

WELLNESS UPDATE 2002, #7

SUGGESTED EMERGENCY, TRAINING KIT & EQUIPMENT KIT SUPPLIES

It is important for safety of all athletes that appropriate supplies and equipment for first-aid treatment are readily available. **Having the proper items quickly available can be made easier by having designated locations for all first-aid supplies and equipment. Posting a printed list of the most commonly used and necessary items next to these locations will make inventory much easier.**

Most people understand the importance of having first-aid supplies and equipment readily available, but the proper stocking of routinely used items in training and equipment kits may seem insignificant. **Post a printed list of the most commonly used and necessary items on the inside of the kit to assist anyone stocking the kit in doing an adequate job.** The school nurse may be very helpful in determining which first-aid supplies are needed and from which company they may be ordered. These kits should be available at all practices and games. During the "heat of the battle" having the proper equipment and supplies readily available may not only save time, but also additional pain and suffering.

As well as having supplies available to treat injured athletes, **OSHA regulations require that blood borne pathogen supplies be available** whenever it could reasonably be anticipated that a school employee could come in contact with blood. The following suggestions are made to assist schools and coaches in the planning of which items to have available in training or equipment kits, and for emergencies.

SUGGESTED EMERGENCY SUPPLIES AND EQUIPMENT

The items listed are only suggestions. You may need fewer or more items than listed.

Air splints or other splinting material

Antiseptic wipes (*To clean open wounds or remove blood from someone's skin.*)

Arm slings or triangular bandages

Adhesive "trainers" tape

Back board (*Especially in the swimming pool area.*)

Change (2 quarters and 2 dimes for a pay phone.)

Disposable wipes, ie. paper towels (*For cleaning blood from any surfaces.*)

Elastic Wraps (Most common sizes are 3", 4", or 6".)

Emergency calling guidelines sheet (*This sheet should include phone numbers and proper calling procedures.*)

Emergency care guidelines sheet (*This sheet should contain step by step care procedures to follow in an emergency.*)

Health and safety cards (*These cards should contain pertinent phone numbers for each athlete and any information regarding allergies or other pertinent medical information. These 3" x 5" cards are available from the Athletic Association.*)

Instant cold packs (*When using these instant packs always place a towel between the pack and any exposed skin. The chemical reaction can cause skin burns. Instant packs are not necessary if ice is **ALWAYS** readily available.*)

Plastic trash bags (*These bags can be used for the disposal of all waste including items contaminated with blood. They can also be used to transport any soiled items to be laundered. Any bags containing blood contaminated items should be marked as such.*)

Pocket mask for CPR (*Everyone trained in CPR should be trained in the use of the mask. The Iowa High School Athletic Association suggests that all coaches be trained in CPR.*)

Protective gloves (*These should be worn anytime one may come in contact with another person's blood or body fluids containing blood. They should also be worn when rendering first-aid to anyone with an open wound.*)

Sterile gauze pads (*Assorted sizes should be available for cleaning and covering wounds.*)

Surface disinfectant (*A disinfectant should be available for cleaning any surface contaminated with blood or other body fluids containing blood.*)

Tape scissors

Wire or bolt cutters (*In an emergency these may have to be used to cut away the plastic clips holding the face mask to a football helmet. Be sure they are heavy duty enough to do that. There are specific cutters designed for face mask removal.*)

SUGGESTED TRAINING KIT SUPPLIES

The items listed are only suggestions. You may need fewer or more items than listed.

Adhesive "trainers" tape

Analgesic sports balm (*It may be a good idea to avoid "Red Hot", Atomic Balm" and those sorts of products. When covered with clothing or an elastic wrap they may become too hot and irritate or burn the skin.*)

Antibiotic ointment

Antifungal spray

Antiseptic wipes (*To clean open wounds or remove blood from someone's skin.*)

Band-Aids (*Assorted sizes ranging from 3/4" to 2"*)

Change (*2 quarters and 2 dimes for a pay phone.*)

Cotton (*Cotton balls or cotton rolls from a dentist work very well for nose bleeds.*)

Disposable wipes, ie. paper towels (*For cleaning blood from any surfaces.*)

Elastic wraps (*The most common sizes are 3", 4", or 6"*)

Emergency calling guidelines sheet (*This sheet should include phone numbers and proper calling procedures.*)

Emergency care guidelines sheet (*This sheet should contain step by step care procedures to follow in an emergency.*)

Foot powder (*This can be very important for the prevention and treatment of blisters.*)

Health and safety cards (*These cards should contain pertinent phone numbers for each athlete and any information regarding allergies or other pertinent medical information. These 3" x 5" cards are available from the Athletic Association.*)

Instant cold packs (*When using these instant packs always place a towel between the pack and any exposed skin. The chemical reaction can cause skin burns. Instant packs are not necessary if ice is **ALWAYS** readily available.*)

Nail clippers or manicure scissors

Padding (*Felt, foam rubber, or something similar is excellent for covering bruises.*) Plastic ice bags

Plastic trash bags (*These bags can be used for the disposal of all waste including items contaminated with blood. They can also be used to transport any soiled items to be laundered. Any bags containing items contaminated with blood should be marked as such.*)

Pre-wrap

Protective gloves

Skin lube (*This can be very important for the prevention and treatment of blisters.*)

Sterile gauze pads

Surface disinfectant (*A disinfectant should be available for cleaning any surface contaminated with blood or other body fluids containing blood.*)

Tape adherent, ie. Tuf-Skin

Tape scissors or tape cutter

Tape remover (*Tape remover should be used to remove any tape residue before the use of soap and water in the shower. Doing this on a daily basis will all but eliminate skin rashes due to the application of tape.*)

SUGGESTED FOOTBALL EQUIPMENT KIT SUPPLIES

The items listed below are only suggestions. You may need fewer or more items than are listed.

Belts *(At least one long enough to fit the waist of the largest player.)*

Chin straps *(If two different styles are being used, have both kinds available.)*

Chin strap snaps *(When replacing these snaps on the chin straps be aware that there is a right way and a wrong way to attach them. When put on correctly the little teeth will keep them from sliding off.)*

Helmet hardware *(Primarily snaps for attaching the chin strap, and screws and clips for holding the face mask in place.)*

Mouth guards

Pliers *(A regular pliers and a needle nose are often useful)*

Screw Drivers *(Phillips and Standard)*

Shoulder pad strapping *(If two different widths are used, have both widths available.)*

Shoulder pad hardware *(Especially fasteners for attaching the shoulder pad straps to the front of the shoulder pads.)*

Shoe laces *(Have various sizes available as these may also double as shoulder pad laces.)*

Shoulder pad laces *(Round laces are sometimes easier to lace through shoulder pads. Shoe laces can be used in place of these.)*

Wire or bolt cutters *(In an emergency these may have to be used to cut away the plastic clips holding the face mask to a football helmet. Be sure they are heavy duty enough to do that. There are specific cutters designed for face mask removal.)*

Questions and comments regarding suggested supplies and equipment for high school athletics, or other areas of student-athletes' wellness are welcomed and encouraged. They should be addressed to Alan Beste, Administrative Assistant for the Iowa High School Athletic Association. (515) 432-2011. <abeste@iahsaa.org>

SOURCE: Arnheim, Daniel D. Modern Principles of Athletic Training, St. Louis:Times Mirror/Mosby College Publishing.