

# First Aid Kits

## *Handy to have in an emergency*

**Nearly every congregation has a first aid kit. Can you walk right to where your congregation's is kept, or do you have to look through the office or kitchen to find yours?**

**How many kits do you have? When was the last time you looked through your kit? Are any of the items in the kit past their expiration date?**

**Most kits have Band-Aids. Do you have one size or do you have a variety of sizes?**

One of the easiest things congregations can do to prepare for a disaster of any size is to make sure they have a first aid kit and it is easily accessible. While it may not be feasible to place a kit in every room of the church building, the kit should be in a place where it can be easily reached. Once it is in a place where it is accessible, make sure the kit is up to date with all the items it should have in it.

As you look at your congregation's kit, you will need to decide how many of each item you will need. If you have a smaller congregation, what the Red Cross suggests may be enough. However, it may be a good idea for larger congregations to have a few more bandages and antibiotic/antiseptic items in their kit.

There are other items a congregation should have in or near a first aid kit. It would be helpful to have at least one flashlight and some extra batteries. A nearby blanket and other supplies can be used for a splint.



A first aid guide, as well as a booklet with basic procedures and emergency contact information for situations like a plumbing emergency, as well as phone numbers for utility companies, is also handy to have near the kit.

An excellent example of an *Emergency Action Booklet* developed by Trinity Lutheran Church in Hawkeye is available on the synod website, [www.neiasynod.org/synod\\_resources/DisasterResponse.htm](http://www.neiasynod.org/synod_resources/DisasterResponse.htm).

If you have questions about other items to include in a first aid kit, there are several good articles found on the Internet after doing a "Google" search for "first aid kits."



## What should be in a first aid kit?

The Red Cross recommends that all first aid kits for a family of four include the following:

- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages (assorted sizes)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 5 antibiotic ointment packets (approximately 1 gram)
- 5 antiseptic wipe packets
- 2 packets of aspirin (81 mg each)
- 1 blanket (space blanket)
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress
- 2 pair of nonlatex gloves (size: large)
- 2 hydrocortisone ointment packets (approximately 1 gram each)
- Scissors
- 1 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- 5 sterile gauze pads (3 x 3 inches)
- 5 sterile gauze pads (4 x 4 inches)
- Oral thermometer (non-mercury/nonglass)
- 2 triangular bandages
- Tweezers
- First aid instruction booklet

Visit the Red Cross website to learn more, [www.redcross.org/services/hss/lifeline/fakit.html](http://www.redcross.org/services/hss/lifeline/fakit.html).