

## **A Suggested First Aid Supply Inventory for Your CERT Bag.**

This is from Bill Merritt the primary Medical Instructor for Issaquah Citizen Corps, EMT, and president of Merit Emergency Training, Inc.

30 sets of nitrile (non-latex) gloves in a Ziploc bag

Duct tape

20 feminine hygiene pads

5 emergency blankets

Assorted Band-Aids

Assorted sterile bandages, 4x4, 2x2 and a few “blood stoppers”\*

Portable hand sanitizer

12 home-made triangular bandages

12 “Tyvek” water resistant triangular bandages

2 rolls of 1 inch medical tape

8 rolls of 3 inch roller gauze

2 “Sam” splints \*\*

2 long sleeve polo shirts which can be used as pressure bandages\*\*\*

1 Pair Trauma Shears/Scissors

\*Blood stoppers are a gauze pad with attached roller gauze.

\*\* The SAM® SPLINT is built from a thin core of aluminum alloy, sandwiched between two layers of closed-cell foam. The SAM® SPLINT is extremely pliable. Bent into any of three simple curves, it becomes extremely strong and supportive for any fractured or injured limb. Go to [www.sammedical.com/sam\\_splint](http://www.sammedical.com/sam_splint) to see a video on how to use this valuable aid.

\*\*\*Wind up the long sleeve polo shirt, wrap it around the extremity and tie so as to put pressure on the wound itself.