

## First Aid Kit

---

A first aid kit should be located in each area of the school where there is potential for injury. For example, it would be appropriate to have a first aid kit in the gym, the industrial arts lab and the science lab. When students are participating in activities away from the school, a first aid kit should be placed in an easily accessible location. For sports such as cross-country running or skiing, which take students away from a central location, it may be appropriate for the teacher/instructor to carry basic first aid items in a waist pack.

There is no single recommended list for the contents of a first aid kit. It depends entirely on the type of activity (and thus the type of injuries that might occur) and the skill and knowledge of the people who will be using the kit. For example, there is little point in including tape in a first aid kit if no one in the school knows how to tape sprains and pulled muscles.

The Sports Medicine Council of Saskatchewan sells four different first aid kits (small to deluxe) ranging in price from about \$30 to about \$250. It is easier and less expensive to purchase these prepared kits than to try to assemble a kit by purchasing individual components from a drugstore. These kits can be purchased from:

Sports Medicine Council of Saskatchewan  
2205 Victoria Avenue  
Regina, SK S4P 0S4  
Phone: (306) 780-9208 or (306) 780-9446  
Fax: (306) 780-9416

In addition to selling prepackaged kits, the Sports Medicine Council also provides lists for the recommended contents of taping kits and sideline waist packs.

In general, every gym should be equipped with the following:

- basic first aid items (appropriate to the activity and the first aid skill of the instructor)
- blankets
- emergency phone numbers  taped inside the first aid kit and on the wall by the phone
- readily accessible supply of latex gloves
- outline of accident response plan  taped on wall
- accident/injury report forms

Every first aid kit must be kept fully stocked. One person should be assigned responsibility for checking the contents of the physical education first aid kits regularly (every week) and replenishing the supplies that are used up.