

Personal first aid kit for shooters

It is probably a good idea to be prepared even if the likelihood of an adverse event is not high. For a relatively small amount of hard earned cash, you can equip your range bag with a small, light, versatile first aid kit that will easily transfer to your car, boat, house, etc.

The items that follow are cumulative and to have a fully stocked kit, you should have all of them. You can order separately from **Amazon** using the links provided or shop around for equivalent items. Links and kit info are included below. At the very end of this article, there are links to procedures.

The basis of the kit is the **Adventure Medical Kit version 2 (\$20)**. It is an inexpensive collection of equipment that can be used for minor emergencies like 'slide bite,' cuts and scrapes, etc. It is NOT SUITABLE BY ITSELF FOR TRAUMATIC INJURIES. It lacks GLOVES which is a major flaw. If you purchase this kit, you will need to add some of the following items to it.

The Patrol Officer's Pocket Trauma Kit (\$20) could stand alone as a very basic but suitable trauma kit for your range bag. Its size and vacuum packing allow you to throw it into your bag and have it there for a considerable time. I would urge all shooters and especially RSOs to have this sort of kit available.

"Included in this kit is the SWAT-T tourniquet, Z-Pack Dressing, a pair of nitrile gloves for personal protection, plus three feet of the ever-useful duct tape. Here's the way it works- While not the very best tourniquet on the market, the SWAT-T does work well as a tourniquet, especially in a buddy aid situation. When combined with the Z-Pack dressing that can be packed into a penetrating injury, the SWAT-T does double duty as a very impressive compression bandage, and duct tape provides the ability to hold dressings or even improvised chest seals. These items come vacuum packed and can be easily and quickly removed, allowing access in short order."

In addition to either of the kits listed above, the **Israeli Battle Dressing Bandage** (\$8-\$10) would strengthen the kits versatility and provides backup. Be certain to purchase the "Battle Dressing" which is different from the "army dressing/bandage." The latter does not have the pressure bar.

"The israeli bandage is an innovative, combat proven first-aid device for the staunching of blood flow from traumatic hemorrhage wounds in pre-hospital emergency situations. This 6" wide, all-in-one device consolidates multiple first-aid devices such as a primary dressing, pressure applicator, secondary dressing, and a foolproof closure apparatus to secure the bandage in place. This internationally patented and FDA approved bandage is the ideal solution for emergency treatment when every second counts. The emergency bandage is designed for quick and easy application by professional and non-professional caregivers to provide effective, multi-functional treatment. The emergency bandage's sterile, non-adherent pad applies pressure to any site, can be easily wrapped and secured, and has an additional application, similar to a tourniquet, to further constrict blood-flow. The product is so easy to use that even an injured person can self-apply the bandage with one hand. Benefits: immediate direct pressure quick and easy self-application consolidation into a single unit: primary dressing pressure applicator secondary dressing closure bar significant time, space, and cost savings secure, water-resistant closure bar x-ray friendly versatile. This all-in-one bandage consolidates multiple first-aid devices such as a primary dressing, pressure applicator, secondary dressing, and a foolproof closure apparatus to secure the bandage in place. This model includes a sliding/mobile pad for coverage of entry and exit wounds"

Tourniquets are an essential part of a trauma first aid kit. The preferred one is the Combat Application Tourniquet (CAT) and runs \$30 from Amazon. A different but acceptable

tourniquet is included in the Patrol Officer's Kit mentioned above. It is, I think, unlikely that a shooter or an RSO would need more than one of these devices. But, at least one should be available for extremity trauma.

For about \$30, you can have a basic trauma first aid kit tucked away in the bottom of your range bag. Hopefully, you will never need this.

Quickclot and similar compounds have not been included in this kit discussion. There is significant controversy about the safety and effectiveness of the use of clotting agents in first aid settings. Control of bleeding is important. In fact, the ABC's or treatment (airway, breathing and circulation) are sometimes modified in trauma care to CBA; with circulation (leaks in) coming first. This is why compression dressings and tourniquets are so important.

CPR is an issue that needs some thought in the setting of trauma. Television has corrupted reality by showing people trying to maintain the circulation of trauma victims. Here's a clue to keep in mind: If there is no blood in the circulatory system, chest compressions and rescue breathing are not going to help. What is it that TV directors think is being circulated? Air? Someone who has died from hemorrhage has no blood for chest compressions to help. CPR is for *INTACT* circulatory systems stalled by a heart that is not pumping. If you don't stop the bleeding, doing CPR will just make the victim exsanguinate faster.

Basic first aid, of course, includes more than just trauma care. In The Villages, with our age demographic distributed heavily to the right, other health issues such as stroke and heart problems are probably more likely than trauma. Additionally, falls, fractures and head injuries can occur. While a seminar or training session on shooting injuries might cover these topics – since they could certainly occur at the gun range – special kits are usually not required.

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http://www.amazon.com/Adventure-Medical-Kits-First-Aid/dp/B002K66484/ref=sr_1_2?s=sporting-goods&ie=UTF8&qid=1412605320&sr=1-2&keywords=adventure+medical+kits

ADVENTURE FIRST AID, 2.0

Contents:

Indications:

Group size 1-4 people for day trip. Weight 1 pound.

