

What's in a commercial fishermen's first aid kit?

Having an industry specific first aid kit can make treating injuries at sea more effective.



Consumables

Extra Strength Non-Aspirin Tablets
Antihistamine
Motion Sickness Tablets
Honey Packets



Bad Accidents

Irrigation Syringe
Bandana
Tourniquet
Hemostatic Agent



Loose Items

Flexible Splint
Space Blankets



Topical

Sunscreen
Antiseptic Wipes
Iodine Swabs
Triple Antibiotic Ointment
Hand Salve
First Aid / Burn Cream



Sprains and Strains

Instant Cold Pack
Triangular Bandage
Elastic Wraps
Self Adhesive Bandaging

★ *A first aid kit is necessary but needs to be supplemented by current first aid and CPR certifications/training.*



Misc. Gear

Pens
Waterproof Notebook
Trauma Sheers
Duct Tape
Quick-Dry Towel
Parachute Cord
Tweezers
First Aid Manual



Flesh Wounds

Moleskin
Rolled Sterile Gauze
Assorted Waterproof Bandages
Gloves
Butterfly Bandages
Gauze Pads
Athletic Tape
First Aid Tape

Know how to use the items in the kit effectively so that you can help an injured fishermen.



For more information about first aid kits, kit items, SOAP notes, organizing a kit building party and extra safety tips visit:

FLIPPresources.org

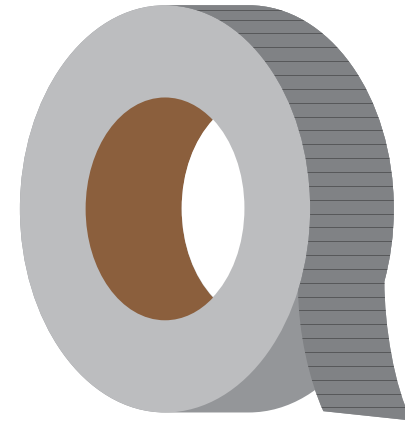


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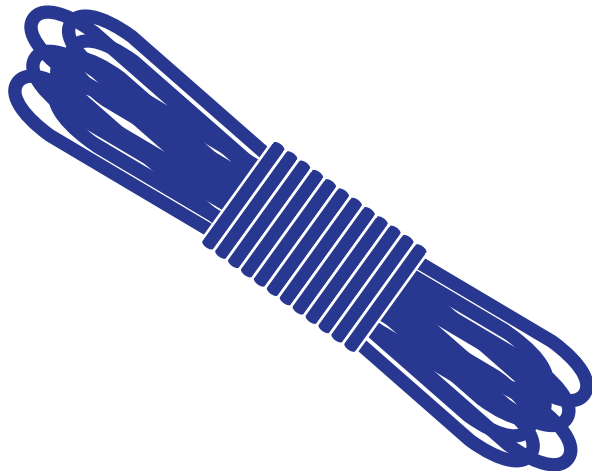




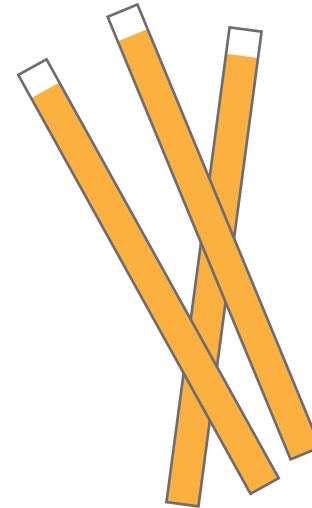
First Aid Kit Items
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Duct Tape



Parachute Cord



Honey Packets



Duct Tape

Strong, heavy duty tape.

When to use?

To repair equipment, emergency immobilization, and many other miscellaneous uses.

Quantity needed?

1 roll per kit.



Fishermen Led Injury
Prevention Program

First Aid Kit Items

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Honey Packets

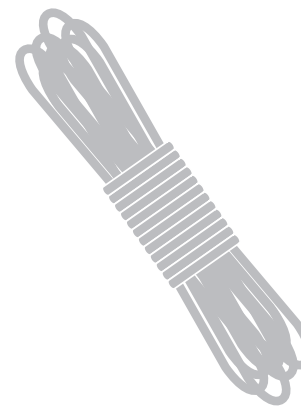
Plastic encased tubes of honey.

