

FIRST AID KIT

Lee McClellan— Safety Officer



Last month I talked about coming up on an accident.

This month, I am going to add to it by asking, do you have a First Aid Kit on your bike?

No, then here are some ideas on what should be a starter kit that might come in handy

for you or someone that may need it. Even if you don't know what to use or how to use an item in the kit, someone else may until the EMT's arrive.

Harley Davidson sells a First Aid Kit as well as CVS, Walgreen's or you can go on-line. I would look for one that has directions.

For example, a First Aid Handbook, a good pair of Trauma scissors for cutting thick leathers or tape and gauze. Several pairs of latex gloves for you and any helpers to protect from bodily fluids. Several large sterile gauze pads for road rash or open cuts that can be cut to size. Ace bandages and tape.

Bottled water to wash wounds or eyes and eye wash to sooth the eyes. Aloe Vera cream to sooth burns and pain. Instant cold packs for burns and bruising. An assortment of band-aids and antiseptic ointment. Disinfectant hand wash as well.

There are a few other things to consider. Water and any RX pills you may need. A pocket CPR mask. An emergency solar blanket for warmth, rain shelter or ground cover.

Getting into an emergency should not be the first time you read the First Aid Manual. Read it from time to time and only use it on the scene as a reference.

There are several organizations that offer First Aid and CPR classes like the Red Cross. When getting on your bike, it's always better to be safe than sorry!

Lee

