

The Rescue Dynamics First Aid Checklist

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- Gloves
- Micro Pocket Mask / Face Shield
- Adhesive dressings
- 4 X 4 Gauze
- Sterile Saline Dressing or container of Sterile Saline solution
- Telfa® or non-adherent Dressing
- Steri-strips®, Cover Strips® or Butterfly Band-aids®
- Field or large pressure dressings
- Elastic bandage (Tensor ®)
- Triangular bandage(s)
- Adhesive tape (wide X lots)
- Flexible splints / SAM® splint
- Leg splint, Stabiliti® Splint or improvisation
- traction splint device
- Scalpel blade & scissors
- Safety pins & tweezers
- Moleskin® / Kurotex® (lots)
- Compeed® Blister dressing
- Second Skin® Blister / Burn Dressing
- Conforming Roller gauze (Kling ®, Flexomull®, Conform®, Elastocrepe®)
- First Aid reminders or booklet
- Pencil
- Accident report form
- Penlight
- spare sunglasses
- Sanitary napkin or Tampon
- parachute cord
- Betadine ® Swabs
- Tincture of Benzoin swabs
- Alcohol swabs
- Zepharin Chloride swabs

MEDICATIONS

- | | |
|--|---|
| <input type="checkbox"/> CONSULT PHYSICIAN !! | C |
| | O |
| | N |
| <input type="checkbox"/> Antacid | S |
| <input type="checkbox"/> Antiseptic | U |
| <input type="checkbox"/> Laxative | L |
| <input type="checkbox"/> ASA, Ibuprofen, Acetaminophen | T |
| <input type="checkbox"/> Other analgesic | |
| <input type="checkbox"/> anti-diarrheal | |
| <input type="checkbox"/> anti-emetic | |
| <input type="checkbox"/> Antihistamine | P |
| <input type="checkbox"/> Antibiotic | H |
| <input type="checkbox"/> Sedative | Y |
| <input type="checkbox"/> Epinephrine (if qualified) | S |
| <input type="checkbox"/> Anti-inflammatory | I |
| <input type="checkbox"/> Eye / ear drops | C |
| <input type="checkbox"/> Contact lens solutions | I |
| <input type="checkbox"/> personal medications | A |
| <input type="checkbox"/> use caution & discretion | N |