



South Parrett Mountain - Emergency Plan

A Ladd Hill Neighbor Association (LHNA) 501(c)3 initiative
 LHNA, PO Box 2556, Wilsonville OR 97070
 email: lhna2015@gmail.com www.spm-ep.org

Form FAK- 2019-02-01v1

First Aid Kit

This is a suggested guide only. Use what works best for you.

Assemble a first aid kit for your Home Emergency Supply Kit and make a smaller first aid kit to keep in each car.

- 1. First aid manual
- 2. Sterile adhesive bandages in assorted sizes
- 3. Cleansing agent/soap, Cloth or towel
- 4. Sunscreen / Lip Protection
- 5. Cotton balls/pads
- 6. 2" & 3" sterile roller bandages – (3) rolls each
- 7. 2" & 4" sterile gauze pads (4-6 each)
- 8. Triangular bandages (3)
- 9. No-stick sterile bandages (different sizes)
- 10. Safety pins, clips or other fasteners
- 11. Scissors and tweezers
- 12. Needle
- 13. Moistened towelettes
- 14. Antiseptic ointment
- 15. Digital Thermometer
- 16. Tongue depressor blades (2)
- 17. Tube of petroleum jelly or other antiseptic/lubricant
- 18. Non prescription drugs:
 - a. Aspirin or non-aspirin pain reliever
 - b. Anti-diarrhea medication
 - c. Antacid (for stomach upset)
 - d. Vitamins
 - e. Other normal supplements
- 19. Current prescription medicines
- 20. Sam Splint (made by Sam's Medical Products, Wilsonville, OR)
- 21. Vet Wraps (from local feed store such as Wilco or on-line)
- 22. Zip lock plastic bags, gallon size, to place used items

The following items are specific for trauma/bleeding and not necessarily meant for the layperson to use. However, the SPM-EP volunteer medical staff may find them helpful if you have them as part of your kit.

- | <u>Items</u> | <u>North American Rescue product #, as an example</u> |
|--|---|
| <input type="checkbox"/> 19. Nitrile gloves (2 pair) | |
| <input type="checkbox"/> 20. Trauma shears | |
| <input type="checkbox"/> 21. Abdominal/stump trauma dressing. | PN: 30-0012 |
| <input type="checkbox"/> 22. Four-inch trauma dressing | PN: 30-0145 |
| <input type="checkbox"/> 23. S-rolled gauze | PN: 30-0003 |
| <input type="checkbox"/> 24. Combat Application Tourniquet (C-A-T) | PN: 30-0001 |
| <input type="checkbox"/> 25. Hyfin vent chest seal twin pack | PN: 30-0037 |