When to use?

Quick source of sugar for diabetics. *Note: only for people who can swallow without danger of choking.*

Quantity needed?

4 tubes per kit.



Parachute Cord

100% nylon 750lb parachute cord.

When to use?

Securing loose gear and other miscellaneous uses.

Quantity needed?

One 20 foot cord per kit.



Hand Salve



Waterproof Sunscreen



Microfiber Towel



Waterproof Notebook



Waterproof Sunscreen

Waterproof sunscreen.

When to use?

To prevent sunburns.

Quantity needed?

1 per kit.



Hand Salve

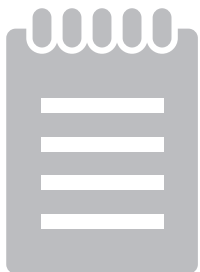
A semi solid mixture of beeswax and extracts in a small tin container.

When to use?

To keep skin hydrated and prevent rough, dry hands.

Quantity needed?

1 per kit.



Waterproof Notebook

A waterproof notebook.

When to use?

Write your SOAP notes here. Can assist on-shore clinicians or rescuers in documenting care.

Quantity needed?

1 per kit.



Microfiber Towel

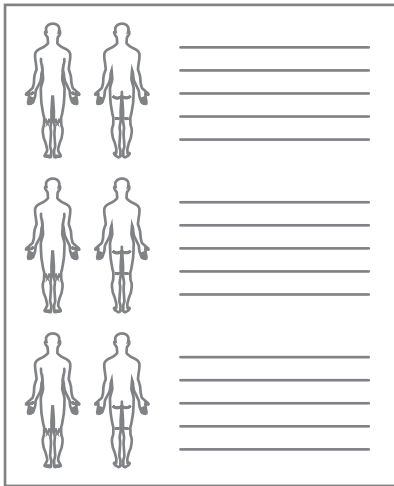
Quick dry microfiber towel.

When to use?

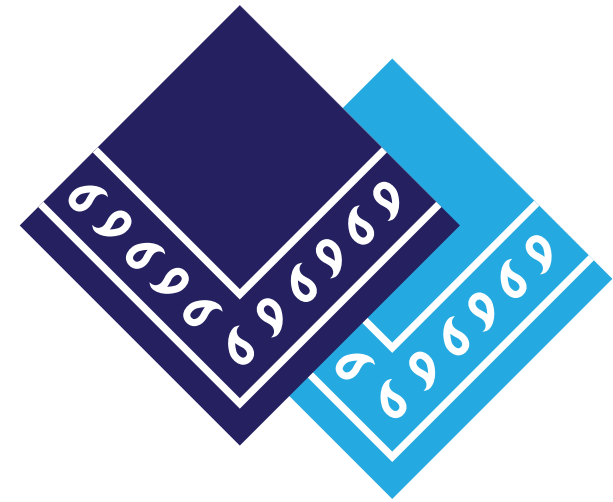
To clean or dry an area when administering first aid.

Quantity needed?

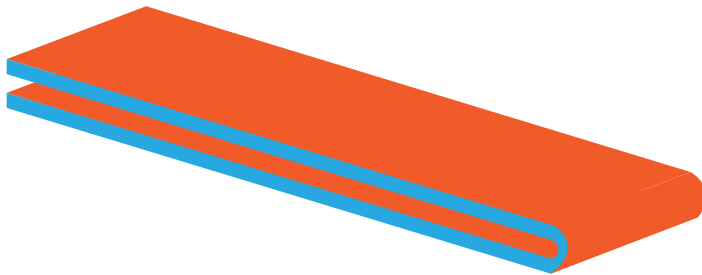
1 per kit.



