient. Older packs contain ammonia nitrate and are no longer legally sold in Australia. Existing stock should be disposed of appropriately.</p>	
<p><b><u>Combine dressing</u></b> Combine dressing is a highly absorbent dressing for large wounds/abrasions. In sterile single packs, it is guaranteed to be clean!</p>	
<p><b><u>Conforming bandage</u></b> Conforming bandages are ideal for securing dressings. For pressure or support, choose crepe bandages.</p>	
<p><b><u>Medium Crepe bandage</u></b> A must in every first aid kit! Use crepe bandages to secure dressing, to support soft tissue injuries, to apply pressure to bleeding or poisonous bite sites. These bandages are washable and reusable, however heavily soiled bandages are best to be discarded in an appropriate disposal unit.</p>	

<p><b><u>Heavy Crepe bandage</u></b> As above! Perfect for sprains and strains</p>	
<p><b><u>Eye pad</u></b> Single use eye pad may be useful in trying to reduce the stress to an injured eye.</p>	
<p><b><u>Eye wash/Saline solution (Sodium Chloride)</u></b> Every first aid kit should have some means for washing and irrigation of the eyes. You may choose from a special eye shower bottle to simple saline solution in 15ml or 30ml ampoules. With eye injuries, remember to keep your fingers out of the eye and use washing to get rid of loose particles. Cover with an eye pad and seek medical specialist for further treatment.</p> <p>Discard remaining solution once opened. Large bottles of eye wash are used when a continuous flow is required to flush out loose particles.</p>	
<p><b><u>First aid manual/booklet</u></b> An easy-to-use first aid manual may remind you of the important treatment in an emergency.</p>	
<p><b><u>Forceps/Tweezers</u></b> Forceps or tweezers in a first aid kit can prove useful. Examples for use are removing ticks, when cleaning wounds with sterile dressings soaked in saline solution, or for removing protruding splinters.</p> <p><b>Remember:</b> Ensure instrument is thoroughly/hygienically cleaned after use.</p>	

<p><b><u>Gauze swabs</u></b> Gauze pieces can be used in cleaning contaminated wounds or to block the socket when a tooth has been lost. Single use only.</p>	
<p><b><u>Gloves (non sterile)</u></b> Make sure that you have at least two pairs of gloves in your first aid kit! Make it a habit to wear gloves in every first aid situation.</p> <p><b>Caution:</b> You don't have to put your hand into anybody else's blood. Wear gloves or ask the person to apply pressure over the bleeding area themselves. After use dispose of gloves and other contaminated first aid material into a bio-hazard container.</p> <p><b><u>Gloves (sterile)</u></b> You will need sterile gloves when treating easily infected wounds. Keep in mind that the most important aspect of wound care is cleanliness. Dispose gloves by placing them into a bio-hazard container.</p>	
<p><b><u>Non-adherent pad (sterile)</u></b> Sterile non-adherent dressings can be used to cushion and protect different wounds without fear of the dressing sticking to the wound.</p> <p><b>Remember:</b> Don't ever cover the bacteria, clean the wound first!</p>	
<p><b><u>Plastic bags</u></b> For collection and proper disposal of contaminated dressings or for collecting amputated body parts and preserving them in optimal condition for further medical assistance.</p>	

**Rescue blanket**

This lightweight blanket is fantastic in treatment of hypothermia or shock and essential survival equipment for camping, bush walking and climbing. Wrapping the person in the blanket keeps the body heat inside, gradually raising the temperature. Remove all wet clothing before wrapping the person in the emergency/rescue blanket.

**Caution:** The blanket is made of flammable material and should not be used near fire or flames!



**Resuscitation face shield**  
**(Single use only)**

Place the shield over casualty's mouth and nose with the indicated side facing the operator. Position the valve over casualty's open mouth. Commence resuscitation.  
\*Does not provide absolute protection, but greatly reduces the risk of cross contamination.

**(Re-usable - Axis, mask in white hard case)**

Press the valve/mouth piece out. Place the mask on casualty's face so that the pointy part is to the nose. Create a good seal around the mask with your fingers to prevent air escaping. Breathe through the one-way valve. After use, discard the valve/mouth piece and disinfect the "body" of the mask in a hospital grade disinfectant. Replace the one way valve.



