

First Aid Kit



Being prepared means having a useful first aid kit. Items in the kit can help save a life or make victims more comfortable when conditions prevent treatment by medical personnel. Keep first aid kits containing appropriate items in your home and in your vehicle. Be familiar with the location and contents of the nearest first aid kit at your workplace. Items in first aid kits should be reviewed yearly for effectiveness. For more information and additional resources, visit utah.gov/beready.

- Assess what you already have in your home and determine what items you still need to create a first aid kit. Include the following items:
 - Adhesive bandages (assorted sizes)
 - Antiseptic cleaner/ointment
 - Alcohol wipes
 - Syringe (for irrigating wounds)
 - Chemical cold packs
 - Space blanket
 - Cotton swabs
 - Important contact information
 - Triangular bandage (for slings, tourniquets, or splints)
 - Elastic bandages/compression wrap (for sprains or to keep pressure on wounds)
 - Pain medication such as Aspirin, Acetaminophen, or Ibuprofen
 - Gauze pads
 - Hand sanitizer
 - Tweezers
 - Headlamp or flashlight
 - Thermometer
 - Non-latex gloves
 - Scissors

- Check online for additional resources and suggested items to include in a first aid kit
 - Visit www.redcross.org/prepare/location/home-family/get-kit/anatomy

Watch 20 to Ready videos at www.kbyueleven.org/community/20toReady