

# INDUSTRIAL **FIRST AID** SUPPLIES LIMITED

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## PRODUCT GUIDE



### DRESSINGS

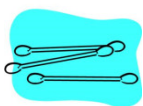
2015 Edition

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|---|--|
| Band aid-type plastic, fabric strips & shapes     | - Individually-wrapped sterile strips (commonly known as Band-Aid's or sticking plasters) for first aid treatment of minor cuts and grazes. FABRIC strips provide flexibility and stretch for dressing joints and have longer wear.  |
| Detectable plastic strips                         | - These strips are coloured blue for easy visibility if lost during food handling. Some brands may include a metal strip for detection by x-ray & metal detection machine.   |
| Fabric dressing strip                             | - A continuous roll of sticking plaster with a non-adherent pad down the middle which is then cut to the required size. Suitable for covering larger cuts & grazes.  |
| Hypoallergenic dressing strip                     | - A dressing strip which reduces the likelihood of irritation when used on sensitive skin.   |
| Finger(tip) plaster                               | - A butterfly-shaped sticking plaster to fold over & cover the ends of fingers. These can also be used for stubbed toes.   |
| Knuckle plaster                                   | - An H-shaped sticking plaster shaped to run along a finger & cover the knuckle. This can also be used for elbows and heels.   |
| Blister plaster                                   | - A gel pad plaster designed to prevent or relieve pain from blisters & friction. Repels water, dirt & external bacteria & can be worn for several days.   |
| Wound or skin closures                            | - Strips designed to offer support to a deep wound by running across, drawing & holding the edges of a wound together during healing.  |
| Sterile non-adherent pad                          | - A non-medicated sterile dressing (individually wrapped) with a non-adherent surface used for covering larger wounds. These can be secured either by tape or a bandage.   |
| Transparent & Clear dressing                      | - A hypoallergenic dressing which is waterproof with a barrier to liquids & bacteria but which also breathes, allowing moisture vapour to escape. It allows wounds to be easily monitored without needing to change or disturb the dressing & can be left on when bathing or swimming. |
| Island dressing                                   | - A soft comfortable dressing consisting of a non-adherent pad with a soft cloth backing and adhesive on all four edges which can be used to cover all wounds. Telfa Adhesive consists of a non-adherent pad with a ventilated film covering and adhesive on two sides.                |
| Fixomull stretch dressing & Terafix flexible roll | - A hypoallergenic fabric dressing suitable for fixing large dressings or applying directly. The dressing has a moderate amount of stretch to allow movement & is porous to allow moisture to escape.  |
| Combine sterile dressing                          | - A heavy dressing for wounds which require greater absorption. A sterile non-adherent pad or paraffin gauze should be used between the wound and dressing if sticking to the wound is likely to be a problem.   |
| Wound dressing                                    | - A sterile absorbent pad attached to a bandage for ready securing. Used for heavy bleeds.   |
| Paraffin gauze                                    | - A paraffin-impregnated non-adherent dressing used to cover & maintain moisture close to the wound during healing. A sterile non-adherent pad or wound combine dressing (depending on the amount of absorption required) should cover the gauze to hold it in place.                  |

### HELPFUL HINTS

- a) When removing any plaster or dressing that has adhered to the wound, soak the plaster/dressing in water until it eases off (do not pull) so as not to damage the healing tissue.

- b) To remove Nexcare Waterproof Bandages, Tegaderm, Asguard & similar dressings, gently lift one corner & stretch/pull the dressing parallel to the skin & away before lifting off.



## SWABS & COTTON PRODUCTS

Non-woven swab

- Used for cleaning wounds but has the advantage of being virtually lint-free. The STERILE version can also be used on top of a non-adherent pad to form a dressing with greater absorption.

Cotton wool balls

- Are a mix of cotton & rayon fibre, proving excellent absorbency. (NOT RECOMMENDED FOR CLEANING WOUNDS AS THESE COULD LEAVE LINT PARTICLES CAUSING INFECTION)

Cotton bud / applicator

- A soft, absorbent cotton tip on wooden or plastic stems. These are good for general and medical use (dispensing of creams to avoid cross-contamination).



