

PREPARING AND PACKING THE MEDICAL KIT

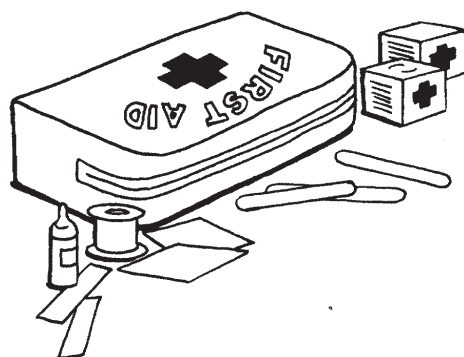
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Coaches, have you ever told your student managers to grab the medical kit before a game and, when the first injury occurred, opened it in horror to find 2 1/2 rolls of tape permanently fused together and nestled on a smashed and leaking chemical cold pack; a tangle of pre-wrap, band-aids and old gauze stuck to the sides of the kit; and what appears to be an Army surplus scissors?

To prevent this from happening, chuck that rusty old box and purchase a plastic fishing tackle box with multiple adjustable compartments. A box that opens from the side is preferable, since it keeps rain from leaking in. Place small items in individual plastic bags to keep them clean and orderly. Don't keep items in your kit that you do not know how to properly use or dispense. We suggest you and your student managers/trainers use the following checklists to be properly prepared for your next contest or practice.

Checklist for your sideline supplies

- ___ Ice chest with ice bags and ice cups
- ___ wraps
- ___ splints
- ___ crutches
- ___ knee immobilizer
- ___ backboard with cervical collar
- ___ table
- ___ water and cups
- ___ squeeze water bottles
- ___ stretcher
- ___ telephone (if available)
- ___ medical kit



Checklist for your medical kit

- | | |
|--------------------------|-------------------------------------|
| ___ 1 1/2" athletic tape | ___ betadine |
| ___ tape scissors | ___ 4 x 4 sterile gauze pads |
| ___ 1" athletic tape | ___ antibacterial ointment |
| ___ skin scissors | ___ roll gauze |
| ___ elastic tape | ___ hydrogen peroxide |
| ___ tweezers | ___ telfa pads |
| ___ pre-wrap | ___ sterile eye wash |
| ___ nail clippers | ___ finger and wrist splints |
| ___ assorted foam | ___ contact lens solution |
| ___ pocket knife | ___ shoulder sling |
| ___ skin lubricant | ___ steri-strips |
| ___ sterile applicators | ___ pen light |
| ___ two 6" ace wraps | ___ tooth preserving pack |
| ___ tongue depressors | ___ analgesic balm |
| ___ two 4" ace wraps | ___ moleskin |
| ___ razor | ___ quarters for pay phones |
| ___ assorted band-aids | ___ emergency phone numbers |
| ___ plastic bags | ___ Special items for athletes with |
| ___ tape adherent | specific medical conditions such |
| ___ alcohol | as diabetes or asthma |
| ___ tape remover | |