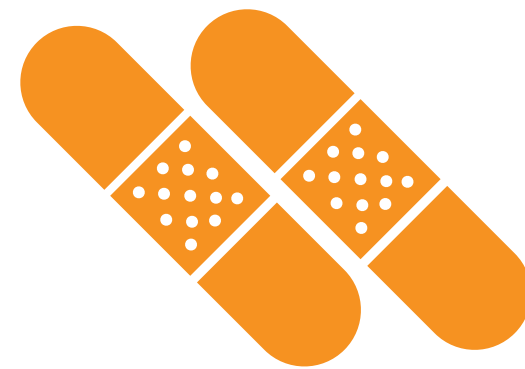
SOAP Note



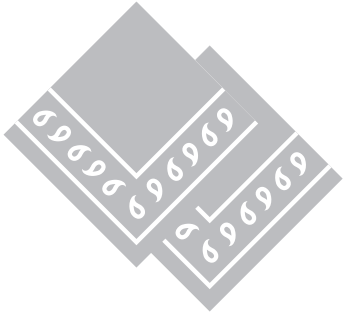
Bandanas



Flexible Splint



Waterproof Bandages



Bandanas

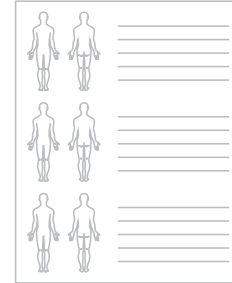
100% cotton cloth bandanas.

When to use?

Can be used as a tourniquet and many other miscellaneous uses.

Quantity needed?

1 per kit.



SOAP Note

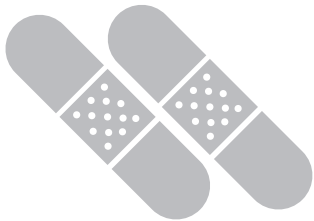
SOAP stands for Subjective, Objective, Assessment and Plan; it is a document that helps record injuries that have occurred.

When to use?

To be filled out during or immediately following an accident or injury in your waterproof notebook.

Quantity needed?

Use your waterproof notebook to record SOAP notes.



Waterproof Bandages

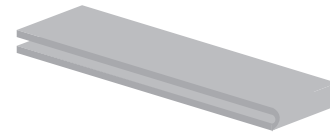
Waterproof assorted size bandages.

When to use?

To cover and protect minor cuts, burns, blisters etc.

Quantity needed?

One 30 pack box per kit.



Flexible Splint

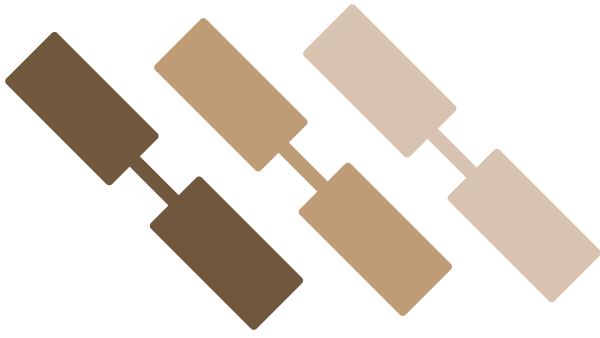
A thin aluminum sheet encased in foam measuring 36" x 4.25".

When to use?

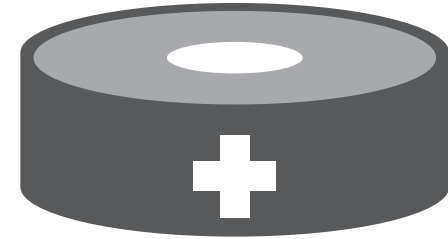
To support a fractured or injured limb.

Quantity needed?

1 per kit.



**Butterfly
Closure Strips**



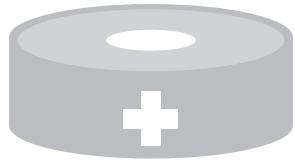
Adhesive Tape



**Motion
Sickness Tablets**



**Triple Antibiotic
Ointment**



First Aid Tape

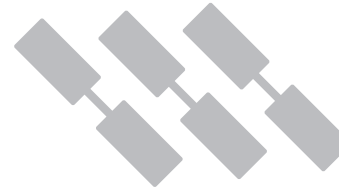
Waterproof tape.

When to use?

To keep bandages in place.

Quantity needed?

1 per kit.



Butterfly Closure Strips

Medium sized latex-free butterfly closures.

When to use?

To protect and secure small wounds.

Quantity needed?

12 closure strips per kit.



Triple Antibiotic Ointment

0.5g individually antibiotic ointment.

When to use?

To prevent infections and promote healing of injury.

Quantity needed?

17 individually wrapped packets or one small tube per kit.



