



QUARTERMASTER

Lesson Seven: First Aid Kits



Whilst not a direct Quartermaster responsibility – if left to everyone else, this would quickly just become an empty box of little use to anyone.

So, what should be in a First Aid Kit?

Actually, there is no standard list of what to put into a first aid kit, as it depends on where you are and what you are doing – and what the risks are seen to be. As an example, in a bicycling first aid kit you might consider to include an eye wash – for when you get a fly or piece of dirt in the eye.

Some items that are generally considered to be in a “standard workplace” first Aid kit are:

- a leaflet giving general guidance on first aid
- 20 individually wrapped sterile adhesive dressings (assorted sizes);
- two sterile eye pads;
- four individually wrapped triangular bandages (preferably sterile);
- six safety pins;
- six medium-sized (approximately 12 cm x 12 cm) individually wrapped sterile unmedicated wound dressings;
- two large (approximately 18 cm x 18 cm) sterile individually wrapped unmedicated wound dressings;
- at least one pair of disposable gloves.

(Source: Health & Safety Executive, 2008)

The Scout Association recommend the following:

- Cotton wool
- Adhesive plasters (small (assorted) packets)
- Crepe bandages (7.5cm)
- Sterile dressings (various sizes)
- Triangular bandage B.P.
- Adhesive tape (e.g. Micropore)
- Thermometer
- Cotton conforming bandages (e.g. 'Kling') 7.5cm
- Small bowl
- Tissues
- Disposable plastic gloves
- Dressing scissors
- Safety pins
- Tweezers
- Notebook and pencil
- Plastic bag and seal for disposal of soiled dressings
- All dressings, plasters and bandages should be individually wrapped to ensure that they are sterile and checked that they are 'in date'. All equipment should be kept in a dry, clean, airtight box which is clearly labelled and accessible.

(Source: Scout Association Factsheet FS315077: Scout Skills – Simple First Aid)

In addition to all this, you should keep a list of what items should be in the first aid kit and a record book – as well as a pencil or working pen.

What should NOT be in a First Aid Kit?

The Health and Safety Executive state that you should not keep Medicines or tablets within a first aid kit. As a general rule, unless you are qualified or have permission, you should not give lotions, potions or pills to an injured person.

However, there is a need for practicality at camp. If one of your party needs to take a regular medication, then storing it temporarily in the First Aid Kit could make sense. **Of course, you need to clearly mark that it is for a specific person and not for general use.**

Why the Record Book?

We will cover reporting incidents further on, but the record book also provides the quartermaster with information on what equipment has been used – and when. A typical entry should include:

- Date of the incident
- First Aider's name
- Injured Person's name
- What the injury was assessed to be
- What was used to deal with the injury.

In this way, you can see what items need to be topped up.

Reporting Accidents

As quartermaster you would obviously check the First Aid kit – and as such, you can see what has been recorded in the record book. Consequently, it's worth having knowledge of the Scout Association's procedures in regard to reporting accidents.

The Factsheet FS120079 - Accidents - A guide to reporting for Leaders and Commissioners (<http://www.scoutbase.org.uk/library/hqdocs/facts/pdfs/fs120079.pdf>) gives a step by step guide to what you will need to do.

More Information on Simple First Aid:

<http://www.scoutbase.org.uk/library/hqdocs/facts/pdfs/fs315077.pdf>

Exercise

Make your own Pocket First Aid Kit. You will need:

- 35mm film container
- Small paper with name, phone and address
- Band-Aid
- Coins for Phone Call
- Safety Pins
- Paper Tissue
- Needle with Thread
- Bee-Stinger Remover
- Antiseptic Wipe
- Sticky label
- Pen

Clean out the film container

Put the coins at the bottom of the pot

Gently roll the band aid, tissue, wipe with the needle etc inside and slide into the pot.

Close the lid.

Fix the sticky label to the outside of the pot

Use the Pen to write "First Aid Kit" on the outside!

Note: You may well find that you will need to buy small boxes of some of these items (such as the antiseptic wipes).