

First Aid Kits

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A well-stocked first-aid kit can help you respond effectively to common injuries and emergencies, especially for your employees who spend their work days outdoors. Grounds keepers and utility workers are most susceptible to random scrapes, cuts and insect stings. Store your kits someplace easy to get to and make sure it's well stocked. You may want to tailor your kit based on your activities and needs.

A basic first-aid kit includes:

Basic supplies



- Adhesive tape
- Bee sting wipes
- Elastic wrap bandages
- Bandage strips and “butterfly” bandages in assorted sizes
- Nonstick sterile bandages and roller gauze in assorted sizes
- Eye shield or pad
- Triangular bandage
- Aluminum finger splint
- Instant cold packs
- Cotton balls and cotton-tipped swabs
- Disposable nonlatex examination gloves, several pairs
- Duct tape
- Petroleum jelly or other lubricant
- Plastic bags, assorted sizes
- Safety pins in assorted sizes
- Scissors and tweezers
- Soap or hand sanitizer
- Antibiotic ointment
- Antiseptic solution and towelettes
- Eyewash solution
- Thermometer
- Turkey baster or other bulb suction device for flushing wounds
- Breathing barrier
- Syringe, medicine cup or spoon
- First-aid manual

Medications



- Aloe vera gel
- Calamine lotion
- Anti-diarrhea medication
- Laxative
- Antacids
- Antihistamine, such as diphenhydramine
- Pain relievers, such as acetaminophen (Tylenol, others), ibuprofen (Advil, Motrin IB, others) and aspirin (never give aspirin to children)
- Hydrocortisone cream
- Cough and cold medications
- Personal medications that don't need refrigeration

Emergency items



- Emergency phone numbers, including contact information for your family doctor and local emergency services, emergency road service providers, and the poison help line, which in the United States is 800-222-1222.
- Small, waterproof flashlight or headlamp and extra batteries
- Waterproof matches
- Small notepad and waterproof writing instrument
- Emergency space blanket
- Cell phone with solar charger
- Sunscreen
- Insect repellent
- Whistle

Give your kit a checkup

Check your first-aid kits regularly to be sure the flashlight batteries work and to replace supplies that have expired or been used up. Consider taking a first-aid course through the American Red Cross. Contact your local chapter for information on classes.