

Farm and Ranch 1st Aid Kit

Agriculture is a dangerous industry and it is important for workers to be prepared to administer basic first aid in the event of a traumatic incident. In addition, agricultural worksites are frequently distant from health care facilities. Action taken immediately following an incident by either the victim or witnesses can mean the difference in life and death.

Workers should be familiar with the first aid kits and their contents. Kits should include emergency numbers and written directions on how to get the jobsite. Be aware of workers' individual first aid needs. Maintain several kits in multiple buildings and pieces of equipment and replenish items as they are used.

A well-stocked first aid kit can be purchased for less than \$20. Additional household items can be added to fit the specific needs of an agricultural worksite. Iowa State University Extension recommends the following items for a farm and ranch first aid kit:

- first aid manual
- two triangular bandages (36 inches) to make slings, control bleeding, splint fractures
- antiseptic spray (not in pressurized can) to disinfect contaminated wounds
- 12 large adhesive bandages for small cuts, puncture wounds, abrasions
- 4 safety pins to anchor triangular bandages
- 4 sterile compress bandages (2 X 2 inches) to dress wounds, control bleeding
- 4 sterile compress bandages (4 X 4 inches) to dress wounds, control bleeding
- roll of tape (2-inch width) to anchor dressing (do not constrict circulation)
- 6 pressure bandages (8 X 10 inches) to control bleeding, splint fracture
- scissors to cut clothing or bandages
- 2 rolls of elastic wrap to anchor dressings (use care not to stretch too tightly)
- 5 clean plastic bags (one garbage, 2 kitchen, 2 bread-sized) to transport amputated tissue

Some incidents require additional materials.

Dressing supplies—to handle major trauma:

- sterile compress (2X2 and 4X4 inches)
- gauze roller bandages (1, 2, and 6" wide)
- adhesive tape (various widths)
- triangular bandage
- tongue depressors
- heavy duty scissors (to cut clothing)
- ice packs (chemical)
- small sugar packets
- disposable rubber gloves and goggles
- soap
- bottled water (if in heated area)
- tweezers
- safety pins
- pocket mask for resuscitation

- emergency blanket
- antiseptic

Amputations:

- one large plastic bag (trash can size)
- 4 medium plastic bags (tall kitchen size)
- 8 small plastic bags (bread loaf size)
- Store all bags in a closed container to keep as clean as possible. Amputated tissue should be placed in bags during transport. Ideally, place tissue in a moist (not wet) wrapping, cover with a clean plastic bag, and place in a cool bag of ice.

Fractures—to immobilize injured limbs:

- wooden, plastic splints ($\frac{1}{4}$ X 3 X 12-15 inches), or air inflatable
- roll of elastic wrap (to attach splint)

Poisonings—to use during pesticide application season or to keep where dangerous substances are stored:

- emergency and/or poison control center number
- syrup of Ipecac (use only if advised by doctor or Poison Center)
- two one-quart containers of clean water

- tongue depressors (to stir with or for seizures)
- two small, plastic empty jars with tight-fitting lids
- can of evaporated milk (attach opener to can with rubber band)
- blanket (for treating shock)
- plastic bandages and tape (to cover contaminated areas)
- disposable rubber gloves and goggles

Resources:

<http://www.extension.iastate.edu/Publications/PM1563K.pdf>
<http://www.redcrossstore.org/shopper/ProdList.aspx?LocationId=2>
<https://necasag.org/products.php>
<http://www.readykor.com/farm-ranch/farm-ranch.html>