

Real World First Aid Supplies

- Nitrile (non-latex) Gloves
- Kerlix Rolled Gauze
- Band-Aids
- Tourniquet (commercial/military-grade)
- Liquid Benadryl
- EMT Shears
- Cold Compress
- Forceps or Tweezers
- Ace Bandage
- Antibiotic Ointment
- SAM Splint
- OTC Pain Reliever
- Chest Seal or Petrolatum Gauze
- Surgical Tape
- Triangular Bandage
- Eye Wash

**THE MOST
IMPORTANT FIRST
AID SKILL IS BEING
WILLING TO ACT!**

Basic Life Saving Skills

No Pulse/Not Breathing:

Two steps to save a life:



Choking:



Stop Bleeding:

