

Check off your Volunteer to Do List

Many injuries occur from carelessness and a lack of safety consciousness. Anticipating the possibility that an injury can occur at any time and making sure that every possible precaution has been taken can oftentimes prevent accidents before they happen.

Check off your Volunteer to Do List:

- Complete a CPR and First Aid course offered by either the Red Cross or the American Heart Association
- Know your organization's Emergency Policies and Procedures
- Provide adult supervision before the first participant arrives and until the last participant leaves.
- Keep an eye on changing weather conditions and react accordingly
- Look for the smallest dangers that can threaten health and safety, correct immediately or report it to your supervisor before proceeding with the activity
- Never tolerate "horse play."
- Carry your own First Aid Kit if one is not provided

Item to consider for your First aid Kit:

- 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 (approximately 1 gram)
- Small bottle of Soap and Water - for cleansing the area of the cut or abrasion
- Flexible Splint - used to help control injured areas like a finger or wrist
- Athletic Tape - used to hold a flexible splint or ace bandages in place
- Sling – used to control injuries to the shoulder and arm



- Scissors
- Tweezers
- Nail Clippers
- Pen Flashlight
- Small bottle of Water and an Eye Cup - used to safely and effectively remove debris.
- 5 antiseptic wipe packets
- 1 space blanket
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress
- 2 pair of nonlatex gloves (size: large)
- 2 hydrocortisone ointment packets (approximately 1 gram each)
- 1 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- 5 sterile gauze pads (3 x 3 inches)
- 5 sterile gauze pads (4 x 4 inches)
- Oral thermometer (non-mercury/nonglass)
- 2 triangular bandages
- First aid instruction booklet

For More Information:

www.redcross.org/prepare/location/home-family/get-kit/anatomy