

# First-aid kit for your shop

Don't take supplies from your first-aid kit for anything other than treating accidents. Someday you might need the adhesive tape and scissors for an emergency only to remember you used them to pack up sawblades to send out for sharpening. If you must use some of the supplies, replace them as soon as possible. Be aware of expiration dates on some first-aid supplies. This wall-mounted metal box is available from Lab Safety Supply (800-356-0783).



**Top shelf:** An asthma inhaler can counteract allergic reactions to fumes and to exotic-wood dust; sharp scissors for cutting bandages; adhesive tape for bandaging; an elastic bandage for securing dressings.

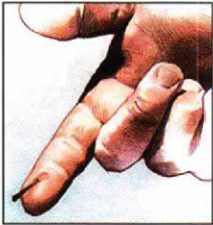
**Middle shelf:** Needles for splinter removal are stored in sterile alcohol; splinter tweezers, precise enough to pick up a single hair; 4-in. by 4-in. gauze pads for bandaging; assorted adhesive strips for small boo-boos; clean plastic bag for amputated parts; sterile rolled gauze for bandaging; butterfly bandages for drawing together larger lacerations.

**Bottom shelf:** Providone-iodine solution for killing germs; eye wash and cup; small mirror for eye inspections; instant ice packs to reduce swelling or for transporting amputated parts to the hospital; latex gloves for eye examinations.

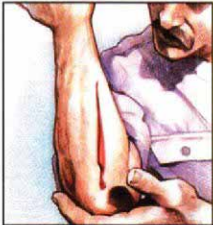
# First aid



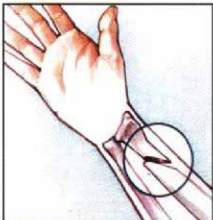
**Abrasions and small cuts:** Clean wound with soap and water. Apply antibiotic cream or providone-iodine solution. Bandage and check dressing daily. See your doctor if there are signs of infection: increased redness, pus or red lines running from wound.



**Splinters:** Remove with sharp, pointed tweezers. (They should be sharp enough to pick up a single hair.) If splinter is completely under the skin, expose splinter end with sewing needle doused in alcohol, and then remove with tweezers.



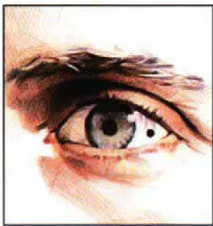
**Lacerations:** Clean wound with soap and water. Assess damage: If laceration is gaping or more than 1/4 in. deep, seek emergency help. Otherwise, apply pressure to stop bleeding. Close wound with butterfly closures or adhesive strips. Check dressing daily.



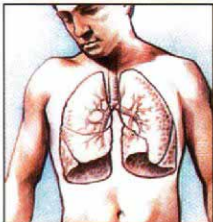
**Fractures:** Signs include extreme pain, swelling, bruising and an inability to move an adjacent joint. If you have any of these signs, you should be seen by a doctor to see whether you need an X-ray to evaluate for a fracture.



**Amputations:** Apply pressure to wounded area with clean bandage. Don't panic. Call for help. Raise wounded area above heart. Wrap amputated appendage in plastic bag. Keep appendage cool, not directly on ice. Sit in a chair near door, and await help.



**Eye injuries:** Look in mirror to assess eye. If foreign matter is embedded in the eye, go to the emergency room. If foreign matter is on the surface, flush it with water, or use eye wash and cup. For chemical splashes, flush with running water for five to 10 minutes. If it hurts too much to open your eye, go to the emergency room.



**Fumes and dust:** If you feel dizzy or are having trouble breathing, leave the area, and go to fresh air. If normal breathing doesn't return in 15 minutes, go to the emergency room.

## FIRST-AID INFORMATION

Ambulance #

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Physician #

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Emergency room #

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Poison control center #

Hospital address

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In case of emergency, call

Name:

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Number:

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Name:

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Number:

Last tetanus shot

Date  /  /

Date  /  /

Date  /  /

First-aid kit last restocked

/  /