

let's **talk** safety

The Health & Safety Institute (HSI) delivers a suite of products and services to help businesses, emergency services and individuals improve safety, health and compliance through scalable, technology-powered solutions to fit any organization.



train

Emergency Care Teaching and Training

act

Workplace Training and Compliance Tools

learn

Continuing Education for EMS Professionals

know

Chemical Compliance and Management Services

Consider including items such as:

Wilderness First Aid Kits

When traveling in a group, have a group kit with adequate supplies for the number of people attending. Encourage each member to pack and carry a personal first aid kit with high-use items as well.



DO:

- Check the contents of your kits and repack them before every trip
- Pack items in disposable plastic bags or protective containers
- Ensure items are easy to open, labeled and latex-free

DO NOT: Pack items you do not know how to use



- Oral glucose
- Aspirin and NSAIDs
- Antihistamines
- Antidiarrheals and stool softeners
- Electrolyte powdered drink mix
- Topical pain relief and hydrocortisone creams
- Triple antibiotic ointment
- Saline
- Adhesive, conforming roller gauze, triangular and butterfly bandages
- Dressing and dressing pads
- Iodine and alcohol pads
- Adhesive tape
- Moleskin
- Soap and hand sanitizers
- Tweezers, safety pins and first aid scissors
- Non-latex disposable gloves
- CPR mask or shield
- Sunscreen and SPF lip balm
- Sealable plastic bags
- Gel pads for blisters or burns
- Chemical cold and/or packs
- Irrigating syringe
- Emergency blanket



ULTIMATELY...

your knowledge and skill in first aid care is more valuable in an emergency than the contents of your first aid kit. Get the training you need with ASHI's *Wilderness First Aid* program.

AMERICAN SAFETY & HEALTH INSTITUTE | MEDIC First Aid

Summit Training Source

CLMI SAFETY TRAINING

IVID learning systems

24-7 EMS | 24-7 FIRE

SafeTec

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