

First Aid

One of the most important things that we as RACES/ARES members can do to help other people is to be prepared for all emergencies. Probably, the most overlooked rule in caring for someone else is to care for ourselves first. As selfish as this sounds, it makes so much sense. How good do we think we can care for someone else if we ourselves were in need of assistance? We prepare our radio equipment for any emergency, but many times we overlook the body of the operator who will run the radio.

Think what would happen if we hurt the hand that holds the mike or the key. Blood all over the equipment makes for sticky QSO's, and possibly short circuited communication. A simple item that should be in all of our emergency supplies is that of a "Disaster First-Aid Kit".

Below you will find a list of items that Marie and I would suggest you consider keeping in the kit that you put together.

1. The container. (We suggest a Plano fishing tool kit bag available at Walmart for under \$10. It has a main section and 3 outer zippered pockets.)
2. 5 to 10 4x4 Gauze pads (sterile)
3. 2 to 3 Gauze rolls (non-sterile)
4. 15 to 20 band aids in different sizes.
5. 1 to 2 rolls of athletic or medical tape.
6. 3 to 5 abdominal dressings. (You will use these in a real disaster !!!)
7. 1 to 2 bottles of Hydrogen peroxide.
8. 1 to 2 elastic bandages.
9. Zip lock bags (sandwich size).
10. Medicines that you normally take as prescribed by your doctor. Other medicines include: Tums Maalox, Imodium, Benadryl, etc.
11. Non-aspirin pain reliever, (like Tylenol)
12. A disposable cold pack. (You break the packet inside and it becomes cold.)
13. Scissors (bandage or paramedic style only!!!)
14. A small sewing or pinning needle. (For assisting in removing splinters.)
15. A small flash light with batteries taped to the side.
16. 2 to 3 triangular bandages.
17. 3 to 4 Safety pins.
18. 10 alcohol preps. (To clean your scissors or needle before you use them.)
19. First aid manual.

If you have not taken a first aid class, don't delay! The life you save or just make better may be someone in your family.

Best regards,
Gregg & Marie Attarian, R.N.
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