

19: first aid kits

suggested answers

	contents	Qty	what contents are used for
1	disposable gloves	2pr	minimising risk of infecting others/infection by others
2	wound dressing/pads/dressing strip	2/2/10	controlling bleeds
3	sterile gauze/alcohol wipes	3-6	cleaning wounds
4	Betadine or similar	15ml	preventing infections
5	blister kit	1	treating "hot spots" or blisters
6	elasticised roller bandage & clip	1	compressing/taping sprains
7	Panadol or similar	1 pkt	managing pain
8	anti-histamine	1 pkt	managing allergic reactions
9	tweezers	1	removing splinters
10	scissors	1	various cutting
11	30+ broad spectrum sunscreen	125ml	preventing sunburn
12	insect repellent	125ml	preventing mosquito bites
13	throat lozenges	1 pkt	soothing sore throat
14	personal medication/s (if required)		
15	puffer & spacer (if required)	1	managing asthma
16	anti-bacterial hand cream (e.g. Aqium or Germbuster)	decanted	minimising risk of infecting others/infection by others

teachers' notes

The list above is not meant to be prescriptive or proscriptive. Within reason, the greater the variety, the more likely it is that someone will have lip salve or eye wash, for example. Also, there is plenty of room for idea-sharing. (The involvement of parents can be really positive, particularly in the case of parents who are health professionals.)

additional activities

- 1) The "obvious" activity here is for students to compile their personal kits, & then participate in a group show & tell where they compare the contents of their kits (which will all be different as a matter of course) & justify their choices. Students can also show the different ways in which they have solved the problems of durability, waterproofing, etc. (Simply purchasing commercially available 1st aid kits cheats the purpose of the activity.)
- 2) Select older students (under supervision) can be given the responsibility of checking & organising the group 1st aid kit. This was one of the tasks admirably performed by a small group of Year 12 students at Melville Senior High School, WA, as a part of planning & organising their expedition when the author taught outdoor education at the school.
- 3) Students can record & compare the cost of their kits & ways in which they have been able to save money without compromising hygiene or efficacy.
- 4) If your school has a nurse, see if s/he is able & willing to talk about various 1st aid products & their applications.