Ingredients:

- **Bandage Material- 4 Bandage, Butterfly Closure**
- **2 Dressing, Gauze, Sterile, 4 x 4 inches, Package/2**
- **4 Bandage, Adhesive, Fabric, Knuckle**
- **2 Dressing, Gauze, Sterile, 3 x 3 inches, Package 2**
- **1 Bandage, Adhesive, Fabric, 2 x 4.5 inches**
- **Dressing, Gauze, Sterile, 2 x 2 inches, Package/2**
- **16 Bandage, Adhesive, Fabric, 1 x 3 inches**
- **2 Dressing, Non-Adherent, Sterile, 2 x 3 inches**
- **Bleeding- 1 Gloves, Nitrile (Pair), Hand Wipe; 1 Trauma Pad, 5 x 9 inches**
- **Blister/Burn- 1 Moleskin, 3 x 4 inches; Fracture/Sprain - 1 Cold Pack**
- **1 Bandage, Elastic with Clips, 2 inches**
- **Instrument- 1 Splinter Picker/Tick Remover Forceps**
- **1 Scissors, Bandage with Blunt Tip**
- **2 Safety Pins**
- **Medication- 2 Aspirin (325 milligrams), Package/2**
- **3 Acetaminophen (500 microgram), Package/2**
- **3 Ibuprofen (200 microgram), Package/2**
- **3 Antihistamine (Diphenhydramine 25 microgram)**
- **2 AfterBite Wipe**
- **Survival Tools- 1 Mini Rescue Howler Whistle**
- **1 Compass, Button, Liquid Filled**
- **Wound Care- 12 Antimicrobial Towelette**
- **1 Tape, ½ inches x 10 Yards**
- **4 Triple Antibiotic Ointment, Single Use**
- **4 Cotton Tip Applicator, Package/2**

http://www.amazon.com/Patrol-Officers-Pocket-Rescue-Essentials/dp/B006X6PA4Q/ref=sr_1_4?s=sporting-goods&ie=UTF8&qid=1412605610&sr=1-4&keywords=ipok

Patrol Officer's Pocket Trauma Kit by Rescue Essentials

by [Rescue Essentials](#)

- Contents: SWAT-T tourniquet, gloves, z-pak dressing, peel away duct tape.
- Vacuum sealed, perfect size for a holster
- Also available with a duty belt case
- Ideal for self and buddy aid
- HOLSTER AVAILABLE - SEE ASIN B00AAKUOP6

http://www.amazon.com/Israeli-Bandage-Battle-Dressing-Compression/dp/B008YJJWRQ/ref=sr_1_4?s=sporting-goods&ie=UTF8&qid=1412605833&sr=1-4&keywords=israeli+dressing

New Israeli Bandage Battle Dressing, First Aid Compression 6 Inch Bandage

- Israeli Battle Dressing (IBD) - Size 6" Inches Wide & 70" Inches Long.
- For The Treatment of Traumatic Hemorrhagic Injuries to help stop bleeding and cover wounds
- Vacuum Packaged & Sterile. Small Enough To Carry In Your Pocket. Instructions for use on the back of the product. Recommended and a must have for any first aid kit.
- This is a serious bandage for serious wounds-when stopping the bleeding is absolutely necessary!
- Hemorrhage Control Compression Bandage consolidates all of the following into a single, sterile field dressing: Non-stick wound pad, pressure applicator, secondary sterile dressing and a closure bar to keep the bandage secure.

Combat Application Tourniquet (CAT) \$30

“The C-A-T® utilizes a durable windlass system with a free-moving internal band providing true circumferential pressure to the extremity. Once adequately tightened, bleeding will cease and the windlass is locked into place. A Hook and Loop strap is then applied, securing the windlass to maintain pressure during casualty evacuation. The C-A-T®'s unique dual securing system avoids the use of screws and clips which can become difficult to operate under survival stress or where fine motor skills are compromised.”

http://www.amazon.com/Combat-Application-Tourniquet-Improved-Version/dp/B009Z8AX5K/ref=sr_1_1?s=sporting-goods&ie=UTF8&qid=1412608568&sr=1-1&keywords=tourniquet

Or, the SWAT-T (\$10)

“The SWAT-Tourniquet is a unique and multipurpose dressing. Its name provides a description for usage Stretch, Wrap, and Tuck, but also the communities for whom it was developed - military and civilian Special Weapons and Tactics teams. These teams operate in an environment that has a high incidence of penetrating trauma, and most (two-thirds) of preventable deaths in the operational environment are from extremity bleeding. The SWAT-Tourniquet allows a more rapid means to control extremity bleeding and allows application higher into the groin and axilla than other tourniquets. Its ease of application is one of its greatest benefits; individuals can effectively apply it in seconds with little to no prior training. At a third of the cost and weight of other combat used tourniquets, this tourniquet should

find its way forward with every tactical operator. The SWAT-T was developed by a former Operator/Medic with 14 years experience in Operational Medicine -former USAF Pararescue Journeyman (Para-Jumper or PJ)), Contractor DoJ/FBI SWAT Operations, National Registry Paramedic, and Emergency Medicine Physician. Minimum recommended operating temp. -65° F (-53° C) Maximum recommended operating temp. 180° F (82° C) Preferred long-term storage conditions cool and dry environment”

http://www.amazon.com/SWAT-T-Tourniquet-ORANGE/dp/B00MYG9YA0/ref=sr_1_1?s=sporting-goods&ie=UTF8&qid=1412609134&sr=1-1&keywords=swat-t+tourniquet

Links demonstrating procedures:

Application of the SWAT tourniquet/pressure dressing

https://www.youtube.com/watch?feature=player_detailpage&v=mOv9BwSr8Sg

application of the sof tourniquet

https://www.youtube.com/watch?feature=player_detailpage&v=7NbHImVQ4us

Israeli battle dressing application

https://www.youtube.com/watch?feature=player_detailpage&v=nE0aA3Geljl

https://www.youtube.com/watch?feature=player_detailpage&v=S2_EU1T-o-g

Chest wound

https://www.youtube.com/watch?feature=player_detailpage&v=ljXtfWWt3jM

https://www.youtube.com/watch?feature=player_detailpage&v=OGT-2ID9Kmg

https://www.youtube.com/watch?feature=player_detailpage&v=SWqZeqrWslQ