



**A . D . A . P . T .**

ATHERTON DISASTER AND PREPAREDNESS TEAM

## **First Aid Basics Handout**

Presented by Dr. Paul Jemelian II January 2021

### **The Four Basics:**

1. CERT classes
2. CPR class
3. Stop the Bleed class
4. Other training/exercises

### **Storing and packing your first aid kit:**

1. Pelican case with added headlamp flashlight
2. Batteries
3. USB power source
4. FRS radio x 2
5. Disposal bag.
6. Tools (ie: knife, foldable saw, mirror, duct tape)
7. Magnifying lens
8. Lighter
9. Magnifying glasses
10. Life straw water bottle
11. Reflective blanket
12. Pulse Oximeter
13. Thermometer
14. Portable BP machine like an Omron (extra batteries)—arm is better than a wrist cuff
15. Bandages
16. Gauze
17. Steristrips
18. Skin glue
19. ACE wrap
20. Alcohol Supplies
21. Tweezers
22. Scissors
23. Sterile saline for eyewash or wound irrigation
24. Cold pack
25. Medications
26. Aspirin
27. Advil
28. Tylenol
29. Pepto-Bismol
30. Benadryl
31. Sugar tabs
32. Antibiotic ointment
33. Electrolyte concentrate like powered Pedialyte or Gatorade
34. Vaseline
35. Baking Soda
36. DEET
37. Tecnu for poison oak/ivy
38. Aloe
39. Hydrocortisone
40. Arnica
41. Epsom Salts

**Pandemic-specific supplies:** Hand Sanitizer, Clorox sanitizer wipes, Isopropyl Alcohol, N 95 mask, eye protection (some have built in magnifiers), face shield, latex-free gloves