

# For Survival: Basic First Aid Hand Out

## OTC Meds for 1<sup>st</sup> Aid Go Bag

### NSAIDs

#### Non-steroidal anti-inflammatory drugs

##### **Ibuprofen**

*Main use:* is as anti-inflammatory and antipyretic.

##### **Acetylsalicylic acid (ASA, Aspirin)**

*Main use:* anti-inflammation and antipyretic abilities it has anti-platelet aggregation

##### **Acetaminophen (Tylenol in America, Paracetamol overseas)**

*Main uses:* antipyretic and pain, most common OTC med in world, main difference from an NSAID is that it is processed in the liver. It works by raising the perceived pain threshold

##### **Diphenhydramine (Benedryl)**

*Main uses:* sedation, allergies, anaphylaxis. Prefer the liqui-gels for acute issues.

##### **Dramamine (Dimenhydrinate)**

*Main uses:* Motion sickness, nausea and vomiting. If the stomach begins expelling contents, consider what your body is telling you before you stop the elimination.

##### **Lidocaine/benzocaine (Orajel and Dermoplast; both are Benzocaine)**

*Main uses:* Pain relief, topical, Benzocaine 20% highest OTC dose. Good rule of thumb, anything safe enough for the mouth can go on the skin. Not the other way around, think about it.

##### **Triple Anti-Biotic Ointment (Neosporin)**

*Main uses:* minor infections, help heal time, some brands have pain reliever built in.

## **1st Aid Supplies and Equipment**

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|--|---------------------------|------------------------|
| 1. Kling                               | 2. Ace Wrap               | 3. Bulk Gauze          |
| 4. Tape-Medical & Duct                 | 5. Quik Clot (gauze type) | 6. Band-Aids, Assorted |
| 7. 550 Chord                           | 8. D-Ring, Rappelling     | 9. C.A.T. (Tourniquet) |
| 10. Shears                             | 11. Flashlight            | 12. Knife              |
| 13. Sewing Kit                         | 14. Israeli Dressing      | 15. Space Blanket      |
| 16. Chemical hand/ foot warmer packets |                           |                        |

## **Supplies for Delivering A Baby**

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|--|-------------------------|------------------------|
| 1. Baby sized bulb syringe (ear syringe) | 8. Bag of chux pads     | 15. Rubbing alcohol    |
| 2. Package of cotton balls               | 9. Disposable Gloves    | 16. White Shoelaces    |
| 3. Package of sanitary napkins           | 10. Chemical cold packs | 17. Hot water bottle   |
| 4. Disposable diapers                    | 11. Tylenol/Advil       | 18. Antibacterial soap |
| 5. Receiving Blankets                    | 12. Newborn cap         | 19. Shower Curtain     |
| 6. Towels                                | 13. Blankets            | 20. Wash cloths        |
| 7. Pillows                               | 14. Trash bag           |                        |

## **Triage definitions**

**Green tags** - (wait) are reserved for the "walking wounded" who will need medical care at some point, after more critical injuries have been treated.

**Yellow tags** - (observation) They require observation (and possible later re-triage). Their condition is stable for the moment; they are not in immediate danger of death. Victims need hospital care, treated immediately in normal situation.

**Red tags** - (immediate) are used to label those who cannot survive without immediate treatment but who have a chance of survival.

**Black tags** - (expectant) are used for the deceased and for those whose injuries are so extensive that they will not be able to survive given the care that is available.

## **References/Resources**

Article published in JEMS Magazine entitled "Tourniquet first"

<http://www.jems.com/article/major-incidents/tourniquet-first>

Article by NTOA "The Relevance of TCCC Guidelines To Civilian Law Enforcement"

[http://ntoa.org/site/images/stories/tccc\\_guidelines\\_ntoa.pdf](http://ntoa.org/site/images/stories/tccc_guidelines_ntoa.pdf)