



EMPIRE
PACIFIC

Risk Management, Inc.

MAKE THE BEST USE OF YOUR FIRST-AID KIT

Company Name _____ Job Name _____

Are only Band-Aids® and aspirin taken from the first aid kit most of the time-because you or your coworkers aren't sure how to use the other supplies? First-aid kits can be stocked with a variety of items, but most kits have a common assortment of supplies. As with any tool, you must know how to use these products to get the best results. In this safety meeting, typical supplies and their uses will be described, to help make this helpful "tool kit" most effective for you.

- *Absorbent Gauze:* Use these to clean a wound or to apply first-aid or antiseptic cream.
- *Adhesive Bandages:* Different sizes and shapes are provided to protect minor scrapes and cuts after they have been cleaned and medicated.
- *Adhesive Tape:* For securing wound dressings or giving additional protection over bandages.
- *Antacid Tablets:* For indigestion or heartburn.
- *Antiseptic Soap or Pads:* For cleaning skin or wounds.
- *Bandage Compresses:* Use these for applying pressure to a large wound or scrape that is bleeding. Place the compress over the wound and apply pressure to reduce bleeding.
- *CPR Mouth Barrier: (e.g.: Microshield)* For use as a mouth barrier in CPR resuscitation.
- *Disposable Latex Gloves:* The First Responder to an injury should use this protection to prevent contact with an injured person's bodily fluids (blood, saliva, etc.).
- *Elastic Bandages:* For wrapping sprains and to help hold dressings or cold packs in place.
- *Eye Wash:* The wash bottles in a first-aid kit are typically small. Use them to rinse very minor contaminants from the eye. All other eye injuries should seek medical care.
- *First-Aid Manual:* A brief guide to emergency first-aid care.
- *First-Aid Ointment or Antiseptic Cream:* Apply this salve to wounds that have been cleaned prior to applying a dressing.

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- *Gauze Roll*: Gauze is used to hold flat, non-adhesive bandages in-place prior to taping. It is not a bandage, because most gauze is not a sterile dressing.
- *Instant Cold Pack*: Place the pack on a sprain, fracture, or severe bruise to reduce swelling.
- *Microbial Hand Wipes*: For First Responders' clean-up after providing emergency care.
- *Pain Relievers*: (e.g., Aspirin, Acetaminophen or Tylenol®) For minor aches or pains, as the package directs.
- *Scissors*: For cutting clothing, tape or bandages and providing a better fit around the wound.
- *Triangular Bandage*: Used to create a sling for supporting an injured hand or arm or as protection over a large dressing.
- *Tweezers*: For removing foreign bodies from minor injuries. Not for use on eye injuries.
- *Wound Cleanser Wipes*: Use these singlet wipes to clean minor scrapes or cuts before applying antiseptic and adhesive bandages.

Use first aid kits for minor injuries and during emergencies before medics arrive to treat serious injuries. So, know what supplies are in your kits--and make the best use of them.

Be sure to let your supervisor know if your kit needs to be restocked!

Safety Recommendations: _____

Job Specific Topics: _____

M.S.D.S Reviewed: _____

List of Attendees

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