Motion Sickness Tablets

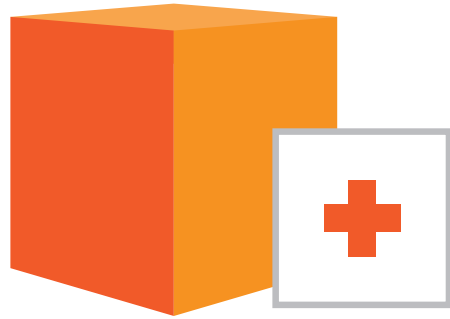
1000 mg tablets of non-drowsy motion sickness medication.

When to use?

To treat motion sickness as needed.

Quantity needed?

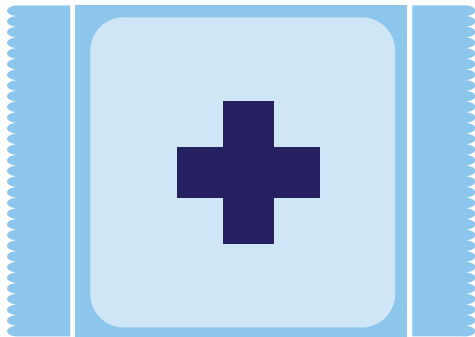
12 capsules per kit.



Antiseptic Wipes



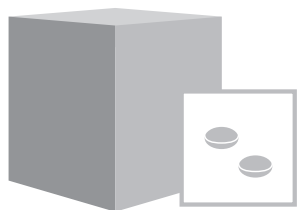
**Extra Strength
Non-Aspirin Tablets**



Instant Cold Pack



Triangular Bandage



Extra Strength Non-Aspirin Tablets

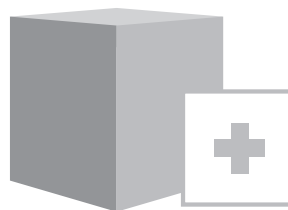
500 mg non-aspirin pain killers.

When to use?

Used to relieve pain and fever.

Quantity needed?

15 individually wrapped packages with 2 pills per package (500 mg per 2 pills), or one small bottle.



Antiseptic Wipes

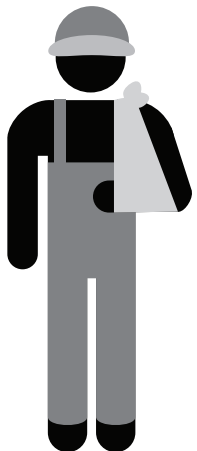
Antibacterial moist towelettes (active ingredient benzethonium chloride).

When to use?

To sanitize hands before treating wounds.

Quantity needed?

8 individually wrapped packets per kit.



Triangular Bandage

100% cotton triangular bandage (each bandage comes with 2 safety pins).

When to use?

A sling that supports a fractured or injured limb.

Quantity needed?

1 per kit.



Instant Cold Pack

Single use product encased in plastic that gets cold when folded in half.

When to use?

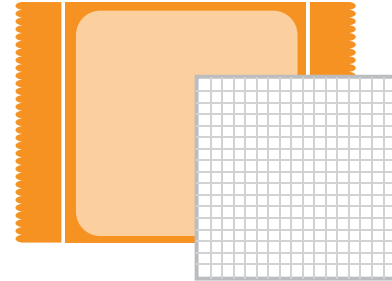
As a cold compress after injury.

Quantity needed?

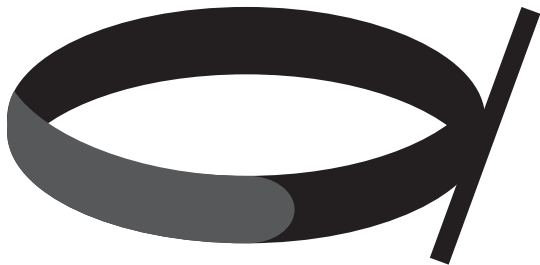
2 per kit.



Space Blanket



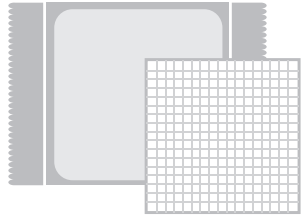
Hemostatic Gauze



Tourniquet



Iodine Swabs



Hemostatic Gauze

Hemostatic agent with anticoagulant properties.

When to use?

To slow major bleeds.

Quantity needed?

1 per kit.



Space Blanket

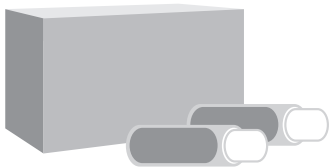
Blankets made of mylar.

