

Sports Basic First Aid Kit – Belt Pack

B17

A handy Belt Pack for common sporting injuries, in environments where multiple injuries do not normally occur.

The belt pack is a convenient on-person kit for first aiders and individual sports people in training situations, such as cyclists, joggers, rollers.



Item	Qty	Use
Adhesive Dressing Strip – 6cm x 1 metre.	1	Minor wound cover - cut to suit.
Antiseptic Wipes - Cetrimide	3	Wound cleaning.
Bag - Plastic (small)	1	For soiled dressings.
Bandage – Conforming 5cm	1	Secure dressing.
Bandage – Crepe 7.5cm	1	Hospital quality for securing dressings.
Bandage – Triangular 90 x 90 cm	1	As a sling and/or wound padding.
Cold Pack - Instant (Single Use)	1	Reduces swelling/pain.
Dressing – Non Adhesive 7.5 x 7.5 cm	1	Wound cover.
Dressing – Non Adhesive 7.5 x 10.0cm	1	Wound cover.
Dressing – Wound No. 14	1	Cover/padding for serious bleeding.
Eyewash Saline – 15ml Ampoule	2	Eye and/or wound irrigation
First Aid Instructions	1	First aid information.
Gloves Latex - Large (Pair)	2	Cross infection protection.
Safety Pins	5	Secure bandages/dressings
Scissors – Sharp/Blunt	1	Cutting bandages and/or tape.
Swabs - Gauze 7.5 x 7.5cm (Pkt 3)	1	Wound cleaning.
Tape - Zinc Oxide 2.5cm	1	Secure dressings.
Tweezers - Nickle Plated 7cm	1	Handling dressings/ remove splinters.
Wound Closure Strips 76 x 4mm (Pkt. 4)	1	Adhesive sutures e.g. cuts above eye.

The contents of kits may vary slightly from time-to-time, but the applicability of each kit to its purpose will remain.