

5.0 FIRST AID KIT

A Hockey Trainer must always have a fully stocked first aid kit on hand during all games, practices and off-ice training sessions. This helps to ensure that you are prepared to respond to any illnesses, accidents or injuries that may occur. The best kit is one which contains only the supplies that you use most often. There is no reason to carry a wide variety of items, if you do not know how to, or are not qualified to use such items.

Remember, the Hockey Trainer should not administer medication of any kind to a player.



The following is a recommended list of items that you should include in your first aid kit. Whenever you use an item you should replace it immediately to ensure that your kit remains fully stocked.

| Amount | Item | Application |
|---------------|--|--|
| 1 | Soft, sturdy kit/box | A durable waterproof kit which holds all your supplies in one place and is easily transportable. |
| 1 roll | Pre-Wrap | Covers & protects skin when taping an injury. |
| 2 rolls | 1 1/2" Athletic Tape (low grade) | Protects exposed injuries and provides support for injured joints. |
| 2 - 4 | Tensor bandages- 2", 4" or 6" | Use for injury support and compression over soft tissue injuries. The size of the injured area dictates the appropriate tensor size. |
| 2 | 40" cotton triangular bandages (slings) | Use for injury support/slings or to apply pressure. |
| 1 bag | Sterile cotton tipped applicators | Use to clean wounds. |
| 1 box | Knuckle dressings | Cover cuts in unusual areas – knuckles, web spaces, etc. |
| 1 box | Fingertip dressings | Cover cuts on finger tips. |
| 2 boxes | Elastic stretch strips in assorted sizes | To cover all minor skin wounds – blisters, lacerations. |
| 10 | Sterile pads (non adhering) | Used to cover cuts and abrasions. Non adhering so they will not stick to the wound. |
| 10 | 4" X 4" gauze | To control bleeding and cover wounds – use over non adherent dressings. |
| 1 roll | 4" stretch gauze | Covers & compresses wounds. |
| 1 container | Petroleum Jelly | Use to reduce friction in the case of blisters. |
| 4 - 8 | Ziploc plastic bags (various sizes) | Hold ice, contaminated or bloody materials - gloves, compresses, etc. |
| 1 pair | Bandage scissors | Cut dressings, tape, equipment, etc. |
| 10 pairs | Barrier protection gloves | Medical non latex gloves must be worn at all times when attending to an injured player (see Special Considerations following page) |
| 1 container | Hand Sanitizer or wipes | Alcohol based. Ensures clean hands when dealing with injuries or when immediate access to hand washing is not available. |
| 1 | Pocket mask | Use when there is mouth to mouth contact for CPR or artificial respiration. |
| 1 | Note pad/pencil | Use to take notes (or write reminders for yourself) and record injuries. |
| 2 | Working pens | |
| | Ice | Apply to soft tissue injuries. |