

First Aid Kit – Contents

Item	Amount
Gloves	5 pairs
Alcohol wipes	5
Scissors (Tough Cuts)	1
Tape (Transpore)	1
Medium Swabs	5
Large Swabs	3
Saline (Sachet or plastic bottle)	3
Crepe Bandage (6cm x 4m)	5
Waste bag (Clinical – yellow)	2
Ice pack	3
Range of size Plasters	1

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<p>Unresponsive C – Catastrophe Bleeding Apply Pressure/Stop Bleeding A – Airway Open Airway – Consider Spine B – Breathing Rescue Breaths C – Circulation Chest Compressions</p>	<p>Confirm No Breathing Commence CPR 30:2</p>
<p>Head Injury – Very High Suspicion RED Flag signs: Deterioration in LOC Unconscious > 5 mins Skull fracture Persistent vomiting/headache Fitting Lack of supervision Children</p>	<p>Any RED flags → 999 Otherwise monitor and NEVER leave alone. If unconscious ensure patent airway and maintain neck alignment - 999</p>
<p>Head Injury – Concussion Headache Dizziness Nausea What venue are we at today? Feeling “dinged”, Stunned or “dazed” Which half is it now? Ringing in ears Double vision Who scored last in this match? Unsteadiness/loss of balance What team did we play last week? Confusion Seeing stars Did your team win last week?</p>	<p>Any symptoms found remove player from playing field for further medical evaluation</p> <p>Any question answered incorrectly then remove player from playing field for further medical evaluation</p>
<p>Breathing Difficulties RED Flag Signs: Trauma to chest or head Sensitivity reaction Asthma/respiratory illness – unresponsive to medications</p>	<p>Any RED flags → 999</p> <p>CABC Patient position – sit up and comfortable Patients medication</p>
<p>Fractures/Dislocation RED Flag signs: Open Significant Bleeding Cold Reduced feeling Pallor</p>	<p>Any RED flags → 999</p> <p>Splint Pain relief Hospital</p>
<p>Wounds Clean with sterile water and swaps. Assess. Dress with swap (damp) and tape/bandage/plaster ?Hospital</p>	<p>Do NOT close wound on any account. Send to Hospital.</p> <p>Consider Tetanus and sensitivities</p>
<p>Sprain/Strain Protect, Rest, Ice, Compression, Elevation Pain relief</p> <p>Consider clinical assessment</p>	<p>Able to weight bear? If NOT consider Hospital</p>

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