

 **FAST**

**Fisherman First Aid  
and Safety Training**

*Fisherman Led Injury Prevention Program*



**The Commercial Fishermen's Guide  
to Building First-Aid Kits**

# Statement of Purpose



**Fishermen Led Injury  
Prevention Program**

First Aid and Safety Training (FAST) for Commercial Fishermen was developed as part of the Fishermen Led Injury Prevention Program (FLIPP). FLIPP is an innovative program that includes commercial fishermen, researchers, extension agents, and coastal community members.

The goal of FLIPP is to understand non-fatal injuries in the Dungeness crab fishery and to test ideas to reduce or prevent these injuries. In 2015, FLIPP held focus groups with fishermen to help design a survey. 426 fishermen including 365 crabbers filled in the survey before the 2015/16 season.

**Findings from the FLIPP survey showed respondents thought awareness and drills/preparation were among the most common strategies for staying safe while commercial fishing.** The idea for a commercial fisherman-specific first aid training came from Oregon Sea Grant as they had received requests from fishermen who indicated that the community first aid classes offered were not relevant for their situation of being at sea when emergencies occur.

Another important strategy in improving fisherman safety is to ensure that each boat has a fully-stocked and comprehensive first aid kit suited to specific needs and situations that might arise while out at sea. This kit building guide was put together based off recommendations from safety professionals as well as commercial crabbers.



## How to Use This Guide

Having a well-equipped first aid kit could make treating injuries at sea easier and more effective. This guide covers recommended items for a basic first aid kit for commercial fishermen, how to put one together, suggestions for hosting a kit building party in your area, and extra safety tips.

**Note:** *Improper use of some of these products can result in harm; we recommend crews complete a certified advanced first aid course in addition to having a well stocked first aid kit.*



## Where to Buy and The Cost

All of these items can be purchased online and locally. We sourced items mainly from Amazon, Wal-Mart, firstaidproducts.com, Costco, Dollar Tree and Bi-Mart. For this project, supplies were bought for 25 kits and were purchased in bulk which brought the price per kit to an estimated \$100. To build a single kit would cost an estimated \$145.

# Individual First-Aid Kit Checklist (page 1 of 3)



## Dry Bag or Waterproof Box

Heavy duty 15-liter waterproof bag with handles and strap.

**When to use?** To store first aid kit supplies.

**Quantity** 1 per kit.

**Note:** You can also use a heavy duty plastic tote to hold your first aid kit.



## Waterproof Sunscreen

Waterproof sunscreen.

**When to use?** To prevent sunburns.

**Quantity** 1 per kit.



## Duct Tape

Strong, heavy duty tape.

**When to use?** To repair equipment, emergency immobilization and many other miscellaneous uses.

**Quantity** 1 roll per kit.



## Waterproof Notebook

A waterproof notebook.

**When to use?** Write your SOAP notes here. Can assist on-shore clinicians or rescuers in documenting care.

**Quantity** 1 per kit.

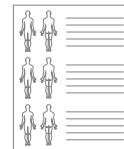


## Honey Packets

Plastic encased tubes of honey.

**When to use?** Quick source of sugar for diabetics. *Note: only for people who can swallow without danger of choking.*

**Quantity** 4 tubes per kit.

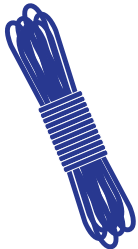


## SOAP Note

SOAP stands for Subjective, Objective, Assessment and Plan; it is a document that helps record injuries that have occurred.

**When to use?** To be filled out during or immediately following an accident or injury in your waterproof notebook.

**Quantity** Use your waterproof notebook to record SOAP notes.



## Parachute Cord

100% nylon 750lb parachute cord.

**When to use?** Securing loose gear and other miscellaneous uses.

**Quantity** One 20 foot cord per kit.



## Microfiber Towel

Quick dry microfiber towel.

