

Anatomy of a First Aid Kit

A well stocked first aid kit is a handy thing to have. To be prepared for emergencies, keep a first aid kit in your home and in your car. Carry a first aid kit with you or know where you can find one. Find out the location of first aid kits where you work

First aid kits come in many shapes and sizes. You can purchase one from www.redcross.org or your local American Red Cross chapter. Your local drug store may sell them. You may also make your own. Some kits are designed for specific activities, such as hiking, camping or boating. Whether you buy a first aid kit or put one together make sure it has all the items you may need. Include any personal items such as medications and emergency phone numbers or other items your health –care provider may suggest. Check the kit regularly. Make sure the flashlight batteries work. Check expiration dates and replace any unused or out-of-date contents.

The Red Cross recommends that all first aid kits for a family of four include the following:

- + 2 absorbent compress dressings (5 x 9 inches)
- + 25 adhesive bandages (assorted sizes)
- + 1 adhesive cloth tape (10 yards x 1 inch)
- + 5 antibiotic ointment packets
- + 5 antiseptic wipe packets
- + 2 packets of aspirin
- + 1 blanket
- + 1 breathing barrier (with one-way valve)
- + 1 instant cold compress
- + 2 pair of non-latex gloves (size: large)
- + 2 hydrocortisone ointment packets
- + Scissors
- + 1 roller bandage (3 inches wide)
- + 1 roller bandage (4 inches wide)
- + 5 sterile gauze pads (3x3 inches)
- + 5 sterile gauze pads (4x4 inches)
- + Oral thermometer (non-mercury/nonglass)
- + 2 triangular bandages
- + Tweezers
- + First Aid Instruction booklet

Source: First Aid/CPR/AED for School and the Community



Teens are Still Tanning

The rising incidence of melanoma among young US women gives impetus to reviewing a major risk factor: deliberate exposure to ultraviolet radiation from tanning lamps/beds. Prior studies of

youth's use of tanning beds focused on psychosocial factors. This was the first multi-component evaluation to study the combination of psychosocial, built-environment (facilities), and policy-related factors (laws, inspection) associated with teens' use of indoor tanning facilities.

Five types of data were collected in the 100 most populated US cities. Interviews were conducted with over 6000 teens (ages 14-17 years) and their parents as well as with tanning law/regulation enforcement officials. State indoor tanning laws were reviewed for their stringency. The practices of 3399 facilities with respect to teens' access were examined, and the density and proximity of public tanning facilities to the respondents' residences were calculated.

Based on self-report, 17% of girls and 3.2% of boys had used indoor tanning facilities within the past year. Youth who were more likely to try indoor tanning were female, older, White race/ethnicity. They also had higher weekly allowances and had a parent who also used indoor tanning and/or gave consent. Living within two miles of a tanning facility increased the likelihood. State laws limiting youth access to indoor tanning had no apparent impact.

Current laws have not altered teens' use of indoor tanning facilities as long as parents gave consent. Furthermore, a high percentage of facilities do not comply with the Food and Drug Administration's recommendation limiting the frequency of tanning in the first week to three or fewer exposures.

Comment: In 2005, the National Healthcare Interview Survey of youth (14-17 years) indicated that 16% of girls and 3.2% of boys had used indoor tanning devices in the past year. Similarly, The rates ranged from 3% of 14 year olds to 18% of 17 year olds. Education and legislation to date have not made a dent in this risk behavior. Parents are the gatekeepers, but they need to recognize the consequences.

Source: School Health June 2011

This newsletter provides information of a general nature about common health issues. The information is not intended as medical advice or opinion relevant to specific health situations. Specific questions should be addressed by an appropriate health professional.

