

Appendix H

The First Aid Kit

Adhesive Tape
Sterile Gauze pads, big & small
Band-aids of assorted sizes
Tensor Bandages - approximately 6 cm and 10 cm. widths
Gauze Roller Bandage
Triangular Bandages
Steri-strips
Telfa Pads or Second Skin
Tuf-skin
Skin lube (vaseline)
Antiseptic wipes (such as Benzylchloride swabs) and soap
Antibiotic cream or spray
Saline solution
Gloves vinyl or polyethelene as some people are allergic to latex (Keep sterile)
 Coaching Tip: Always have a pair in your pocket
Cotton tipped applicators
Scissors
Tweezers
Safety Pins
Ice Bag
Chemical ice pack
Clean towel
Thermometer
Plastic bags
Sugar
CPR barrier (A mask with an air passage)
Quarters and emergency phone numbers
Copies of the player Medical Information Forms
Pencil and Injury Log Book

Trainer's Waist Pack

Many trainers wear a Waist Pack to hold the first-aid supplies and equipment that are needed for first contact with injured players.

face Mask
oral screw
latex gloves
adhesive tape
pen and notepad

band-aids (assorted)
tongue depressor/ tongue forceps
sterile gauze
utility scissors
quarters

FIRST-AID KIT CONTENTS – DEFINED.

Cotton Tipped Applicators These can be used to eliminate debris from abrasions and cuts, and to apply ointment and cleansing solutions in and about open wounds.

Elastic Tape (7.5cm) Elastic adhesive tape is effective for applying light pressure to an injured area and for providing some support to the affected part. The advantage of this type of tape is that it is flexible and, therefore, does not completely constrict blood flow to areas distal to the injury. This is particularly important when taping over dynamic tissues such as muscle. Furthermore, it accommodates a certain degree of functional movement.

Gauze Pads (7.5cm x 7.5cm) These are used to control bleeding and to clean wounds. It is not advised to cover an exposed wound with a gauze pad as it will stick to the wound upon removal, and often lead to further damage.

Gloves It is essential that the SportsAider wear vinyl or polyethylene gloves whenever there is a chance of contact with body fluids (i.e. blood, saliva or vomit, sweat) to reduce the risk of infectious disease transmission. ***Note: Some people are allergic to latex**

Plastic Bags for Ice Packs Reusable plastic bags or disposable 'produce' bags offer the most effective and economical method of containing crushed ice or snow. An ice bag applied in conjunction with a tensor bandage, is effective for applying pressure and cold to an acute injury.

2Quarters Two quarters should be fixed to the inside of the first-aid kit along with the list of emergency telephone numbers and a third carried in the waist pack. In areas where toll-free emergency numbers are not yet in effect, they can be used in a public pay phone to call for assistance.

Saline Solution One litre of water with one gram of salt, boiled and stored in a sterile container, can serve as sterile saline solution to cleanse wounds. It is also useful to safely store a knocked out tooth for transportation to a dentist. Commercial dental kits are also available for this purpose.

Scissors Bandage scissors are best, especially since they will be used for cutting tape away from the skin's surface. With these types of scissors, the risk of puncturing the skin during removal of tape is virtually eliminated. Utility scissors are able to cut through almost anything and are, therefore, useful to have in addition to bandage scissors.

Skin Lube Skin lube is a greasy lubricant, similar to, but longer lasting than, Vaseline. It can be applied liberally to all friction areas that may lead to skin irritation (ie. blisters or rashes).

Steri-strips These strips, or paper sutures, are used to close minor cuts before the athlete is sent to a medical facility for sutures.

Sterile needles These are used for draining blisters.

Sugar Two packages of sugar or candy to be kept on hand for dealing with diabetic conditions.

Tape Adherent (i.e. Tuf-Skin) This is usually available in a spray format and provides a skin preparation base which ensures that tape and band-aids will stick, even on a sweating athlete.

Telfa Pads These non-adhering sterile pads can be used to cover exposed cuts and abrasions. They will not stick to the wound when they are being removed.

Tenser (Elastic) Bandages Tenser bandages are useful for the application of pressure over soft-tissue injuries (i.e. sprains and strains). The size of the injured area generally dictates the most appropriate tensor size.

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|-------------|--|
| 7.5 - 10 cm | - forearm, wrist, hand, ankle, and foot |
| 15 cm | - thigh, lower back, upper arm, shoulder, and knee |

When soaked in cold water and used in conjunction with an ice pack, tensor bandages are effective, not only in maintaining pressure over the injured area, but also in helping transfer the cold from the ice pack to the skin's surface. Tensor wraps are useful for the application of pressure to a specific area of the body, however, they are not effective in providing support. They should never be worn when sleeping. *Check the tensor periodically to ensure it is not wrapped too tightly and thereby cutting of circulation.*

Tongue Depressors These are useful as small splints for fingers and toes. Taping two tongue depressors together with elastic tape provides an inexpensive alternative to tongue forceps. The rough outer surface of the elastic tape provides sufficient friction so that the tongue can be pulled forward and away from the air passage.

Towel A clean towel can be used to apply pressure to an open cut or wound. A brown towel is better than a white one since blood does not show so dramatically on it.

Triangular Bandage Typically used as a sling, the triangular bandage can also be used for securing, supporting, and applying pressure to injured areas.