



NPGS Niagara Peninsula Geological Society Field Trip Health & Safety Info Sheet First Aid Kit

Instructions for Field Trip participants

Please ensure that you have emergency and/or contact numbers + a list of your medications on your cell phone OR printed on a list (both are better). Contact numbers should be home & office phone numbers for family members, friends, and/or neighbours who can help + your doctors. There are ICE (in case of emergency) apps available for Android & iPhones + iPads.

Also, if you require an EpiPen, please ensure that you have one with you and that the Field Trip Leader is informed (Also see Emergency Medical info sheet).

If an injury happens (whether to yourself or someone else), please try to remain as calm as possible.

If a dire emergency, please call 911 immediately then contact your Trip Leader.

If you need additional assistance and near a vehicle honk the horn or blow a whistle 3 times in quick succession.

Continue to do so every minute until help arrives.

Your Trip Leader should have a first aid kit plus a list of the closest hospitals.

The first aid kit should have everything for minor injuries as well as aid for some major injuries.

Instructions for Field Trip Leaders

Canadian Red Cross and St John Ambulance have First Aid apps for Android & iPhones + iPads. Otherwise, please ensure that you have a copy of the Canadian Red Cross / St John Ambulance First Aid Manual

The first aid kit listed has more items than the usual first aid kit.

This kit is designed to be used in remote areas (has been checked by St John Ambulance). (There are a number of items that you may feel are redundant or embarrassing. Please do your very best not to feel either way.)

When dealing with an emergency, the injured or ill person is the most important person.

Simpler first aid kits - both Red Cross & St John Ambulance have them for sale at the following links - <http://www.redcross.ca/about-us> & <http://www.sja.ca/English/Pages/default.aspx>

Bandages (all types)

- Sterile gauze pads (*large & small*)
- Sanitary napkins
just in case, but also act like sterile gauze & are thicker than gauze
- Gauze tape
- Adhesive tape
- Cohesive or foam tape (*optional*)
- Duct tape (*optional*)
can be a substitute for adhesive tape
- Band-Aids (*small & medium*)
- Elastoplasts
- Butterfly Closures
- Burn plasters

band-aids are a must - the other 3 are more "specialized" (thereby, optional) but are still very handy

- Finger cots
- Roller & triangular bandages
improvise with twigs for splints, which, in turn, means you may need a hatchet / pruning saw
- "Sleeves"
medical sleeves are expensive - substitute with a sleeve from an old sweater
- Safety pins + clasps
- Cotton wool
coupled with tape can be a substitute for eye patches
- Tampons (*nosebleeds, very absorbent*)



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What to use on/with an injury?

- ___ Aloe Vera gel
soothes sunburn, rashes, insect bites, & stings; anti-itch
- ___ Antiseptic wipes (large & small)
- ___ Betadine
antiseptic - mild iodine for cuts, grazes, burns, abrasions, & blisters
- ___ Calamine Lotion
soothes sunburn, rashes, poison ivy & oak, insect bites, & stings; antiseptic, anti-itch
- ___ Eyewash / eye dressings / eye wipes
substitution can be a mild saline solution - water + salt
- ___ Heat & Ice packs - instant
- ___ Honey
heals & soothes cuts, scrapes, wounds, & sunburn; antiseptic, anti-itch
- ___ Hydrogen Peroxide
disinfectant, antifungal, antibacterial, antiviral, antiseptic
- ___ Isopropyl Alcohol
disinfectant - spray bottle is easiest
- ___ Petroleum Jelly
skin protectant; waterproofing
- ___ Vitamin E cream
healing, soothing
- ___ Witch Hazel
antiseptic & anti-itch for pain, swelling, & eye inflammation
- ___ Zinc Oxide cream
soothes sunburn, rashes; antiseptic, anti-itch

Pain Relief / Discomfort

- ___ Tylenol, Ibuprofen, Aspirin, Aleve
pain relief
- ___ Polysporin w/ Lidocaine
antibiotic cream w/anesthetic
- ___ Antacid (Zantac, Pepto-Bismol, Pepcid)
heartburn & acid reflux
- ___ Benadryl
antihistamine pills, anti-itch; soothes allergies; sleep aid
- ___ Gravol
motion sickness, anti-nausea
- ___ Imodium
diarrhea

Essential Oils

Always use essential oils diluted - 10 drops to 100 ml (glass) of water

- ___ Tea Tree Oil
antiseptic, antimicrobial, antibacterial, antiviral, antifungal, anti-inflammatory, anti-itch, treats earaches, insect repellent, natural deodorant
- ___ Lavender Oil
antioxidant, antimicrobial, antibacterial, anti-itch, anti-nausea, heals burns, cuts, scrapes, & wounds, soothes sunburn, alleviates headaches
- ___ Peppermint Oil
antiseptic, antimicrobial, anti-itch, anti-nausea, anti-inflammatory, sunburn relief, soothes tummy upsets, relieves headaches, cooling & calming, natural bug repellent, decongestant
- ___ Clove Oil
antioxidant, antibacterial, anti-inflammatory, antimicrobial, anti-fungal, toothache relief (on a Q-tip is easiest)
- ___ Eucalyptus Oil
Antioxidant, antiseptic, antibacterial, anti-inflammatory, antimicrobial, antifungal, soothes wounds, burns, cuts, abrasions, sores, & scrapes, natural deodorant

Additional Items

- ___ Exacto knife
- ___ Lighter (to sterilize needles)
- ___ Sewing kit w/ needles & w/safety pins
- ___ Q-tips
- ___ Non-latex gloves
- ___ Face masks
- ___ Thermometer (digital)
- ___ Eye dropper
- ___ Tweezers
- ___ Scissors
- ___ Headlamp
if not, then someone holds a flashlight
- ___ Turkey baster
large "syringe" - use to flush or quickly hydrate
- ___ long-tipped enema bottles
use as a flush bottle - long-tip safer
- ___ Dental kit tool

- ___ First aid manual
- ___ Pen & paper
- ___ Emergency sign
- ___ Emergency blanket
- ___ Resealable plastic bags

- ___ Sun tan lotion w/sun block
- ___ After sun cream