



# FIRST AID KIT ASSIGNMENT

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As an NLS candidate, you already have first aid training well above that of the average person. I would hope that in an emergency occurring outside of aquatics, you would volunteer your assistance to those who may need it (that nagging moral obligation, right?). Having some equipment available (In the back of your car for example) can be incredibly helpful in any first aid situation.

Your assignment is to create a first aid kit that you can take away with you at the end of the course and perhaps use in a real emergency. The only rule is that **you cannot spend any more than \$15** out of your own pocket.

To make a truly great first aid kit, **BE CREATIVE!!** For the kit itself, use an old lunch kit, a fanny pack, or a small backpack, or something similar. The kit should be something that can be closed, does not take up a lot of room, and is somewhat durable (a cardboard box wouldn't be very good if it gets wet).

For content you can cut triangular bandages out of old bed sheets. Dollar stores have lots of little first aid items like boxes of bandaids and gauze. If your parents work in the medical field, they may be able to get you some supplies for free. Raid your bathroom cabinet to see if there's anything you can "borrow."

Use the internet to find out some items that you could include. A basic first aid kit SHOULD have most of the following:

- Triangular Bandages (135cm x 96cm x96cm is pretty standard)
- A few safety pins
- Sterile Gauze
- Several pairs of latex or vinyl gloves
- Bandaids
- Water bottle that can dispense water slowly
- Tensor Bandage and/or gauze roll
- Tape
- Disinfectant/Antiseptic of some kind
- Eye Rinse Cups (fast food ketchup containers work great)
- Some form of sugar (for a diabetic)
- Q-Tips
- + whatever else you would like to have in it!

*You will present your first aid kit to the class on the due date*