When to use?

To keep patients warm.

Quantity needed?

3 per kit.



Iodine Swabs

Single use PVP Iodine antiseptic swabs or q-tips.

When to use?

To prevent infections.

Quantity needed?

4 swabs per kit.



Tourniquet

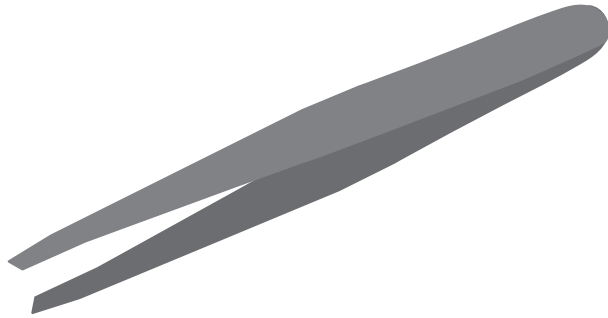
High strength carbon fiber tourniquet (compact size).

When to use?

To slow blood flow in injured limb when direct pressure methods are ineffective.

Quantity needed?

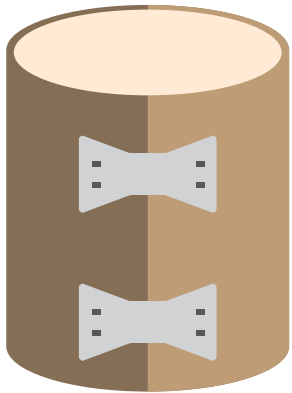
1 per kit.



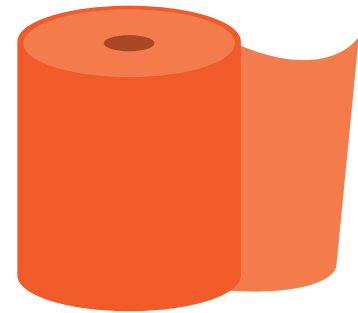
Tweezers



Trauma Shears



Elastic Wraps



Cohesive Bandage Tape



Trauma Shears

Stainless steel scissors with one serrated edge.

When to use?

To cut away clothing or straps that are in the way of rescuers when treating wound. Can also be used to cut other first aid materials such as bandaging.

Quantity needed?

1 per kit.



Tweezers

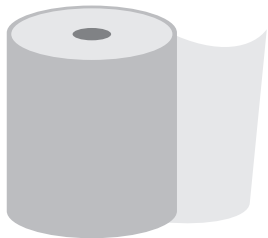
Stainless steel tweezers.

When to use?

To remove slivers, glass etc. from flesh wound.

Quantity needed?

1 per kit.



Self Adhesive Bandage

A cohesive bandage wrapping tape.

When to use?

To protect, secure and compress wounds on top of dressing.

Quantity needed?

2 per kit.



Elastic Wraps

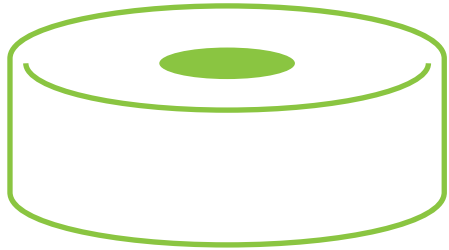
2" x 5 yd Elastic bandage with two fasteners.

When to use?

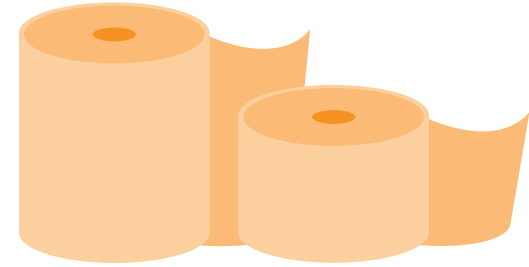
To protect and provide moderate pressure to sprains and strains.

Quantity needed?

