

First-aid Kit

- Keep a fully stocked first-aid kit in easy reach of teachers, but out of reach of children. Check the kit regularly and restock as necessary.
- Keep ice cubes or ice bags in the freezer to use to reduce swelling of some injuries.
- Do not use first-aid sprays and ointments. They may cause allergic reactions or skin damage. Use alcohol or antiseptic wipes.
- Wear gloves if you might come in contact with blood.
- Keep first-aid supplies handy on the playground by preparing a zip-lock plastic bag to put in your pocket. Stock it with disposable gloves, sterile wipes, gauze wrap, and adhesive bandages.

Include these items in your first-aid kit:

- box of nonporous disposable gloves
- sealed packages of alcohol wipes or antiseptic wipes
- small scissors
- tweezers (for removing splinters)
- thermometer
- adhesive bandage tape
- sterile gauze squares (2 ins. and 3 ins.)
- triangular bandages
- safety pins
- eye dressing
- insect sting preparation
- pencil and notepad
- cold pack
- small splints
- sealable plastic bags for soiled materials

