



FIRST-AID PLAN



ACTIVITY 25: BUILD YOUR FIRST-AID KITS!



Goal: Organize your supplies so they're ready when you need them.

Start by inventorying your medicine cabinet and first-aid supplies. Look for and properly dispose of any outdated or expired medications. Don't flush medications down the toilet or drain – the Oregon Health Authority provides proper disposal instructions, including the location of permanent collection boxes across the state.

HOME FIRST-AID KIT

Use the following checklist to complete your in-home first-aid kit. Customize your kit for any medical needs of you and your loved ones (e.g., EpiPens, medications or other medical supplies):

- 10% household bleach to disinfect
- 4" sterile gauze pads (several)
- 4" gauze pads for bandaging large cuts
- Ace bandage (4 +)
- Adhesive tape (2 rolls +)
- Anti-inflammatory pain reliever (also known as NSAIDs, e.g., ibuprofen)
- Antiseptic hand-cleaning towels
- Assorted-sized sterile adhesive bandages/Band-Aids for small cuts (10-12 assorted +)
- Biohazard bags 3-5 gallon-size
- Cold compress(es)
- Eye dropper
- Laxative and anti-diarrhea medication
- Nitrile medical exam gloves (6 pairs +)
- Pain reliever (e.g., acetaminophen)
- Polysporin or other antiseptic gel
- Roller bandage 2" wide (2 +)
- Scissors (a good pair of medical scissors, also called trauma shears)
- Space (emergency) blanket
- Super glue
- Surgical lubricant
- Thermometer
- Triangular bandages (4 +)
- Tweezers

FIRST-AID KITS FOR A VEHICLE AND GO-BAG

For a smaller Go-Bag that fits in a vehicle, use this checklist to make sure you have the essentials:

- Alcohol wipes
- Cotton tip applicators
- Antibiotic ointment
- Instant cold compress
- Bandages -- adhesive and elastic
- Butterfly closures
- Finger splints
- Gauze pads
- Gloves
- Adhesive tape
- Scissors
- Tweezers



ACTIVITY 26: TAKE A FIRST-AID TRAINING CLASS



Goal: Formal first-aid training is the best way to learn new skills or refresh your knowledge so you can assist those around you in an emergency.

Get trained on basic first-aid skills. Bring your friends and neighbors to make it more enjoyable. You can start with basics, refresh what you learned long ago, or level up to more advanced first aid. Choose a course offered in your area; many courses are also offered virtually.

TRAINING OPPORTUNITIES

The best place to start looking for first-aid training courses is through local government agencies and community partners. The following organizations may offer first-aid courses in your area:

- Local fire department.
- County health department.
- Gym or health club.
- Employer's safety department.
- Area hospital.



The American Red Cross also offers community first-aid courses. Visit the American Red Cross Training Services website <https://www.redcross.org/take-a-class> to find courses near you. The Red Cross also offers online training. Your community may also offer “Stop the Bleed” training.

Want to take the next step? Consider taking a Wilderness First-Aid course, which emphasizes the aid you can provide when no first responders are available. Wilderness First-Aid courses are often available through the National Outdoor Leadership School and REI.

ACTIVITY 27: PRACTICE YOUR FIRST-AID SKILLS



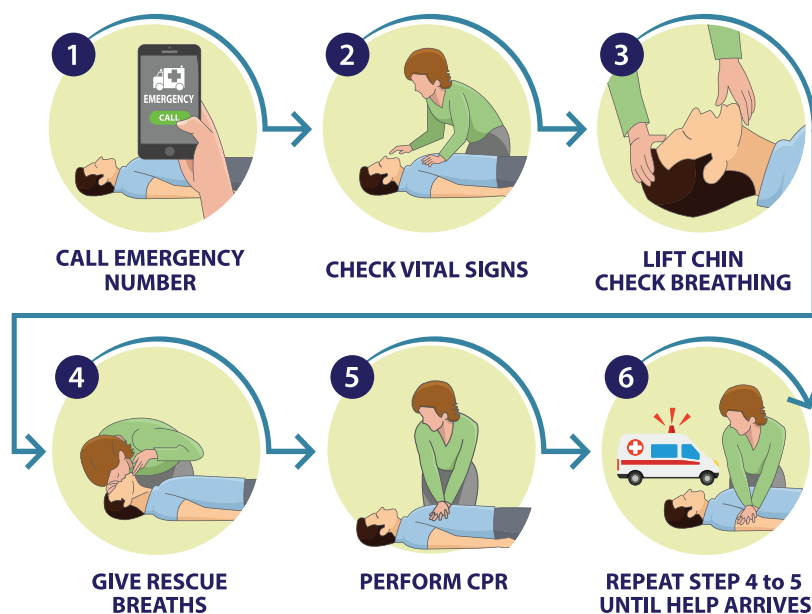
Goal: Regularly put your skills to work!

