

# NwBestCPR

First Aid+CPR Training



A well-stocked first-aid kit can help you respond effectively to common injuries and emergencies. Keep at least one first-aid kit in your home and another in your car. Store your kits in an easy to reach location but out of the reach of young children. Make sure older children understand the purpose of the kits and where they are stored.

You can buy large first-aid kits at Costco or Sam's Club and separate them to assemble many kits at once. You may want to tailor your kit to your activities and needs.

## Basic supplies

- Adhesive tape
- Elastic wrap bandages
- Bandage strips and "butterfly" bandages in assorted sizes
- Nonstick sterile bandages and roller gauze in assorted sizes
- Eye shield or pad
- Triangular bandage
- Aluminum finger split
- Instant cold packs
- Cotton balls and cotton-tipped swabs
- Disposable non-latex examination gloves, several pairs
- Duct tape
- Petroleum jelly or other lubricant (for reducing friction or blisters)
- Plastic bags, assorted sizes
- Safety pins in assorted sizes
- Scissors and tweezers
- Soap or hand sanitizer
- Antibiotic ointment
- Antiseptic solution or alcohol wipes
- Eyewash solution
- Thermometer
- Sports water bottle for irrigating wounds
- CPR Mask / Breathing barrier
- First-aid manual

## Medications

- Aloe Vera gel
- Calamine lotion
- Anti-diarrhea medication
- Laxative
- Antacids
- Antihistamine, primary is diphenhydramine / Benadryl , secondary Tagamet, Zantac or Pepcid
- Pain relievers, such as acetaminophen (Tylenol, others), ibuprofen (Advil, Motrin IB, others) and aspirin (never give aspirin to children or bleeding victims)
- Hydrocortisone cream
- Cough and cold medications
- Personal medications that don't need refrigeration
- Epi-Pen or Auto-injector of epinephrine, if prescribed by your doctor

## Emergency items

- Emergency phone numbers, including contact information for your family doctor and pediatrician, nurses hotline, local emergency services, emergency road service providers, and the poison help line, which in the United States is 800-222-1222.
- Medical consent forms for each family member
- Medical history forms for each family member
- Small, waterproof headlamp and extra batteries
- Waterproof matches
- Small notepad and waterproof writing instrument
- Emergency space blanket
- Cell phone with back up battery source or solar charger
- Sunscreen
- Insect repellent
- Whistle

## Give your kit and your family a checkup

Check your first-aid kits regularly to be sure the headlamp batteries work and to replace supplies that have expired or used up.

Consider having your entire family take a first-aid course with us:

**NwBestCPR 425-272-5402 [info@nwbestcpr.com](mailto:info@nwbestcpr.com)**

Prepare children for medical emergencies in age-appropriate ways. NwBestCPR also offers in-home classes designed to help children understand and develop first-aid skills.