

# Suggestions for a First Aid Kit

Suggested contents for a medical kit for American Legion Baseball Teams:

<u>Quantity</u>	<u>Materials</u>	<u>Quantity</u>	<u>Materials</u>
20 each	Band-Aids	1 tube	Triple Antibiotic Ointment
1 roll	Moleskin - small	1 can	tape remover - small
2 rolls	3 in. Elastic Bandages	1 can	Tufskin
2 rolls	4 in. Elastic Bandages	1 box	Gauze pads (3 in. x 5 in.)
2 rolls	6 in. Elastic Bandages	1 pair	Scissors
1 can	Tincture of Benzoin	6 rolls	1-1/2 in. Athletic tape
1 each	Callus file	1 roll	Pro-wrap
1 each	Fingernail clippers	1 can	Betadine
1 bottle	Ibuprofen	1 bottle	Disinfectant
1 box	Telfa pad (2 in. x 3 in.)	2 each	Instant cold pack
1 bottle	Rubbing alcohol	1 pound	Heat balm analgesic
1 each	Water jug	1 can each	Powder, foot and body
1 bottle	Eye wash	2 bags	Biohazard materials disposal
6 pairs	Rubber gloves	1 tube	Eye black

Other items that might be included:

1. A needle to break blisters
2. Felt padding to be used as pressure pads
3. Thread and needles for sewing of uniforms, gloves, etc.
4. Tongue depressors to apply ointments
5. Cotton swabs for applying fluids
6. Small flashlight to check eyes
7. Arm sling
8. Quarters and dimes for the telephone in case of an emergency

Note: Commercial companies sell medical kits that contain most of these items. Check with your local supplier.

Managers and Coaches should familiarize themselves with proper First Aid techniques. **Always get professional medical assistance if there is a serious injury.**

Know where the nearest telephone is located at any playing field in case of emergency.

Minor problems such as cuts, scratches, etc., should be tended immediately. In the event of possible fractures, concussions or internal injury, contact the local emergency unit for treatment and transportation to a hospital. If there is any type of head injury, the player **MUST BE** removed from the game.

**DO NOT ATTEMPT TO TRANSPORT** any player who may be suffering from a suspected fracture, head or neck injury, call trained emergency personnel.

Heat exhaustion is a common problem when playing in the summer. Keep ample water available at every American Legion Baseball game and practice session.

In the event of serious injury, have the National Form #2 (Parent's Consent Form) for all players in the possession of the adult accompanying the person to hospital

It is recommended that team Insurance policies and insurance claim forms be in the possession of an adult at any practice or game.