

## FIRST AID KIT

While scanning over some chapter newsletters recently, I came across a interesting article from Terry Delapp of FL-1-K2, regarding what every great first aid kit should contain. I grabbed the makeshift kit from my own scooter to compare contents. Sadly, to say, mine was sorely lacking all the good stuff.

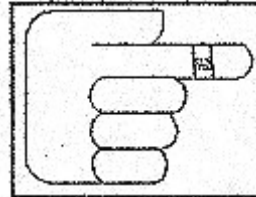
First, let's look at what type of injuries are likely to be sustained by a downed rider or co-rider. Road rash comes to mind first, followed by cuts or burns, broken bones and possibly some degree of shock. With the exception of fractured bones, the average lay person should be able to treat most of the other injuries until the paramedics arrive. Now, let's figure out what is needed to handle the emergency.

Clothing may have to be cut away to reveal a site where bleeding is occurring. For this we need a pair of scissors that have one side with a blunt end, to keep from cutting the patient. Once the site has been exposed you will have to control the loss of blood.

Latex gloves give you protection when working with blood or other bodily fluids. (Keep them fresh as they do deteriorate over time.) A woman's maxi pad will serve to cover a wound and allow pressure to be applied to stop the bleeding. To secure the pad to the site and keep pressure on the pad, two more items should be in your kit. A four inch Ace Bandage roll and a roll of one inch waterproof adhesive tape.

A tourniquet can be made from just about anything you already have: spare battery cables, tow rope, auxiliary air hose, a belt or even a bandanna. (You do carry spare cables and an air hose at all times, don't you?)

To lessen the shock factor, a small emergency thermal blanket that folds up to pocket size can be purchased at most sporting good stores. That should cover the heavy duty emergencies and the smaller problems can be handled just as easily.



Major bug bites or flying road debris require only some cortisone cream and an assortment of various sized band-aids. It might be a good idea to carry some individually wrapped packets of aspirin or Tylenol.

I have included some additional items to my kit. Mylanta and Tums are vital when that breakfast sausage doesn't sit right and a small mouth to mouth rescue breather for performing CPR, should it be necessary. I also added a tube of chap stick.

Most, if not all, of these items can be found at your local drug store. Cost will probably run \$20 to \$25, and you will have a fairly complete first aid kit. If you prefer, you can buy a preassembled kit for about the same cost, only just be sure it has all the stuff you require in it.

Once acquired, what do you store all this stuff in, without spending another \$20 or more? Easiest thing is a medium sized Zip-Lock storage bag. You probably have them around the house routinely and it's easy to see through, allowing quick identification of the items you need. Let's hope we never need to use the kit....Ride Safe,