

7

Learn CPR and First Aid

Contact your local chapter of the American Red Cross today and get trained on basic first aid and CPR. Your training could save the life of a loved one or neighbor following a disaster.



**American
Red Cross**

Anatomy of a First Aid Kit

The Red Cross recommends that all first aid kits for a family of four include the following:

- 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)
- 5 antiseptic wipe packets
- 2 packets of aspirin (81 mg each)
- 1 blanket (space blanket)
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress
- 2 pair of non-latex gloves (size: large)
- 2 hydrocortisone ointment packets (approximately 1 gram each)
- Scissors
- 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/non-glass)
- 2 triangular bandages
- Tweezers
- First aid instruction booklet

Check the kit regularly and make sure of the expiration dates and replace any used or out-of-date contents. Kit information is available from the American Red Cross [here](#).

Prepare a Safer Home and Protect Your Family

From CPR, first aid and automated external defibrillator (AED) training to injury prevention courses, blood borne pathogens training and community disaster preparedness education, Red Cross training offers complete, flexible programs that help your company stay prepared for virtually any life-threatening situation. First Aid/CPR/AED training courses combine lecture, demonstrations and video with hands-on training in a '[practice-while-you-watch](#)' format. And because the American Red Cross is a member of the [OSHA Alliance](#), you can be sure your employees are receiving the highest quality information and training available to help prevent injuries, illnesses and fatalities in the workplace.

The American Red Cross information is available at the following link:

[American Red Cross Take a Class](#)