

For Survival: Basic First Aid Hand Out

OTC Meds for 1st Aid Go Bag

NSAIDs

Non-steroidal anti-inflammatory drugs

1. Ibuprofen

Main use: is as anti-inflammatory and antipyretic.

2. Acetylsalicylic acid (ASA, Aspirin)

Main use: anti-inflammation and antipyretic abilities it has anti-platelet aggregation

Acetaminophen

Tylenol in America, Paracetamol over seas

Main uses: antipyretic and pain, most common OTC med in world, main difference from an NSAID is that it is processed in the liver. It works by raising the perceived pain threshold

Diphenhydramine

Benedryl

Main uses: sedation, allergies, anaphylaxis. Prefer the liqui-gels for acute issues.

Dramamine

Dimenhydrinate

Main uses: Motion sickness, nausea and vomiting. If the stomach begins expelling contents, consider what your body is telling you before you stop the elimination.

Lidocaine/benzocaine

Orajel and Dermoplast (both are Benzocaine)

Main uses: Pain relief, topical, Benzocaine 20% highest OTC dose.

Good rule of thumb, anything safe enough for the mouth can go on the skin. Not the other way around, think about it.

Triple Anti-Biotic Ointment

Neosporin

Main uses: minor infections, help heal time, some brands have pain reliever built in.

1st Aid Supplies and Equipment

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| 1. Kling | 2. Ace Wrap | 3. Bulk Gauze |
| 4. Tape-Medical & Duct | 5. Quik Clot (gauze type) | 6. Band-Aids, Assorted |
| 7. 550 Chord | 8. D-Ring, Rappelling | 9. C.A.T. (Tourniquet) |
| 10. Shears | 11. Flashlight | 12. Knife |
| 13. Sewing Kit | 14. Israeli Dressing | 15. Space Blanket |
| | 16. Chemical hand/ foot warmer packets | |

Supplies for Delivering A Baby

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| 1. Baby sized bulb syringe (ear syringe) | 8. Bag of chux pads | 15. Rubbing alcohol |
| 2. Package of cotton balls | 9. Disposable Gloves | 16. White Shoelaces |
| 3. Package of sanitary napkins | 10. Chemical cold packs | 17. Hot water bottle |
| 4. Disposable diapers | 11. Tylenol/Advil | 18. Antibacterial soap |
| 5. Receiving Blankets | 12. Newborn cap | 19. Shower Curtain |
| 6. Towels | 13. Blankets | 20. Wash cloths |
| 7. Pillows | 14. Trashbag | |

Triage definitions

Green tags - (wait) are reserved for the "walking wounded" who will need medical care at some point, after more critical injuries have been treated.

Yellow tags - (observation) They require observation (and possible later re-triage). Their condition is stable for the moment, they are not in immediate danger of death. Victims need hospital care, treated immediately in normal situation.

Red tags - (immediate) are used to label those who cannot survive without immediate treatment but who have a chance of survival.

Black tags - (expectant) are used for the deceased and for those whose injuries are so extensive that they will not be able to survive given the care that is available.

References/Resources

Article published in JEMS Magazine entitled "Tourniquet first"

<http://www.jems.com/article/major-incidents/tourniquet-first>

Article by NTOA "The Relevance of TCCC Guidelines To Civilian Law Enforcement"

http://ntoa.org/site/images/stories/tccc_guidelines_ntoa.pdf