

## Mini Trauma Kit – Tactical Trauma Kit

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In 2023, LP Health Directions will be focusing on emergency preparedness and providing the latest information on first aid, focusing on basic first-aid providers. Being prepared in a medical emergency allows the first aid responder to act quickly, ensuring the safety of the victim as well as the provider, and preventing further harm.

Basic first aid kits found in general stores, or a pharmacy, are important tools in first aid but can be limited in their usefulness. (You can find a list of preferred **basic-first aid items** on the LP Health Directions Resources page). Basic first-aid kits provide the tools to assist in non-medical and sometimes medical emergencies.



A **mini trauma kit** or **tactical trauma kit**, as it is sometimes

referred to, includes tools to assist in trauma such as excessive bleeding, open wounds, burns, and airway issues. Below is a list of preferred items (**highlighted**) that should be included in your mini-trauma kit. You can purchase ready-to-use kits, or you can make your own kit with the supplies listed below.

### Personal Protection

We always discuss personal protection in our basic first-aid class because your safety is the most important issue when deciding to help in a medical emergency. Your kit should include the basics of personal protective gear, PPE, which includes:

- **Gloves**
- **Eye protection**
- **Face Shield**
- **CPR faces mask/barrier**
- **Hand sanitizer**

### Trauma supplies

Include a durable pair of trauma shears in your kit. Trauma shears can be used to remove clothing, expose a wound, and cut material in a medical emergency.

- **Trauma shears**
- **Tweezers**

There should be an assortment of dressings to cover various-sized wounds including:

- **Rolled gauze**
- **Squared gauze - sizes, 2 X 2, 3 X 3, 4 X 4,**
- **Compression gauze**

Specialized bandages are designed for civilian use, these bandages are designed to keep hemorrhaging gauze in place and to continue holding pressure. They can also be used to hold pressure on head wounds.

- **Israeli or H-bandage**

Tourniquets are designed to stop excessive bleeding from the extremities. The C-A-T tourniquet is easy to use and very effective at stopping excessive bleeding.

- **C-A-T (Combat Application Tourniquet)**

Hemostatic dressings are designed to fill a large wound. The hemostatic dressing contains chemicals to increase the clotting process. Examples include:

- **Quikclot**
- **Celox coated gauze**

Chest seal bandages are designed to cover a chest wound, preventing air from collapsing the lungs.

- **Compact Chest Seal**

Airway

- **Pocket CPR mask or barrier**

For in-depth instructions on how to use the items listed above, and to improve your first aid skills. Contact LP Health Directions for more information, or to register for a class.