

First aid kit for the practice of HEMA

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Purpose

This document proposes a list of items to be included in a first aid kit for HEMA practitioners.

It is the responsibility of each HEMA practicing group to ensure a first aid kit is available for practitioners during training sessions.

References

This document is one of three documents on safety recommendations presented by the safety panel. The two others are:

- Safety during the practice of HEMA
- Safety during cutting and thrusting sessions

Sources

There are a number of sources for sport oriented first aid kits.

This document is based on the list of items presented on the following website:

<http://www.sports-sante.com/index.php/trousse-de-secours-pour-le-sport> (French)

Other websites used:

<http://www.linternaute.com/sport/pratique/trousse-pharmacie/1.shtml> (French)

<http://www.fioredeiliberi.org/phpBB3/viewtopic.php?f=3&t=18689>

Contents of a first aid kit

Sprains and bruises:

- a cohesive strap (they do not stick to the skin and help maintain muscles)
- an adhesive strap (for strapping joints. Requires someone who knows how to use it)
- a simple strap for maintaining bandages in difficult situations
- a cold spray
- cold packs
- anti-inflammatory cream or cream for bruises (arnica)

Open wounds and blisters:

- an antiseptic (antiseptic saturated bandages available in drug stores)
- adhesive or hydrocolloidal bandages (gaz-permeable second skin type)
- strip bandages for stitches
- sterile pads
- a haemostatic (single use cotton pads are available in drug stores)

Eye care:

- Individual doses of physiological serum for cleansing
- an antiseptic eyewash in single use doses for disinfecting

Pains and fever:

- Ready for use lyophilised paracetamol tablets (prefer those that do not require water)

Miscellaneous:

- Vinyl gloves
- A hydro-alcoholic solution (used for cleansing hands before giving first aid)
- solar cream (for open air sessions)
- a pair of scissors (for cutting bandages and strips)
- a pair of tweezers for removing splinters
- sugar (in case of hypoglycaemia)
- a survival blanket
- tonic gel or heating pads (for warming up muscles before or after practice)
- plastic bags

Kit composition and maintenance

It is preferable to use products in single dose packaging.

There are complete first aid kits available for purchase. If buying a complete kit, please make sure the kit combat sports oriented.

It is essential to check for the expiry date of all the products in your kit.

It is important as well to read and understand the indications of all products in order for a quick and adapted response when necessary.

We remind that the availability of a first aid kit for practitioners is the responsibility of each and every HEMA association.

Extra information

To prepare for the delivery of first aid, please read the following websites (french) :

http://www.nantes-mpr.com/autres_rubriques/blessure.htm

http://www.doctissimo.fr/html/sante/urgence/sa_921_t_sportif.htm

<http://www.doctissimo.fr/html/dossiers/urgences.htm>

<http://www.doctissimo.fr/html/numeros-urgence.htm>

Emergency numbers (France)

SAMU : 15

Police 17: (links to the gendarmerie or the police, according to your location).

European emergency number 112: This number work, whatever the country you're in, and also works when calling from a cellphone.

Antipoison centers:

In case of intoxication, doctors are online 24-7: **0 825 812 822**

List of antipoison centers:

http://www.doctissimo.fr/html/medicaments/articles/medicaments_centres_antipoison.htm

SOS Médecin : 36 24

Standard emergency numbers, along with police stations should be your first contact attempts. In case of emergency, call the following: **15 for medical emergencies (SAMU), 17 for the police or 18 for firemen**