

LCV's first aid kits

What does LCV carry?

LCV carries 2 small **welfare kits** and 2 large **first aid kits**.



The small welfare kits and the large first aid kits are **not** interchangeable.

The welfare kits



These are required for **every task**.

These are in the small green boxes which are labelled 'Welfare Kits'.

The contents are not in a sealed pack and they contain a range of items for everyday use including a minor injuries kit.

They should be used in the case of **minor cuts and scrapes** and **everyday problems** such as a need for suntan lotion or insect repellent.

The kits are marked as '**for self-administration only**'. This doesn't mean that people should be allowed to bleed all over them while they get themselves a plaster but it does mean that they contain items which some people may be allergic to and so responsibility for using any item needs to be taken by the person themselves.

The first aid kits



These are required **in addition** to the welfare kits:

- **whenever the group will be away from the bus**
- **whenever the task is not clearly very, very safe.**

These are in the large green boxes which are labelled 'First Aid'.

The contents are in a sealed pack and they contain a range of first aid equipment.

They should be used in the case of **more substantial injuries** which require first aid proper.

They **do not** contain various items often used to treat minor injuries (specifically antiseptic wipes) which are not recommended for first aid use due to the risk of allergic reactions.

The reasons why the packs are sealed are:

1. it is important that the contents stay clean and dry, and,
2. it is important that these kits stay at full strength in case of a serious incident.

If you think there is a need then **do not hesitate** to break the seal. If you find that you can't lay your hands on a welfare kit but need to treat a minor injury then it is still fine to use these kits. The important thing about the seal is not to leave it unbroken but to make it really, really obvious that it has been broken.

This means that if the fact that you used a plaster on a small cut slips your mind and you don't remember to tell the LCV Coordinator then it will still be really obvious that something is missing from the kit when it comes to be inspected.

Non standard items in the first aid kits

There are a couple of items in the first aid kits which are not standard. These are Hydrogel spray (for minor burns) and burn dressings. These are **not** officially recommended by first aid courses. If someone does get burned then **try to follow the standard first aid advice**. However, if it is late in the day and you've used all the water and all the eyewash then these dressings are available. If you can get the emergency services on the phone and get them to sanction their use then that's probably best but they were bought from the St John's Ambulance online shop and you will need to make your own call.

The instructions are shown here as most people won't have come across these before. The manufacturers state that extreme temperatures are below -5 or above 38 degrees celsius. Below -5 they will start to freeze. This is OK so long as it doesn't happen repeatedly and so long as no-one tries to use the dressing while it is actually frozen. So, if it is really, really cold make sure that the dressing is in its gel form and not frozen if you do decide to use it.

The back of the pack shows instructions for using the bag as well as the dressing. I don't think these are that clear but the manufacturers have explained that what they are saying is that the bag can be used to protect the burn as it is sterile inside (until opened) and so will likely be cleaner than the environment. The bag can also help to hold the dressing on if there aren't any bandages.

The toolshed kit

There is also a first aid kit in the toolshed in case of an incident while the kits in the bus are unavailable. This contains the more useful items from both the welfare and first aid kits.