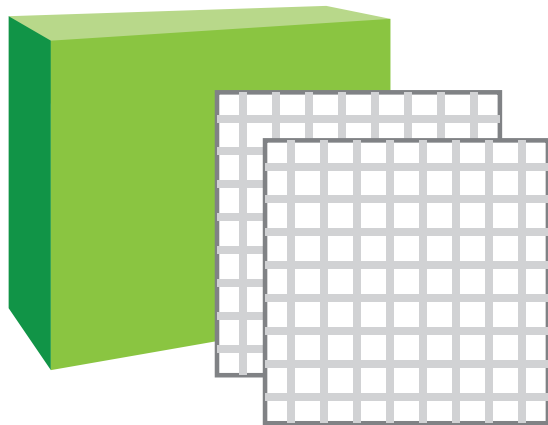
2 wraps, 4 fasteners per kit.



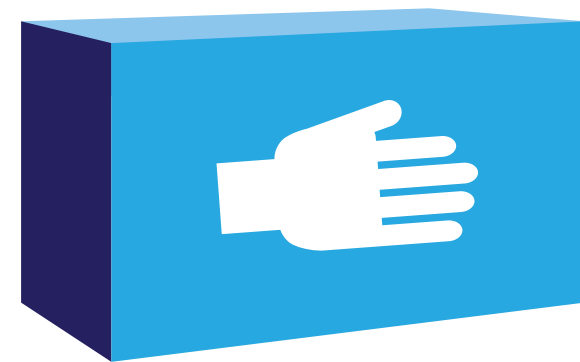
Athletic Tape



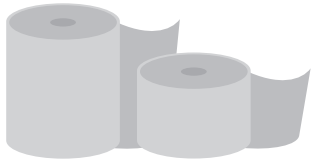
Rolled Sterile Gauze



4x4" Gauze Pads



Surgical Gloves



Rolled Sterile Gauze

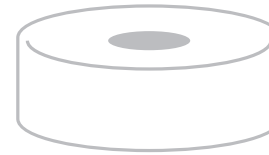
Sterile rolled gauze measuring both 2" x 4.1 yd. and 3" x 4.1 yd.

When to use?

To hold dressings in place and act as a slight compress. Especially useful in hard to bandage places.

Quantity needed?

3 rolls of each size.



Athletic Tape

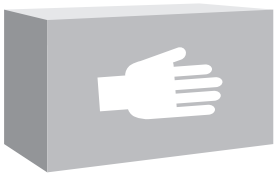
100% cotton athletic tape.

When to use?

Helps protect and prevent injuries on ankles, wrists, hands etc.

Quantity needed?

1 per kit.



Surgical Gloves

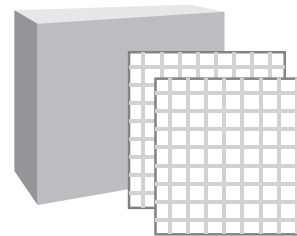
Disposable latex free vinyl gloves.

When to use?

To protect rescuers and injured individual from cross contamination of germs, mucous membranes, broken skin, blood, etc.

Quantity needed?

2 pairs of gloves per kit.



4x4" Gauze Pads

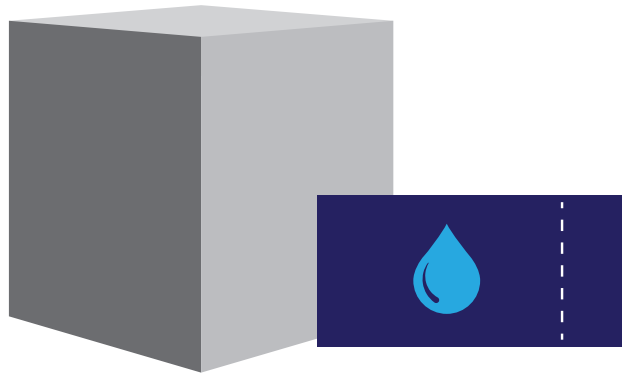
Sterile gauze pad measuring 4x4".

When to use?

To protect and cover wound.

Quantity needed?

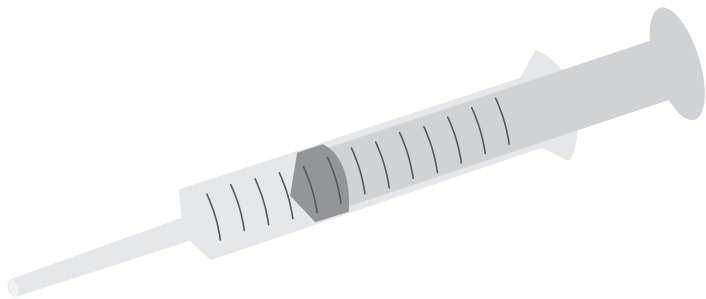
4 pads per kit.



