

First Aid Kit



Keep one at home in case of emergencies



Contents of First Aid Kit

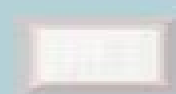
Sterile dressings and plasters:



Plasters: for small cuts and grazes.



Sterile Pad: for cushioning wounds; used with plasters/bandages. Any clean, non-fluffy material (e.g. cloth scarf) can be used as a substitute.



Sterile wound dressing: for larger wounds; used to apply pressure to stop bleeding.

Bandages:



Roller bandages: comes in rolls; used for binding wounds, supporting joints, holding dressings, providing pressure to stop bleeding/reduce swelling.



Triangular bandages: can be folded and used as a bandage/sling. Do not use for dressing large wounds and burns unless sterilised.

Protective Items:



Disposable gloves: reduce infection risk when dressing wounds or dealing with any body fluids or waste.



Face shields or pocket masks: for rescue breaths – prevent cross infection.

Other Items:



Cleansing wipes: for cleaning the area around the wound.



Gauze: used for padding or to swab wounds when cleaning them.

Adhesive tape: for taping up dressings.

Antiseptic solution: for cleaning wounds; helps prevent infection.



Pins/clips: for holding bandages in place.



Scissors, shears and tweezers: for cutting the right length or cutting clothing to expose wounds.



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First Aid Kit Manual

Y Pai



First Aid Kit Manual:

First Aid Kit Manual Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**First Aid Kit Manual**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve to the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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First Aid Kit Manual Introduction

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