



## First Aid Kit Content List

The *Team Safety Person* must always have a fully stocked first aid kit on hand during all games, practices, and off-ice training sessions. This helps to ensure that you are prepared to respond to any illnesses, incidents or injuries that may occur. The *Team Safety Person* should not administer medication of any kind to a player. The following is a list of supplies provided in the First Aid Kit that SPMHA has provided to each team. Whenever you use an item, please keep track of what you have used, and when. This helps ensure we are aware of what items are used most frequently. Should you require additional supplies, please contact the SPMHA Safety Committee who can assist with this process.

Quantity	Item
3	Instant Cold Compress - 10.2 x 15.2 cm (4" x 6")
2	Triangular Bandage - 102 x 102 x 142cm (40" x 40" x 56")
1	Oval Eye Pads, Sterile
1	Eye Shield, Plastic w/ Elastic Strap
1	Elastic Wrap Bandage Roll - 10.1 cm (4")
2	Elastic Wrap Bandage Roll - 5.1 cm (2")
1	Padded Aluminum Foam Splint - 60.9cm x 10.8cm (24" x 4.25")
10	Benzalkonium Chloride Antiseptic Towelettes
4	Povidone Iodine Prep Pads
6	Alcohol Antiseptic Wipes
4	Hand Cleansing Towelettes
4	Hand Sanitizing Wipes
3	Vinyl Examination Gloves (Pair)
5	Butterfly Wound Closure, Sterile, Medium
1	Compress Pressure Bandage - 10.2cm (4")
2	Conforming Gauze Bandage Roll - 5.1cm (2")
12	Cotton Tip Applicators
25	Fabric Adhesive Bandages - 2.5 x 7.6cm (1" x 3")
10	Fabric Fingertip Adhesive Bandages
10	Fabric Knuckle Adhesive Bandages
5	Fabric Patch Adhesive Bandages - 2" x 3" 5.1 x 7.6cm (2" x 3")
10	Fabric Junior Adhesive Bandages
1	Abdominal/Combine Pads - 12.7 x 22.9cm (5" x 9")
2	Non-Adherent Pads - 5.1 x 7.6cm (2" x 3")
1	Non-Adherent Pads - 7.6 x 10.1cm (3" x 4")
2	Sterile Gauze Pads - 7.6 x 7.6 cm (3" x 3")
2	Sterile Gauze Pads - 10.1 x 10.1 cm (4" x 4")
12	Safety Pins
1	Paramedic Scissors
1	Metal Forceps/Tweezer - 8.8 cm (3.5")
1	Adhesive Cloth Tape - 2.5cm x 9.1m (1" x 10y)
3	Tongue Depressors - 13.97 cm (5.5")
1	CPR Mask with One Way Valve





**SHERWOOD PARK MINOR HOCKEY ASSOCIATION**

