

# PERSONAL SPORTS FIRST AID KIT

	PRODUCT	USED FOR
1	<b>Conforming Gauze Bandage 2.5cm (Small)</b>	To Secure dressing in place
1	<b>Conforming Gauze Bandage 5.0cm (Medium)</b>	To Secure dressing in place
1	<b>Conforming Gauze Bandage 7.5cm (Large)</b>	To Secure dressing in place
1	<b>Leukopor tape 1.25cm</b>	Secures Dressing - ideal for sensitive skin
1	<b>Leukoplast tape 2.5cm Non Stretch</b>	Rigid Strapping Taping of Joints
2	<b>Betadine Swab sticks</b>	Cleaning Wound - Antiseptic
2	<b>Latex Gloves</b>	Hygiene
1	<b>Scissors Stainless Steel</b>	Cut Dressings and bandages
1	<b>Forceps Stainless Steel</b>	(Tweezers) for Splinter Removal - (Keep Sterile)
1	<b>First Aid Strips pkt 24's</b>	Minor Cuts/Abrasions
1	<b>Leukostrip 6mm X 76mm</b>	Wound Closure Strip - eg cut above eye
1	<b>Tissues</b>	Personal
1	<b>Cutiplast Dressing 7.2cm X 5.0cm (Medium) Adhesive</b>	Wound Dressing - For covering of minor cuts
1	<b>Cutiplast Dressing 10.0cm X 8.0cm (Large) Adhesive</b>	Wound Dressing - For covering of larger cuts
2	<b>Tricose Dressing 5.0cm X 5.0cm</b>	Cover Wounds - (For Protection of Larger Wounds) - Non stick dressing
1	<b>Plastic Bag</b>	disposal of blood soiled dressings

### ***Recommended Extras***

	<b>Sports Injuries Pack</b>	Cold Pack & Compression Bandage For Initial Treatment of Soft Tissue Injuries Rest Ice Compression Elevation Referral
	<b>Tubular Support Bandage Size D</b>	Knee/Arm dressing Retains Dressings in Place & gives compression
	<b>Sun screen 15 Plus</b>	Protection from sun & Ultra Violet Rays
	<b>Water Bottle</b>	Fluid Replacement

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