Topical Burn Cream



Antihistamine



Irrigation Syringe



Moleskin



Antihistamine

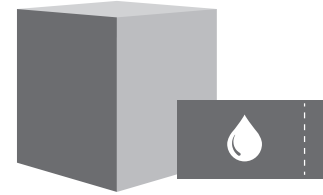
25 mg tablets of dephenhydramine HCl antihistamine.

When to use?

Provides relief from allergies.

Quantity needed?

16 individually wrapped pills or one small bottle per kit.



Topical Burn Cream

0.5g first aid/burn cream packets.

When to use?

To help prevent infection after sustaining a burn. Can also provide temporary pain relief.

Quantity needed?

12 individually wrapped packets or one small tube per kit.



Moleskin

Self-adhesive padding that can be cut to any size.

When to use?

To cover and protect blisters.

Quantity needed?

2 squares per kit.



Irrigation Syringe

Plastic 12cc non dental syringe.

When to use?

To clean wounds.

Quantity needed?

1 per kit.



First Aid Manual



Organizing Supplies



Organizing Supplies

Various sized seal-able plastic bags, rubber bands, and a sharpie.

Quantity needed?

10 bags, 10 rubber bands,
1 sharpie.



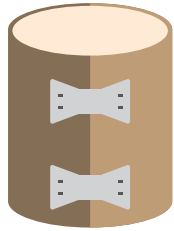
Topical Burn Cream

Use as a reference when treating injuries.

Quantity needed?

1 per kit.

Sprains and Strains



- Instant Cold Pack** 2 each.
- Triangular Bandage** 1 each.
- Elastic Wraps** 2 each.
- Cohesive Bandage Tape** 2 each.
- Athletic Tape** 1 each.
- Adhesive Tape** 1 each.
- Flexible Splint** 1 each.



For more information and resources please visit:

flippresources.org



Oregon State University
College of Public Health
and Human Sciences



Flesh Wounds



- Moleskin** 2 squares each.
- 2" Rolled Sterile Gauze** 3 each.
- 3" Rolled Sterile Gauze** 2 each.
- Assorted Waterproof Bandages**
One 30 pack box each.
- Gloves** 2 pair each.
- Butterfly Bandages** 12 each.
- 4x4 Gauze Pads** 4 each.

Example SOAP Note

Patient Name John Doe **Date** 11 / 1 / 2017

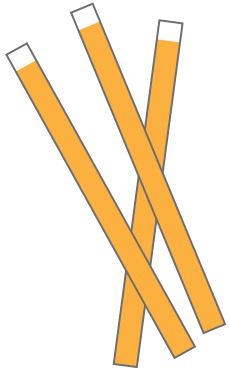
Subjective *smashed finger on crab pot*

Objective *bruising and swelling of the left index finger*

Assessment *limited mobility*

Plan *wrap with tape and have evaluated by doctor when back in port*

Consumables



Extra Strength Non-Aspirin Tablets
15 packets containing 2 pills each.

Antihistamine
16 individually wrapped tablets.

Motion Sickness Tablets
12 tablets each.

Honey Packets
4 plastic encased tubes of honey.

Topical



Sunscreen 1 travel size each.

Antiseptic Wipes 8 each.

Iodine Swabs 4 swabs each.

Triple Antibiotic Ointment
17 individually wrapped packets each.

Salve 1 each.

First Aid / Burn Cream 12 packets each.

Bad Accidents



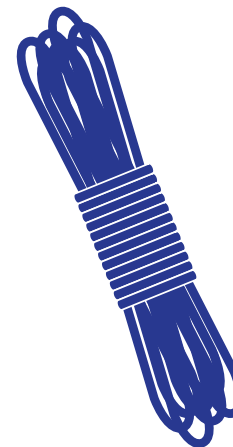
Irrigation Syringe 1 each.

Bandana 1 each.

Tourniquet 1 each.

Hemostatic Agent 1 each.

Misc. Gear



Pens 2.

Waterproof Notebook 1 each.

Trauma Sheers 1 each.

Duct Tape 1 each.

Quick-Dry Towel 1 each.

Parachute Cord One 20 foot rope each.

Tweezers 1 each.

Space Blankets 3 each.