

## First Aid (Speedy Study Guides)

Speedy Publishing

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**Speedy Study Guides**

### FIRST AID

A well-stocked first-aid kit can help you respond effectively to common injuries and emergencies. Keep at least one first-aid kit in your home and one in your car. Store your kits in easy-to-retrieve locations that are out of the reach of young children. Children old enough to understand the purpose of the kits should know where they are stored.

You can purchase first-aid kits at many drugstores or assemble your own. Contents of a first-aid kit should include:

**Basic supplies**

- Adhesive tape
- Antibiotic ointment
- Antiseptic solution ortowelettes
- Bandages, including a roll of elastic wrap (Ace, Coban, others) and bandage strips (Band-Aid, Curad, others) in assorted sizes
- Instant cold packs
- Cotton balls and cotton-tipped swabs
- Disposable latex or synthetic gloves, at least two pair
- Duct tape
- Gauze pads and roller gauze in assorted sizes
- First-aid manual
- Petroleum jelly or other lubricant
- Plastic bags for the disposal of contaminated materials
- Safety pins in assorted sizes
- Scissors and tweezers
- Soap or instant hand sanitizer
- Sterile eyewash, such as a saline solution
- Thermometer
- Triangular bandage
- Turkey baster or other bulb suction device for flushing out wounds

**Medications**

- Activated charcoal (use only if instructed by your poison control center)
- Aloe vera gel
- Anti-diarrhea medication
- Over-the-counter oral antihistamine, such as diphenhydramine (Benadryl, others)
- Aspirin and nonaspirin pain relievers (never give aspirin to children)
- Calamine lotion

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#4199398 in eBooks 2014-07-03 2014-07-03File Name: B00OL079SG | File size: 73.Mb

**Speedy Publishing : First Aid (Speedy Study Guides)** before purchasing it in order to gage whether or not it would be worth my time, and all praised First Aid (Speedy Study Guides):

Time is of the essence. You are first on the scene and must comfort and help those fallen victim to an accident or disaster. You are the first aid provider, the first line of help to those in need and in pain. Though not trained care professionals, Samaritans knowing the proper steps and approach, and offering first aid is a vital link to being a successful caregiver or simply being in the way. Know the steps, know the procedures, save a life.