FIRST AID BASICS

Two sets of notes from Get Ready Atherton trainings: what to learn and what to pack for first aid, and the first aid topics that matter most in a large-scale disaster.

THE FOUR BASICS

1. CERT classes
2. CPR class
3. Stop the Bleed class
4. Other training and exercises

STORING AND PACKING YOUR FIRST AID KIT

- [ ] Pelican case, with a headlamp flashlight added
- [ ] Batteries
- [ ] USB power source
- [ ] Two FRS radios
- [ ] Disposal bag
- [ ] Tools, such as a knife, foldable saw, mirror and duct tape
- [ ] Magnifying lens
- [ ] Lighter
- [ ] Magnifying glasses
- [ ] LifeStraw water bottle
- [ ] Reflective blanket
- [ ] Pulse oximeter
- [ ] Thermometer
- [ ] Portable blood pressure machine with extra batteries. An arm cuff is better than a wrist cuff
- [ ] Bandages
- [ ] Gauze
- [ ] Steri-Strips
- [ ] Skin glue
- [ ] ACE wrap
- [ ] Alcohol supplies
- [ ] Tweezers
- [ ] Scissors
- [ ] Sterile saline, for eyewash or wound irrigation
- [ ] Cold pack
- [ ] Medications
- [ ] Aspirin
- [ ] Advil
- [ ] Tylenol
- [ ] Pepto-Bismol
- [ ] Benadryl
- [ ] Sugar tabs
- [ ] Antibiotic ointment
- [ ] Electrolyte concentrate, such as powdered Pedialyte or Gatorade
- [ ] Vaseline
- [ ] Baking soda
- [ ] DEET
- [ ] Tecnu, for poison oak and ivy
- [ ] Aloe
- [ ] Hydrocortisone
- [ ] Arnica
- [ ] Epsom salts

INFECTION-CONTROL SUPPLIES

Hand sanitizer, sanitizing wipes, isopropyl alcohol, N95 masks, eye protection (some have built-in magnifiers), a face shield and latex-free gloves.

Kit list from the “First Aid Basics Handout” presented by Dr. Paul Jemelian, January 2021.

FIRST AID IN A LARGE-SCALE DISASTER

The topics covered in the June 2021 Advanced Training. Get Ready Atherton is grateful to Dr. Barbara Kostick for the presentation and content.

- Communication
- Triage and assessment
- Afterwards

THE FIVE MOST COMMON INJURIES IN LARGE-SCALE DISASTERS

INJURY	WHAT THE TRAINING COVERS
Burns	Evaluating the depth of thermal burns. Burns to treat versus burns to transport. Treatment and follow-up care
Fractures	Evaluating types of fractures. Red flags. Acute Compartment Syndrome (ACS)
Bleeding	Symptoms and care. Evaluating blood loss
Shock	Traumatic hemorrhage as a cause. Hemorrhage definitions. Recognizing and managing shock
Head injury	Traumatic Brain Injury (TBI). Closed head injury. Primary and secondary traumatic brain injury

AN OUTLINE, NOT INSTRUCTIONS

This page lists the topics. The skills come from the four basics at the top: take a class and practice.

Outline from “Basic First Aid in a Large-Scale Disaster”, A.D.A.P.T. Advanced Training, June 2021.

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