

FIRST AID KIT CHECKLIST

A well-stocked first aid kit does not have to be large, but it should contain the basic items that may be needed for appropriate care. The following checklist provides a guide for commonly used supplies:

- White athletic tape
- Sterile gauze pads
- Telfa no-stick pads
- Ace bandages
- Band-Aids, assorted sizes
- Foam rubber/moleskin
- Tweezers
- Disinfectant
- Plastic bags for ice
- Coins for pay telephone
- Emergency care telephone numbers
- Medical history cards
- Scissors/knife
- Safety pins
- Soap
- Mouth-opening device



A good rule of thumb for coaches is, "If you can't treat the problems by using the supplies in a well-stocked first aid kit, then it is too big a problem for you to handle."

When fractures, dislocations, severe sprains, back or neck injuries, or lacerations requiring stiches occur, call professional medical assistance. (Reprinted with permission of the USA Hockey Coaching Education Program.)