**When to use?** To clean or dry an area when administering first aid.

**Quantity** 1 per kit.



## Hand Salve

A semi solid mixture of beeswax and extracts in a small tin container.

**When to use?** To keep skin hydrated and prevent rough, dry hands.

**Quantity** 1 per kit.

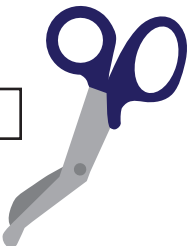


## Bandanas

100% cotton cloth bandanas.

**When to use?** Can be used as a tourniquet and many other miscellaneous uses.

**Quantity** 1 per kit.



## Trauma Shears

Stainless steel scissors with one serrated edge.

**When to use?** To cut away clothing or straps that are in the way of rescuers when treating wound. Can also be used to cut other first aid materials such as bandaging.

**Quantity** 1 per kit.



## Waterproof Bandages

Waterproof assorted size bandages.

**When to use?** To cover and protect minor cuts, burns, blisters etc.

**Quantity** One 30 pack box per kit.

# Individual First-Aid Kit Checklist (page 2 of 3)



## Flexible Splint

A thin aluminum sheet encased in foam measuring 36" x 4.25".

**When to use?** To support a fractured or injured limb.

**Quantity** 1 per kit.



## 4x4" Gauze Pads

Sterile gauze pad measuring 4x4".

**When to use?** To protect and cover wound.

**Quantity** 4 pads per kit.



## Antiseptic Wipes

Antibacterial moist towelettes (active ingredient benzethonium chloride).

**When to use?** To sanitize hands before treating wounds.

**Quantity** 8 individually wrapped packets per kit.



## Extra Strength Non-Aspirin Tablets

500 mg non-aspirin pain killers.

**When to use?** Used to relieve pain and fever.

**Quantity** 15 individually wrapped packages with 2 pills per package (500 mg per 2 pills), or one small bottle.

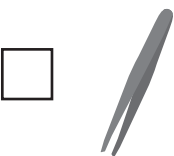


## Triangular Bandage

100% cotton triangular bandage (each bandage comes with 2 safety pins).

**When to use?** A sling that supports a fractured or injured limb.

**Quantity** 1 per kit.

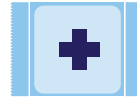


## Tweezers

Stainless steel tweezers.

**When to use?** To remove slivers, glass etc. from a flesh wound.

**Quantity** 1 per kit.

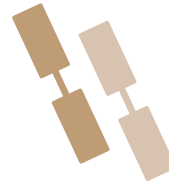


## Instant Cold Pack

Single use product encased in plastic that gets cold when folded in half.

**When to use?** As a cold compress after injury.

**Quantity** 2 per kit.



## Butterfly Closure Strips

Medium sized latex-free butterfly closures.

**When to use?** To protect and secure small wounds.

**Quantity** 12 closure strips per kit.



## First Aid Tape

Waterproof tape.

**When to use?** To keep bandages in place.

**Quantity** 1 per kit.



## Triple Antibiotic Ointment

0.5g triple antibiotic ointment.

**When to use?** To prevent infections and promote healing of injury.

**Quantity** 17 individually wrapped packets or one small tube per kit.



## Motion Sickness Tablets

1000 mg tablets of non-drowsy motion sickness medication.

**When to use?** To treat motion sickness as needed.

**Quantity** 12 capsules per kit.



## Iodine Swabs

Single use PVP Iodine antiseptic swabs or q-tips.

**When to use?** To prevent infections.

**Quantity** 4 swabs per kit.

# Individual First-Aid Kit Checklist (page 3 of 3)



## Space Blanket

Blankets made of mylar.

**When to use?** To keep patients warm.

**Quantity** 3 per kit.

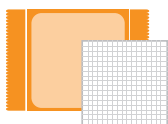


## Elastic Wraps

2" x 5 yd Elastic bandage with two fasteners.

