

# What's in a commercial fishermen's first aid kit?

Having an industry specific first aid kit can make treating injuries at sea more effective.



## Consumables

Extra Strength  
Non-Aspirin Tablets  
Antihistamine  
Motion Sickness Tablets  
Honey Packets

## Bad Accidents

Irrigation Syringe  
Bandana  
Tourniquet  
Hemostatic Agent

## Loose Items

Flexible Splint  
Space Blankets

## Topical

Sunscreen  
Antiseptic Wipes  
Iodine Swabs  
Triple Antibiotic Ointment  
Hand Salve  
First Aid / Burn Cream

## Sprains and Strains

Instant Cold Pack  
Triangular Bandage  
Elastic Wraps  
Self Adhesive Bandaging

★ *A first aid kit is necessary but needs to be supplemented by current first aid and CPR certifications/training.*

## Misc. Gear

Pens  
Waterproof Notebook  
Trauma Sheers  
Duct Tape  
Quick-Dry Towel  
Parachute Cord  
Tweezers  
First Aid Manual

## Flesh Wounds

Moleskin  
Rolled Sterile Gauze  
Assorted Waterproof Bandages  
Gloves  
Butterfly Bandages  
Gauze Pads  
Athletic Tape  
First Aid Tape

*Know how to use the items in the kit effectively so that you can help an injured fishermen.*



For more information about first aid kits, kit items, SOAP notes, organizing a kit building party and extra safety tips visit:

**FLIPPresources.org**



Oregon State University  
College of Public Health  
and Human Sciences

