

## Appendix D

### Sample First Aid Kit

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#### First Aid Kit Contents

For in-school first aid kit contents, see school board policy.

Sample first aid kit contents to be included in a first aid station accessible to the gymnasium:

#### Scissors

- 1 pair of universal scissors
- 1 pair of splinter tweezers

#### Bandages/Dressings/Tape

- Adhesive bandages, individually wrapped (variety of sizes)
- 2 rolls of adhesive tape
- 12 rolls of 4cm (1.5") -wide gauze bandage
- 48 sterile gauze pads
- 8 rolls of 8cm x 8cm (3"x3") gauze bandage
- 8 rolls of 10cm (4") gauze bandage individually wrapped
- 6 sterile surgical pads suitable for pressure dressings, individually wrapped
- 12 triangular bandages
- splints of assorted sizes
- 2 rolls of splint padding

#### Ice

- 1 rubber ice bag or plastic bags and access to ice or frozen gel pack

#### Other

- 1 St. John ambulance emergency first aid book
- 15 antiseptic towelettes
- 24 safety pins (small and large)
- 3 or more pairs of non-latex (Nitrile) gloves
- 2 5cm (2") tensors
- 2 10cm (4") tensors
- 1 blanket
- 1 one-way air mask
- Concussion identification tool (e.g., Appendix C-2 - Sample Tool to Identify a Suspected Concussion)

#### Sample Portable Off-Site Kit Contents

#### Scissors

- 1 pair universal scissors or 1 pair tweezers

#### Bandages/dressings/tape

- 12 adhesive bandages
- 1 roll adhesive tape
- 1 roll gauze bandage
- 2 triangular bandages

- 1 sterile surgical pad suitable for pressure dressing, individually wrapped

#### Ice

- Access to ice and 1 plastic self-sealing bag or 4 cold packs

#### Other

- 5 antiseptic towelettes
- 1 pocket first aid manual
- 1 5cm (2") tensor bandage
- 1 10cm (4") tensor bandage
- 3 or more pairs of non-latex (Nitrile) gloves
- Emergency phone numbers
- Concussion identification tool (e.g., Appendix C-2 - Sample Tool to Identify a Suspected Concussion)

### Outdoor Education Sample Kit Contents

Quantity is determined by destination and length of trip

#### Bandages/dressings/tape

- Adhesive Bandages - variety of sizes
- Knuckle Bandages
- Adhesive Tape Roll
- Elastic Wrap
- Non-Adherent Gauze Pads
- Sterile Sponge Dressings
- Trauma Pads
- Gauze Rolls
- Triangular Bandage w/safety pins
- Tensor Bandages (variety of sizes)

#### Other

- First Aid Instruction Guide
- Arm Splint
- Finger Splints
- Round Eye Pad
- Thermal Blanket
- Instant Cold Packs
- Examination Gloves (latex-free)
- Pair of Tweezers
- Scissors
- Plastic Whistle
- Penlight and extra batteries
- Fluorescent tarp (in any bright colour)
- Concussion identification tool (e.g., Appendix C-2 - Sample Tool to Identify a Suspected Concussion)

*References: Worker's Compensation Board Sheridan College Risk Management Program, Sports Injury Prevention and Care Program*

When going on an outdoor education trip with students, a properly-stocked first aid kit is essential. The type of trip affects the size and extent of your first aid kit. Will you be taking

your vehicle, pulling up next to your tent site with electric availability, or are you going to be trekking in a remote area, such as Algonquin Park, with a backpack and tent on your back for several days? First aid kits should be tailored to the type and length of trip you are taking, as well as to the number of people who are going. Clearly, when camping close to your vehicle, first aid can remain very basic, as there is transportation to get to a clinic or hospital within a reasonable amount of time. However, if the group is going to be kilometres away in the forest or other rustic-type atmosphere, more pre-planning is required.

Organization of your kit is important. The kit itself should be waterproof. Very large Ziploc® type bags are inexpensive and function well for this purpose. They can also be used to carry water.

Always remember to replenish over-the-counter medications, as well as sterile bandages, that may have been torn open every year.

Some additional items that could be included in an outdoor education first aid kit:

1. Matches in a waterproof container;
2. A backup magnesium fire starter;
3. A knife;
4. A reflective mirror for signaling;
5. Some parachute cord, which has a tensile strength of about 230 kg, and can be used for a variety of emergencies.

Cotton balls that are saturated in Vaseline® can also be used as a fire starter.