

PEOPLE/PET TRAUMA KIT

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Epie Pen (need RX)
Instant Glucose
Penlight
Cervical Collar
Ace Bandage
Disposable Ice Bag
Tweezers
Sanitary Napkins
3X3 Compress with Tape
Instant Band-Aid
Duct Tape
Good Pair of Serrated Trauma Scissors
Aluminum Blanket
Sterile Water
Saline Solution
AED (Optional)
Water Proof Matches
Aspirin (Humans Only)
Saran Wrap & Vaseline
Paper and Pen
Large Black File Clip
Whistle
Mirror
Gloves
Light Stick
Hand Sanitizer
Dog Leash
Dog Treats

POSSIBLE USES

Allergic Reactions
Severe Allergy Reaction
Diabetic
Head Trauma
Fall or Head Trauma
Bandages or Splints
Sprains or Strains
Splinters Etc.
Large Area of Bleeding
Bleeding
Bleeding or Small Cuts
Make Stretchers, Etc.
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Hydration or Cleanup
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Heart or Stroke
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Record Information
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Getting Help
Getting Help
When Blood is Involved
Light up Dark Area
Sterile Hand Cleaning
Help Lost/Stray Dogs
Help Lost/Stray Dogs

Put all materials in a marked (TRAUMA) back pack. A box is hard to carry in an emergency; you need something you can throw over your shoulders so you have both hands free while responding to the scene.

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This Trauma kit is and can be used as a combination people/pet trauma kit. Many of you think of your pets as kids anyway, so that is a good way to approach their emergency care. There of course are a couple of major differences: two-legged kids can tell you what is wrong and four-legged ones cannot. However, the best first aider for your pet is you because you know them better than anyone and they trust you more than anyone else. Below I will try to separate some of the obvious issues between people and pets and then explain the similarities and how the above list of items can work well with both types of patients.

People:

As a retired firefighter, I learned a long time ago that all emergencies are never black and white. Nothing ever goes by the book, and you need an abundance of common sense to deal with any unforeseen event. First you do whatever you can with whatever you have to work with. About 80% of your work is making the victim feel better and the bystanders, who are sometimes the worst victims because they are in shock and don't usually know what to do. You do this by remaining calm, talk in a reassuring voice and keep reminding everyone that you are going to help. Try never to raise your voice and shout orders - that usually keeps everyone on edge. Try to remain empathetic, it doesn't really matter how it happened or who did it as much as what can we do about it now. And I think the most important thing to remember is to put any learned information to use by visualizing it instead of memorizing the things you learn in class. Because in an emergency you immediately forget your own name and address, much less the steps of CPR, etc, by visualizing the information and thinking about it ahead of time, you put it in your subconscious and are able to pull it out of your subconscious and react to the emergency instead of having to remember a bunch of superfluous numbers and steps.

Pets:

As with children, the best first aid is no first aid - prevention is the key for kids and pets. For example, water balloons for pets and regular latex balloons for small children are a death sentence. Also, please remember that a leash, fence or carrier is your first defense to keep your pet safe. No matter how predictable or well trained your pet is, anything can happen. Bleeding, shock, CPR, choking and all of the first aid problems you hear about with people also apply to dogs. The things you would do to help people are in most cases identical to what you would do to help your pet. Some minor differences are as mentioned above: pets can't tell you what is wrong, but if they are your pet, you pretty much know that they are not acting the same. CPR is almost the same pump and blow that you would do on a person. Choking is identical to what you would do on a child or infant. One big difference is when a dog or cat is injured they may bite or snap because they are scared or in pain. It usually is a good idea to put some type of tie around their muzzle to prevent an accidental bite. For instance, you may use an Ace bandage from the kit above. Since you will be the ambulance, have the address and phone number of the three nearest veterinary facilities or animal hospitals. That information should be kept in your first aid kit, and the kit should always be in your car so if you are home it will be available and if you are on the road it also will be available. If someone is home when you are gone, then you should have two kits. Remember that your loved ones, pets and people, depend on you, so think ahead, be prepared and be cool. Please also remember that you judge your success NOT on whether the victim lives or dies or is further injured; your only judgment should be, under the circumstances, did I do the best I could with what I had to work with? Later on, well after the incident, anyone can say why you didn't do this or that, but none of that matters; only what you did at the time... **THAT'S WHAT COUNTS!**

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***The items and suggested uses are guidelines for your own creative ideas. Emergencies are never black and white so you need to do whatever you can with whatever you have to fix the problem. This kit does not have expensive single use items and chemicals. It is much more useable in a trauma: most run of the mill first aid kits are expensive and not very useful in a real emergency. This kit was put together by a firefighter whose best tool in an emergency is common sense and using simple tools that have multiple uses or making something work with whatever you have on hand.

Common Sense Training

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