

FIRSTAID KITS

Here are some ideas and hints on First Aid kits for 4WDing which may be useful

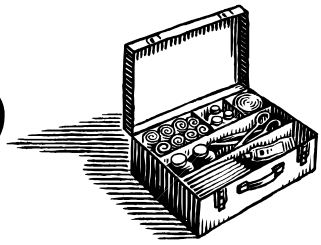
- KNOW HOW TO USE IT – the best option is to do a 1st aid course. If you are doing lots of 4WDing in remote areas a Senior First Aid or Apply First Aid course is recommended. Remote area courses are also available
- Have a book in your first aid kit – the book from your course is best.
- Have more than one kit. One for your home, one for the workshop, one for your car, and a bum bag for hiking/trips away from the car. It is may be a good idea to separate you kit into two parts – One containing the extra bandages/dressing required for a trauma situation which may take space in your everyday kit.
- Many people use fishing type boxes with the slide out trays. Label the box and ensure that if you have medications etc in it that it is not accessible to children.

If you are making up your own kit or adding to a commercial kit, here is a list of items which you may wish to include be in your kit:

- adhesive dressing strips
- triangular bandages
- conforming elastic bandages
- crepe bandages
- eye pads
- wound dressings
- combine dressing pads
- 3 gauze dressing
- Melolin dressing
- Adhesive tape such as Micropore
- Ankle/knee bandages
- Bandaids
- Cotton buds
- Sterowipes (alcohol swabs)
- saline Steritubes
- sterile eyewash bottle
- Imodium (diarrhea)
- Phenergan
- Antihistamine
- Maxolon (vomiting)
- Eardrops
- Liquid staminade concentrate
- Soov (bites, stings, cuts)
- Chlorsig Drops (eye infections)
- Cortisone cream
- Antibiotics (ask your Dr. if planning an outback trip)
- Ventolin Inhaler (for asthma)
- Painkiller i.e nurofen, panadeine
- Throat Lozenges
- Cold/Flu tablets
- Car sickness tablets
- Cannestin (thrush)
- Sanitary napkins (also trauma dressing)
- Butterfly closures
- pair scissors
- pair tweezers
- Cable ties
- Splinter probe
- pack safety pins
- disposable gloves
- Zip lock bags
- Instant Ice pack
- small torch
- resuscitation mask or face shield
- First aid booklet
- Note pad and pencil
- Thermal blanket

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WARNINGS:

- ❖ Be aware of giving medication to children – for example Aspirin should not be given to children aged under 16 because of the risk of Reye's Syndrome, a rare but potentially fatal inflammation of the brain.
- ❖ Do not take new drugs when going on remote trips as you may have an allergic reaction.

Uses for bandages/dressings
The various gauzes, dressings and bandages have different uses, including:

- **Bandages** –Bandages are used to hold dressings or splints in place, reduce swelling, offer support to an injured arm or leg or restrict movement.
- **Adhesive strip dressings** – small strips of gauze attached to a sticky backing. These dressings are used for minor cuts and skin injuries.
- **Non-adhesive dressings** – best used for covering burnt or abraded skin. Never use adhesive dressings on burnt or abraded (scraped) skin.
- **Wound dressings** – thick pads used to help control bleeding and reduce the risk of infection. Different sizes are required to accommodate different sized wounds.
- **Triangular bandage** –used as a sling. Also can hold splints in place or support fractured limbs.
- **Sterile eyewash solution** – used to flush eyelashes, insects, dust, sand or similar particles from the eye. Never attempt to remove an embedded object.
- **Chlorhexidine Cetrimide /Sodium Chloride** - wound cleansing and irrigation.

Storage suggestions

- Make sure the first aid kit is easily accessible, and that everyone in the family knows where it is.
- Some items, such as solutions, may have use-by dates. Check regularly and replace when necessary.
- If an item is used from the first aid kit, promptly replace it.
- Keep the first aid kit in a dry, cool location.

And remember, any First Aid kit is only as good as the person who opens the lid.....