**When to use?** To protect and provide moderate pressure to sprains and strains.

**Quantity** 2 wraps, 4 fasteners per kit.



## Hemostatic Gauze

Hemostatic agent with anticoagulant properties.

**When to use?** To slow major bleeds.

**Quantity** 1 per kit.



## Athletic Tape

100% cotton athletic tape.

**When to use?** Helps protect and prevent injuries on ankles, wrists, hands etc.

**Quantity** 1 per kit.



## Tourniquet

High strength carbon fiber tourniquet (compact size).

**When to use?** To slow blood flow in injured limb when direct pressure methods are ineffective.

**Quantity** 1 per kit.



## Topical Burn Cream

0.5g First aid/burn cream packets.

**When to use?** To help prevent infection after sustaining a burn. Can also provide temporary pain relief.

**Quantity** 12 individually wrapped packets or one small tube per kit.



## Self Adhesive Bandaging

A cohesive bandage wrapping tape.

**When to use?** To protect, secure and compress wounds on top of dressing.

**Quantity** 2 per kit.



## Moleskin

Self-adhesive padding that can be cut to any size.

**When to use?** To cover and protect blisters.

**Quantity** 2 squares per kit.



## Rolled Sterile Gauze

Sterile rolled gauze measuring both 2" x 4.1 yd. and 3" x 4.1 yd.

**When to use?** To hold dressings in place and act as a slight compress. Especially useful in hard to bandage places.

**Quantity** 3 rolls of each size.



## Irrigation Syringe

Plastic 12cc non dental syringe.

**When to use?** To clean wounds.

**Quantity** 1 per kit.



## Surgical Gloves

Disposable latex free vinyl gloves.

**When to use?** To protect rescuers and injured individual from cross contamination of germs, mucous membranes, broken skin, blood, etc.

**Quantity** 2 pairs of gloves per kit.



## Antihistamine

25 mg tablets of dephenhydramine HCl antihistamine.

**When to use?** Provides relief from allergies.

**Quantity** 16 individually wrapped pills or one small bottle per kit.



## First Aid Manual

Use as a reference when treating injuries.

**Quantity** 1 per kit.



## Organizing Supplies

Various sized seal-able plastic bags, rubber bands, and a sharpie.

**Quantity** 10 bags, 10 rubber bands, one sharpie.

# What is a SOAP note?

SOAP stands for SOAP stands for Subjective, Objective, Assessment and Plan. Write a SOAP note following an injury. This will assist in the delivery of medical care.

To the right is an example SOAP note that you can use as a guide when writing your own SOAP notes in your waterproof notebook.

## Example SOAP Note

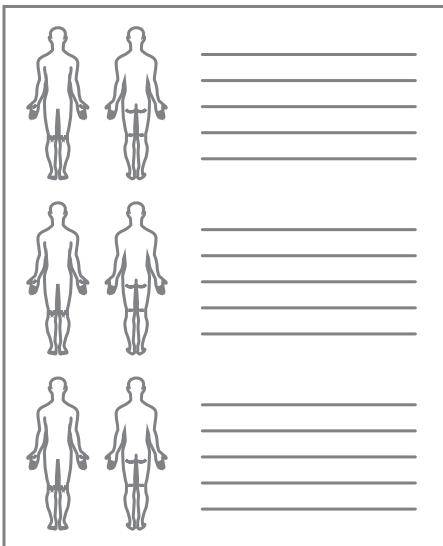
**Patient Name** John Doe **Date** 11 / 1/ 2017

**Subjective** *smashed finger on crab pot*

**Objective** *bruising and swelling of the left index finger*

**Assessment** *limited mobility*

**Plan** *wrap with tape and have evaluated by doctor when back in port*



The **subjective** portion of the injury assessment is when the injured individual gives the rescuer the facts. What happened, where it hurts, how bad it hurts and any relevant health history.

The **objective** portion is for the rescuer to determine based on their observations of the injury such as appearance, the injured individual's ability to move, heart rate etc.

