

COACHES SPORTS FIRST AID KIT

	PRODUCT	USED FOR
1	Thermal Blanket	Cover Casualty (When Cold or Windy) - Treat Shock
1	Gauze Swabs 7.5cm X 7.5cm	Applying lotions and bathing of wounds
1	Triangular Bandage	Fracture Immobilisation - Sling
1	Cutiplast Dressing Adhesive 7.2cm x 5.0cm x 5 sets	Wound dressing for covering of minor cuts
1	Cutiplast Dressing Adhesive 10cm X 8.0cm X 5 sets	Wound Dressing - covering of larger cuts
1	LeukoStrip 6.0mm X 76mm	Wound Closure Strip - eg cut above eye
1	Premium Sports Tape 38mm X 13m	Rigid Strapping - Suitable for taping an ankle
1	First Aid Strips pkt 24's	Minor Cuts/Abrasions
1	Conforming Gauze Bandage 5.0cm	Secures dressings in place
1	Crepe Bandage Medium 7.5cm	Wound Cover - Secures Dressing in place. general purpose / light compression
1	Crepe Bandage Heavy Duty 10.0cm	Compression, Strapping/Support Wound Cover - Secure dressing in place.
1	Leukopor Tape 1.25cm	Secure Dressing - ideal for sensitive skin
1	Metsal Cream 50grams	Relief from Muscular pain (Not to be used on a New Soft Tissue Injury for first 48hrs) After Rest Ice Compression Elevation .R.eferral
1	Scissors Stainless Steel	Cut Dressings and bandages
1	Forceps Stainless Steel	Tweezers for Splinter Removal - (Keep Sterile)
2	Betadine Swab sticks	Wound Cleaning - Antiseptic
2	Latex Gloves	Hygiene
1	Plastic bag	Disposal of blood soiled dressings
2	Tricose Dressings 7.5cm X 7.5cm	Cover Wound - No stick dressing (For Protection of Larger wounds)
1	Cutinova Thin 5.0cm X 6.0cm	Hydro (Water) active Wound Dressing - For Blisters & open wounds (Place Directly over cuts for blood rule problems)

RECOMMENDED EXTRAS

1	Sports Injuries Pack	Cold Pack, & Compression Bandage for initial Treatment of Soft Tissue Injuries Rest .Ice .C.ompression Elevation .R.eferral
1	Tubular Support	Knee/Arm dressing Retains dressing in place & gives compression
1	Sun screen 15 Plus	Protection from Sun & Ultra Violet Rays
1	Water bottle	Fluid replace
1	Resuscitation Mask	Coaches Should have received recent training in use

***Please make sure you replace any products used
All Items are available at your Local National Pharmacies Store***