**Safety pins**

For securing slings and other first aid improvisation








**Sanitising hand gel**

"Germbuster" or "Stoko" sanitising hand gel is an easy way to disinfect your hands. Especially useful in your work place or car first aid kit allowing you to clean you hands even if water is unavailable. (Soiled hands should be washed with soap and water before "Germbuster/Stoko" treatment.) Apply a small amount to the hands and allow 30 seconds to dry. No rinsing required. Do not apply on broken skin.

**Caution:** This product must be kept away from heat, sparks and flames.



<p><b><u>Scissors</u></b> Take extreme care if cutting off any clothing, especially if the clothing may be stuck to the skin. Do not remove anything stuck to the skin.</p> <p><b>Remember:</b> Ensure instrument is thoroughly/hygienically cleaned after use.</p>	
<p><b><u>Spacer</u></b> A spacer is a device that ensures that relieving asthma medication is inhaled easier and more effectively. The person requiring medication should: Assemble the spacer (some spacers need no assembly; others have two large halves that need to be pressed tightly together). Remove the cap from the inhaler/puffer and shake well. Attach the inhaler/puffer to the spacer. Ensure a good seal placing casualty's mouth around the mouthpiece of the spacer. Press one puff into the spacer. Breathe normally in and out about 4 times. To take more medication, repeat steps 5 and 6</p> <p><b>Note:</b> Regular cleaning of the spacer is required. Disassemble all parts and wash them in warm soapy water. Do not dry, but let all parts drip dry. Assemble spacer so that it is ready for the next use.</p>	 
<p><b><u>Splinter probe</u></b> For removing splinters</p> <p><b>Note:</b> These small splinter probes are for single use only and should be disposed of by placing used probes in a sharps container.</p>	
<p><b><u>Triangular bandage</u></b> Key item in every first aid kit! Create slings from it. Use it to make a ring pad for embedded objects. Really... there's no limit to the uses of a triangular bandage. A non-sterile item</p>	

**Ventolin Inhaler**

Ventolin is one of many common asthma reliever inhalers. The medicine in the puffer is called salbutamol. Reliever medication (such as Ventolin) relaxes the muscles around airways making the airways wider and breathing easier. In a case of an asthma emergency, helping the person to take their reliever medication is of great importance. You will recognize a reliever puffer by a blue/grey colour.

Sit the person upright, be calming and reassuring. Without delay give 4 separate puffs of a reliever (Ventolin, Asmol, or Airomir) inhaler. The medication is best delivered via spacer (see "spacer" for more details). Ask the person to take 4 breaths between each puff from the reliever inhaler.

Wait 4 minutes.

If there is little or no improvement, repeat steps 2 and 3.

If there is little or no improvement still, call 000 immediately!



**Wound closures – e.g. Steristrips**

Carefully examine and clean the wound. Prepare the skin around the wound cutting carefully, wipe away dead tissue if needed. Wipe the skin with an alcohol wipe, not allowing the alcohol touch the inside of the wound. Dry with sterile gauze.

Get wound closure strips ready. Remove strips as you need them being careful not to touch the part that will cover the wound. Place one half of strip on one side of wound, press firmly down, carefully align the wound, gently pull on other end of the strip, push the skin edges together exactly and press the other end of the strip into place.

Close the entire wound with strips. If the skin is not closed under the strip, take it off and reapply it.

Cover with a clean and dry dressing if needed. Leave strips in place for 7-14 days. Be alert to signs of infection.



**Wound dressing No.15**

Instead of using a triangular bandage for padding and a crepe bandage for pressure and support, wound dressing services as a two in one solution. Pull the tab open. Avoid touching either the wound or the face of the dressing. Place pad directly on the wound. Use the attached bandage to secure the dressing and to apply appropriate amount of pressure. A sterile item



**Wound dressing strips**

Sterile dressing strips are individually sealed and are great for small wounds. Have a non-adherent pad. Come in plastic, fabric or in blue detectable for the food industry.



**Basic dressing pack**

For cleaning and dressing wounds  
Sterile and single use  
Contains – 3 x forceps, 6 x cotton balls, 2 x gauze swabs, 1 x dressing tray, 1 x paper towel and 1 x plastic work sheet.

