



Team 1987 - Lee's Summit

Broncobo

Why Have a First Aid Kit?

First aid is incredibly important, especially for first teams. With all of the machinery at the build site and the competitions, it is extremely important that your team is prepared to handle any situations that arise. All team members should not only know where the first aid kit is located, but also how to use the items in it.

THIS GUIDE IS WRITTEN BY STUDENTS AND SHOULD NOT BE USED FOR MEDICAL ADVICE.

What to Include

First aid kits can either be bought or put together. However, it is important that either way, the first aid kit contain certain items.

- Adhesive bandages (multiple sizes)
- Adhesive cloth tape
- Antibiotic ointment packets
- Antiseptic wipe packets
- Instant cold compress
- Non-latex gloves
- Scissors
- Roller bandages (multiple sizes)
- Sterile gauze pads
- Tweezers
- First aid instruction booklet
- Baking soda

More About the Items

ADHESIVE BANDAGES

These bandages are tiny and are used on generally smaller injuries.

ADHESIVE CLOTH TAPE

Proper tape can be invaluable. It can be used to do anything from holding a deep cut together to taping down gauze.

ANTIBIOTIC OINTMENT PACKETS

Antibiotic ointment is necessary to clean any wounds and prevent infection.

ANTISEPTIC WIPE PACKETS

Antiseptic wipes can also be used to clean and prevent infection within a wound.

INSTANT COLD COMPRESS

Cold is useful to help blood clot and prevent swelling. Cold compress can be used as a substitute for ice in emergency situations.

NON-LATEX GLOVES

Gloves are extremely important to prevent anyone assisting an injured person from coming in contact with bodily fluids. Some people are allergic to latex, so non-latex gloves are a must.

SCISSORS

Scissors are a tool with as many uses as one can think of. From cutting bandages to cleaning up wounds, a pair of scissors is a must in any first aid kit.

ROLLER BANDAGES

Roller bandages are most commonly used to wrap a wound. They can also be used to stabilize a sprained joint or hold gauze pads to an area if tape is not available.

STERILE GAUZE PADS

Gauze pads are useful for placing on wounds that are not suited for regular bandages. They are usually very absorbent and can be cut to any shape.

TWEEZERS

Tweezers are necessary to remove foreign objects from wounds.

BAKING SODA

Baking soda is perfect for neutralizing battery acid or other acids as well as soaking it up in the process.