Practicing first-aid skills will help you feel more confident if you need to care for injured or sick family members, friends or neighbors. Practicing your skills is also the best way to keep your knowledge current and help you feel comfortable when you need to render aid. Continue to find new ways to practice as you enhance your skills!

T-shirt sling: If you, a family member or a neighbor hurt your collarbone, shoulder, or arm and don't have access to emergency services, you can use a t-shirt as a sling. To practice this technique, put your head through the main hole of the t-shirt as if you were going to put it on. Then, carefully slide the injured arm through the nearest sleeve and let the elasticity of the shirt brace the arm until you can access emergency services.

Splint a finger: When a finger gets jammed or fractured, there are makeshift ways to brace it until you can get help. Practice by finding a popsicle stick (or a twig or piece of metal) and some tape. Hold the popsicle stick against the finger to keep it from bending and wrap a piece of tape around the top and bottom of the finger to hold the popsicle stick in place. If you don't have a popsicle stick to brace a finger, you can "buddy tape" it to the finger next to it. Wrap a piece of tape around the injured finger and its neighbor, both at the top and bottom of the fingers.

Wrapping an ankle: Sprained ankles are common injuries. To wrap an ankle with an elastic bandage, position the injured foot at a 90-degree angle from the rest of the leg (flex the foot), begin to wrap the bandage near the bottom of the calf, and make figure eights around the ankle for extra support.



Emergency medical professionals recommend being comfortable with the following first-aid skills:

Cardio-Pulmonary Resuscitation (CPR). CPR involves chest compressions and rescue breathing for someone whose heart has stopped pumping blood. The American Red Cross offers regular CPR training classes and provides a helpful step-by-step guide on how to perform CPR.

Conscious choking. There's a simple technique you can use to help force a trapped object from a conscious person's airway when they are choking: 1. Give 5 back blows; 2. Give 5 abdominal thrusts; and 3. Repeat until the object is out. This should only be applied when the person is not coughing, unable to speak or breathe, and signaling for help (usually by holding their hands around their throat). You can even use a version of this technique on yourself.



Severe bleeding. Severe bleeding can lead to death in as little as five minutes, so it's important to know how to stem blood loss. The Stop the Bleed program, which can be found at www.stopthebleed.org, offers bleeding control training and teaches people three quick actions to control serious bleeding:

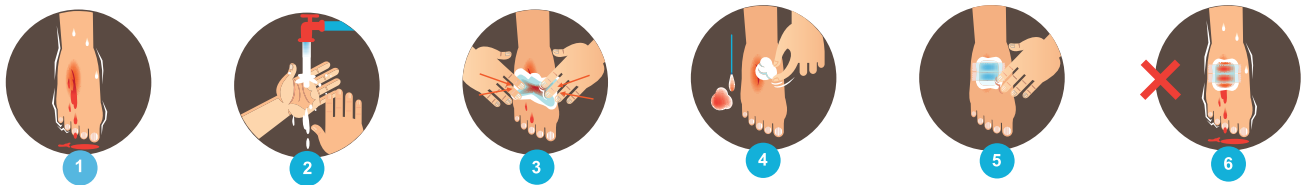


1. Apply pressure with hands.
2. Pack the wound and press.
3. Apply a tourniquet.

Shock. Shock is a life-threatening condition that occurs when vital organs aren't getting enough oxygen. Treating shock involves keeping a person warm and comfortable until help arrives by:

- Loosening restrictive clothing.
- Covering them with a coat or blanket.
- Keeping the person still and on their back.
- Reassuring the person.
- Not giving the person anything to eat or drink.

Wounds. Keeping wounds clean, even small ones, will help prevent infection. With clean hands, apply gentle pressure to a wound until it stops bleeding, rinse the wound with clean water, and apply an antibiotic cream or ointment. Minor scrapes or cuts may not require a bandage; for other wounds, you may need to apply a clean, sterile, non-stick bandage on the wound after cleaning it. Change the bandage at least once a day or when it's wet or dirty.



FOR ADDITIONAL RESOURCES ON THIS UNIT, VISIT OEM'S BE 2 WEEKS READY WEBPAGE AT

www.oregon.gov/oem/be2weeksready

