

Sports First Aid Kit – Team Essentials

B18

- ◇ **A medium size first aid kit, containing essential items for common sports injuries.**
- ◇ **Ideal for low risk team sports.**



Item	Qty	Use
Adhesive Dressing Strip – 6cm x 1 mtr	1	Minor wound cover - cut to suit.
Adhesive Strips – Fabric (latex free)	20	Minor wound cover.
Antiseptic Wipes - Cetrimide	6	Wound cleaning.
Bag - Plastic (small)	3	For soiled dressings.
Bandage – Crepe 5cm	1	Hospital quality for securing dressings..
Bandage – Crepe 7.5cm	1	Hospital quality for securing dressings.
Bandage – Crepe 10cm	1	Hospital quality for securing dressings.
Bandage – Triangular 110 x 110 cm	1	As a sling and/or wound padding.
Cold Pack - Instant (Single Use)	2	Reduces swelling/pain.
Dressing – Combine Pad 9 x 20cm	1	Wound cover pad.
Dressing – Non Adhesive 7.5 x 7.5 cm	2	Wound cover dressing.
Dressing – Non-adhesive 10 x 7.5 cm	2	Wound cover dressing.
Dressing – Wound No. 14	1	Cover/padding for serious bleeding.
Eyewash Saline – 15ml Ampoule	3	Eye and/or wound irrigation
First Aid Instructions	1	First aid information.
Forceps - Plastic	2	Handling dressings.
Gloves Latex - Large (Pair)	5	Cross infection protection.
Safety Pins	5	Secure bandages/dressings
Scissors - Sharp/Blunt	1	Cutting bandages and/or tape.
Splinter Probes - Disposable	5	Removal of splinters.
Swabs - Gauze 7.5 x 7.5cm (Pkt 3)	3	Wound cleaning.
Swabs - Alcohol	5	For cleaning of instruments.
Tape - Zinc Oxide 2.5cm	1	Secure dressings.
Thermal Accident Blanket	1	Retains body warmth.
Towels – Disposable	3	Mopping up/drying hands.
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.