

Suggested Business Preparedness Kit Contents

Cleaning & Bandaging Wounds:

Band-aids 100
Exam Gloves (non-sterile) 100
Bandage Scissors (those penny chomping Paramedic types) 2
Eye pads 12
Gauze pads 3x3 100
Telfa Pads 3x4 10
Surgical pads 5x9 15
Trauma dressing 1
sanitary napkins 30
roller gauze 3" 10
tape, dermicil 12
cotton tip applicators 180
disposable towelettes 100
hydrogen peroxide 2
povidone-iodine liquid cleanser 2
eye wash 2
foil pouches of water (kept in a bucket in case of leaks) about 20
- note that this is not water to sustain drinking over a period of time. This is take a pill or wash a wound water quantity.

Sprains, strains, splinting & swelling:

cardboard splints (various sizes) 10
cold packs (kwik cold/instant kold) 20
elastic bandages (ace bandages) 10
triangle bandages 5

Medication:

Acetaminophen 1200
Aspirin 1000
- Note that employees are told that "I have a headache" is not a reason to open the cabinet. If we have an earthquake on the day they have a head ache, bingo! Aspirin could be used for someone with heart attack symptoms as well.

Search & Rescue, Emergency Repairs:

Adjustable Wrench, 10" 1
Batteries (D) 24
Duct Tape 3
Dust Masks 2
Lightsticks 20
Flashlights 12 (D battery size)
Gloves (leather palm) 10 pair
Hacksaw & extra blades 1
Hard hats 2
Plastic sheeting (roll) 1
Rescue Tool (heavy duty pry bar like firefighters use) 1
Rope 1
Safety goggles 2
screwdrivers (assorted) 4
utility knife & blades 1
Victim tags 50 (plain manilla tags, noting special or too technical)
Vise grips 1

Other items:

Bleach 1 (small bottle)
facial tissue (kleenex) 1
First aid book 1
Micro-shield CPR mask 2
paper cups (small) 100
paper towels 1
pencils & sharpener 5
radio (am/fm) 1 (plus batteries if needed)
Red Bio-Hazard bag 2
safety pins 110
survival blankets (mylar) 10
Tweezers 2