

# SAFETY AND EMERGENCY PREPAREDNESS

## First Aid Kit: (that includes)

- First aid book
- Latex gloves
- moleskin
- gauze (10 - 4x4 patches and rolls for pressure on wounds)
- chemical heat pack
- ace bandage
- 2" first-aid tape
- Duct tape (can be rolled around ski poles)
- assorted band aids (including butterfly)
- triangular bandages and sterile pads
- anti-acid tablets
- para cord
- garbage bag
- crazy glue
- Sam splint or equivalent
- waterproof matches/birthday candle
- pencil sharpener
- Tylenol and Ibuprofen
- Benadryl (epi-pen)
- antiseptic wound cleaner
- body thermometer
- condoms (to flush a wound)
- tweezer/scissors/nail clipper
- knife
- small mirror

## Emergency and Repair Kit: (that includes)

- small roll of duct or strapping tape
- stick-on nylon patches
- nylon cord/braided wire
- safety pins
- iodine and chlorine tablets

# INFORMATIVE SAFETY VIDEOS by: D. Petersen

*Not an endorsement by IDPR*

## **Patient Assessments:**

<https://www.youtube.com/watch?v=hXQAmx2AYIk>

## **Survival tips:**

<https://youtu.be/xkBhNEU3RfQ>

[https://www.youtube.com/results?search\\_query=medwild](https://www.youtube.com/results?search_query=medwild)

## **Emergency supplies checklist:**

<https://www.rei.com/learn/expert-advice/first-aid-checklist.html>

## **Personal Locator Beacons (PLB's):**

<https://www.youtube.com/watch?v=HONMPSf8Fts&t=1s>

## **GPS Technology:**

<https://youtu.be/1vUVXN3iRYw>