



## **CAHA Security Committee**

### **Suggested Items for Quick Response Trauma Pack**

\*Note, this is not meant to replace the normal First Aid Kit, however would act as a supplement when faced with individuals bearing traumatic injuries. In no way should this be considered as medical or legal advice. Always seek appropriate professional advice if you have questions.

- (5) pair non-latex gloves
- (1) pair Safety goggles
- (1) CPR Microshield or other approved CPR barrier device
- (1) pair Trauma shears (any athletic or medical scissors will do the trick)
- (1) Mylar survival or "emergency" blanket (to help maintain body temperature when Shock occurs)
- (4) Instant Cold Packs (to help maintain body temperature when Shock occurs)
- (5) Packages of Antiseptic Wipes
- (1) bottle of Alcohol-based Hand Sanitizer
- (2) Packages of QuickClot (either the powder solution or the pre-treated gauze will work here)
- (3) Maxi-Pads (yes Maxi-Pads, as they are super-absorbent and typically sterile when still in the package)
- (1) roll duct tape (better than medical tape in a pinch and can also be used to stop bleeding)
- (2) tourniquets (I prefer the one-handed or self-administering in the event you might need to apply one to yourself with no one around). Also referred to as C.A.T.s, or Combat Application Tourniquets
- (1) Sharpie (important to make note of the time when tourniquets are applied, MEDICS will always ask)
- If you have old AED Pads, consider placing them in the kit as they make great Chest Seals in the event of a large or sucking chest wound. They're also significantly cheaper than actual Chest Seals.
- Don't forget the bag; something lightweight, but durable that stands out enough that you won't forget to grab it in the event of an emergency.
- Lastly, make sure the appropriate people are trained on these items, and know where the bag(s) are stored at all times.