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This Ebook tackles the common question of what supplies are essential to keep in a first aid kit. The purpose of a first aid kit is to have supplies on hand to treat those minor injuries that happen like cuts, scrapes and burns. The essential list of first aid kit supplies include items that will stop bleeding, prevent infection and help relieve pain.

Because not everyone has medical training, there are lots of questions as to what first aid supplies are needed, what they treat and how they are used. The purpose of this guide is to answer common questions about first aid supplies and first aid kits. We want to make it easy for you to determine the list of first aid kit supplies that are perfect for you. As always, you should talk with your medical professional about any special supplies you may need to keep you in optimal health.



COMMON QUESTIONS

- 1 Why do I need a first aid kit?
- 2 What type of first aid kit do I need?
- 3 What essential items should I keep in my first aid kit?
- 4 How do I maintain/restock my first aid kit?
- 5 Where should I keep my first aid kit?



WHY DO I NEED 1 A FIRST AID KIT ?

A basic first aid kit can be used to help reduce blood loss, infection, and future medical complications. Having a first aid kit onhand allows you to immediately treat injuries so the body can begin to heal.

Everyone, including families, workers, teachers, campers, boaters, hikers, and travelers should keep a first-aid-kit close by to treat basic cuts, scrapes, burns, and other minor injuries.



WHAT TYPE OF FIRST AID KIT 2 DO I NEED?

When choosing which first aid kit is right for you, first determine when and where it will be used and if there are environmental factors that should be considered. For example, a boating first aid kit should be waterproof but a home first aid kit can be a nylon bag or compact box. If you need a first aid kit for a business, it's important to select a kit that can be mounted on a wall and easily accessible for employees.

When determining the right first aid kit for your use, consider how many people the first aid kit needs to treat and the possible injuries that are likely to occur. Select the kit with the appropriate first aid supplies to treat that number of people and injuries.



TYPES OF FIRST AID KITS

- HOME
- WORKPLACE / OSHA
- OUTDOOR RECREATION
- TRAVEL
- PERSONAL
- CAR/AUTO
- MARINE
- EMERGENCY PREPARE

WHAT ESSENTIAL ITEMS SHOULD 3 I KEEP IN MY FIRST-AID-KIT?

Every basic first aid kit should include the essential first aid supplies used to treat minor injuries including cuts, scrapes and burns. Depending on your use, you may want to include additional items that will treat possible injuries for your specific use including eye wash, cold packs, splints, CPR masks, gauze and medicines.

The following is a list of the basic first aid essentials that should be included in your first aid kit.



SEE WHAT ESSENTIAL ITEMS YOU
SHOULD KEEP IN YOUR FIRST AID KIT



Bleeding Control



Bandaids

Keeping different shapes and sizes of bandages is always a good idea.



Sterile Gauze Pads:

Gauze pads absorb blood and protect the wound from infection.



Gauze Roll:

Wrap and protect a gauze pad or wound area from infection.



Non-Latex Gloves:

Reduce exposure from blood and other bodily fluids.



Large Pressure Bandage:

A combination of a thick gauze pads and gauze rolls stop bleeding.

Bleeding control supplies help stop bleeding and protect the wound from infection

Other



Antiseptic wipes:

Antiseptic wipes (Peroxide, Alcohol) to clean wounds.



Triple Antibiotic Ointment

Ointment used to help keep a wound site from getting infected.



Eye Pads:

Used to protect an injured eye and absorb fluid drainage.



Eye Wash:

Sterile wash solutions are perfect to help rinse the eye or a wound site.

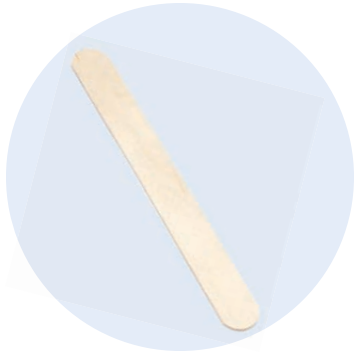


CPR Shield:

Barrier protects both victim and rescuer from bodily fluids during CPR

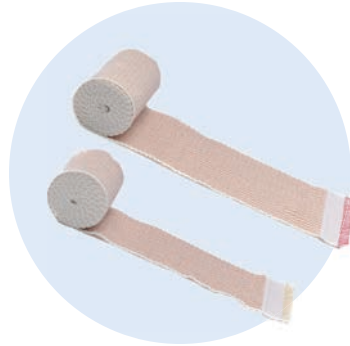
Treating minor injuries includes cleaning, disinfecting, protection of the wound site and reducing bodily fluid exchange.

Strains + Sprains



Tongue Depressors:

Used for splinting or even applying ointments.



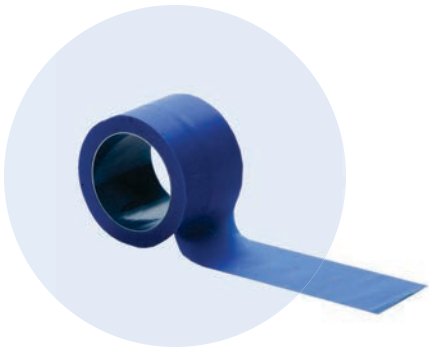
Elastic Bandage

Used to help secure dressings, cold packs, wrap and protect an injured area.



Triangular bandage:

Use as a sling, tourniquet or even to help splinting.



Adhesive Tape:

First aid or medical tape, holds gauze dressings and splinting material in place

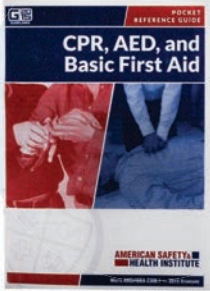


Cold Pack

Instant, ready-to-use cold pack helps control swelling, sprains, fractures, burns and contusions.

Control swelling with cold therapy and wrap the injured area with elastic bandages or splinting material.

First Aid Tools



First Aid Book:

Booklet offering pictures and instructions on how to give basic first aid.



Scissors:

Used to cut clothes, gauze or other items when providing first aid.



Thermometer:

Used to determine body temperature. It is an inexpensive and handy diagnostic tool.



Penlight:

This mini flashlight is perfect for looking in ears, or in throats.



Tweezers:

Remove splinters from under the skin.

First aid tools like an instruction book, instruments and diagnostic supplies help to quickly treat injuries.

Comfort items



Aspirin, Tylenol or Motrin:

Good for fever, swelling, pain and headaches



Antihistamine tablet:

Used for allergic reactions from food, insect bites and seasonal allergies.



Anti-diarrhea:

While traveling, consider including other meds like anti-diarrhea.



Hydrocortisone:

Treats skin irritations, redness and itchiness.



Sting Swabs:

Help provide relief from the discomfort of minor insect stings.

Consider including comfort items like pain relievers, cold tablets and stomach related medicines, especially while away from home.

HOW DO I MAINTAIN AND

4 RESTOCK MY FIRST AID KIT?

Use these five free helpful tools to maintain and restock your first aid kits and supplies at mfasco.com.



REFILL THIS KIT

Every first aid kit we make can be refilled one item at a time. Go to the product page, select “Refill This Kit” and add the items you need to restock.



RESTOCKIT

People who have a workplace first aid kit can use this visual refill first aid kit. Simply point, click, and add to cart.



PRINTABLE CHECKLIST

Every first aid kit we make has a printable checklist. Find an existing first aid kit on our website similar to yours and print the checklist.



REORDER LIST

This wish/saved list feature allows you to save kit refill items to a unique list which you can then print as a checklist.



MAKE A FIRST AID KIT

This free tool allows you to pick your own container and supplies, creating your own custom first aid kit print a checklist or reorder with a few clicks of the mouse.

WHERE SHOULD I KEEP 5 MY FIRST AID KIT?

- Ensure the supplies are stored in a central location
- Everyone should know where the first aid kit is stored
- Supplies should be easily accessible
- Every automobile should have a first aid kit



WE ARE HERE TO HELP

We are available to help you choose and refill your supplies.

Connect with us:

MFASCO Health and Safety
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