

Appendix 1 – First-aid Kit

A complete first-aid kit is essential. This kit must be carefully prepared in order to treat the most common injuries. Furthermore, it must be accessible to those responsible for the team. Here is a list of what a first-aid kit should contain.

Content	Use
Medical record	<ul style="list-style-type: none">◦ important information in case of an emergency
Disinfectants	
<ul style="list-style-type: none">• soft antiseptic soap• antiseptic cream• antiseptic solution• peroxide	<ul style="list-style-type: none">◦ all skin lesions◦ laceration requiring cleaning before a dressing can be applied
Dressings	
<ul style="list-style-type: none">• ocular• aseptic (sterile gauze, 50, 75, 100mm rolls)• adhesive bandages (“Band-Aid” type and butterfly closures)• elastic bandages (100 and 150mm)• triangular bandages and safety pins	<ul style="list-style-type: none">◦ cover and close the eye◦ dry compression◦ protection of minor lesions◦ compression◦ multiple uses but primarily to act as an arm support in case of a fracture
Drug products and ointments	
<ul style="list-style-type: none">• zinc ointment• xylocaine spray	<ul style="list-style-type: none">◦ scratches or blisters◦ sore burns
Other useful items	
<ul style="list-style-type: none">• cleaning solution for foreign bodies• scissors• tongue depressor• body temperature thermometer• chemical cold bags (if you don’t have access to real ice)• plastic bags• phone number list (cell phone, pen, quarters, paper, participants’ emergency records)• tools• adhesive tape (37.5mm)	<ul style="list-style-type: none">◦ dislodge foreign bodies◦ common use◦ multiple uses◦ check body temperature in case of trauma◦ for ice cubes◦ ensure quick response◦ minor repair of equipment◦ support wounded joints