The **assessment** portion is the believed diagnosis or statement of type of injury. Such as "the bone appears to be broken." This section could also work towards ruling things out.

This **plan** portion is where the rescuer makes writes out what should happen next. Such as "we need to return to port to seek additional medical care" or "We are calling the coast guard" or "Individual will take aspirin and change bandages daily."

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## Extra Safety Tips

### What should you keep your first aid kit in?

A dry bag or box is ideal as conditions can be rough and wet out at sea!

### Where do you put your first aid kit on the vessel?

Somewhere convenient and easily accessible. Make sure crew knows where first aid kits are located. Have laminated common scenario first aid instruction/treatment cards handy to use as a reference.

**What crew information should be in the kit?** Have each crew member write a simple health history with name, address, and vitals. Place in envelope seal and sign across the seal. Give envelopes unopened to coast guard or first responder in the event of accident.

**When should your first aid kit be restocked?** Remember to restock your first aid kit after every use. Keep extra supplies on hand during the season to replenish your kit as needed.

### What should you do in an emergency you can't handle?

Make a mayday call! Look at card given out in drill conducting course for proper procedure.

# How to Group and Organize Kits

*This is just one way to organize a kit; do what works best for you and your crew.*



## Consumables

**Extra Strength Non-Aspirin Tablets**  
15 packets containing 2 pills each.  
Secured with a rubber band.

**Antihistamine**  
16 individually wrapped tablets.  
Secured with a rubber band.

**Motion Sickness Tablets**  
12 tablets each.

**Honey Packets**  
4 plastic encased tubes of honey.  
Secured with a rubber band.



## Topical

**Sunscreen** 1 travel size each.

**Antiseptic Wipes** 8 each.  
Secured with a rubber band.

**Iodine Swabs** 4 swabs each.  
Secured with a rubber band.

**Triple Antibiotic Ointment**  
17 individually wrapped packets each.  
Secured with a rubber band.

**Salve** 1 each.

**First Aid / Burn Cream** 12 packets each.  
Secured with a rubber band.



## Flesh Wounds

**Moleskin** 2 squares each.

**2" Rolled Sterile Gauze** 3 each.

**3" Rolled Sterile Gauze** 2 each.

**Assorted Waterproof Bandages**  
One 30 pack box each.

**Gloves** 2 pair each. Put into a snack sized bag within the flesh wounds bag.

**Butterfly Bandages** 12 each.  
Secured with a rubber band.

**4x4 Gauze Pads** 4 each.

**Athletic Tape** 1 each.

**First Aid Tape** 1 each.



## Bad Accidents

**Irrigation Syringe** 1 each.

**Bandana** 1 each.  
Rolled and secured with a rubber band.

**Tourniquet** 1 each.

**Hemostatic Agent** 1 each.



## Sprains and Strains

**Instant Cold Pack** 2 each.

**Triangular Bandage** 1 each.

**Elastic Wraps** 2 each.

**Cohesive Bandage** 2 each.



## Misc. Gear

**Pens** 2. Secured to notebook with a rubber band.

**Waterproof Notebook** 1 each.

**Trauma Sheers** 1 each.  
Secured with a rubber band.

**Duct Tape** 1 each. You can choose between buying small rolls of tape or buying a large duct tape roll and hand rolling them into smaller rolls. It is cheaper to hand roll them, but this task can be a bit tedious.

**Quick-Dry Towel** 1 each.  
Rolled and secured with a rubber band.

**Parachute Cord** One 20 foot rope each. It is cost effective to buy a long spool of cord and then cut into strands of 20 feet. To do this you will need to measure each rope section and burn each of the ends so they do not fray.

**Tweezers** 1 each.

**First Aid Manual** 1 each.



## Loose Items

**Flexible Splint** 1 each.

**Space Blankets** 3 each.  
Secured with a rubber band.