## EYE CARE

Eye pad

- An emergency dressing for eye injuries.

Eye shield

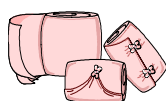
- Used to protect the eye after trauma. Fits either left or right eye and is highly flexible, contoured for comfort with ventilation holes.

Eye lotion

- For flushing & relieving irritated, red or tired eyes.

Eye drops

- Used for relieving tired or irritated eyes. Suitable for in-eye wetting of contact lenses. Available in single use ampoules or 10ml application bottles.



## BANDAGES

Crepe bandage

- An elastic bandage used to secure dressings or provide support & light compression.

Gauze elastic bandage

- A lightweight bandage used to hold dressings in place while conforming to the shape of the body & allowing free movement.

Triangular bandage

- Commonly known as slings, these are used to immobilise & support an injured arm. In an emergency, these can also be used as an absorbent wound dressing.

Cohesive, self-adherent wrap

- An elastic wrap which functions like a tape but only sticks to itself not to the skin. Can be used for strapping, splinting or holding dressing in place as well as for light compression.

Tubular bandage

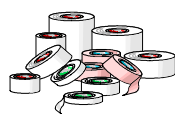
- An elasticated tubular bandage for providing limb support or holding dressings in place.

Finger bandage

- A tubular net bandage designed to fit over fingers & toes to hold dressings in place.

Nose bandage

- A one-piece bandage for heavy nose bleeds comprising of a cotton wad in a small stockinette which is tucked under the nose. Held in place by loops at the ends of the stockinette which go over the ears.



## FIRST AID TAPES

Standard porous tape

- A porous tape used to secure dressings while allowing the skin to breathe & perspiration to escape. Also suitable for rigid-strapping sports support.

Plastic tape

- A hypoallergenic, perforated easy-tear, plastic water-repellent porous tape for securing dressings on sensitive or allergic skin while allowing the skin to breathe.

Paper tape

- A hypoallergenic, lightweight, easy-tear economical tape for securing dressings on

extremely sensitive or damaged skin. Also porous which allows the skin to breathe.

Elastic fabric tape

- An aggressive-sticking elastic tape for securing dressings, especially on joints or areas of movement. Also suitable for sporting applications e.g. Finger-splinting or initial compression of a muscle or joint injury.

Waterproof tape

- A waterproof tape for securing dressings in wet, dirty or rough conditions. This can also be used to prevent blisters if applied before activity.



## ANTISEPTICS

General-purpose antiseptics

- A cream that can be applied on to minor cuts, grazes, insect bites & stings to cleanse the wound & help prevent infection.

Antiseptic spray

- A ready-to-use solution in a pump spray that can be applied on to minor cuts, grazes, insect bites & stings to cleanse the wound & help prevent infection.

Antiseptic wipe

- An individually wrapped wipe immersed in an antiseptic solution used for disinfecting cuts, grazes & minor wounds.

Alcohol swabs

- A small alcohol-impregnated swab for sanitising an area of the body (NOT TO BE USED ON BROKEN SKIN).

Water wipe

- A moist sterile wipe immersed in water for cleaning cuts, grazes & minor wounds.

Burn gel

- A water-soluble gel (containing the natural antiseptic tea-tree oil) for applying & taking the heat out of light burns. Also available as a gel-impregnated sterile dressing.

Sodium chloride (saline)

- A sterile solution for cleansing & flushing out wounds, this can also be used to flush eyes. Useful in first aid kits or locations where clean water may not be readily available.

Hand sanitiser

- A gel or liquid for rubbing over & disinfecting hands without requiring water. Good for outdoors & emergency use where clean water may not be readily available.

Disinfectant tablets

- A broad spectrum, anti-microbial agent in tablet form which dissolves in water. The solution can be used to disinfect stainless steel instruments, plastic, rubber, glass, hard work surfaces, mops, linen etc.

Sterilising tablets

- For sterilising glass, rubber & plastic (NOT SUITABLE FOR METAL INSTRUMENTS).

Surface disinfectant

- A solution used to disinfect surfaces such as tables & beds to destroy bacteria, virus' & fungi. Available in either a liquid solution, spray or wipes.



## SPORTS PRODUCTS

Sports tape

- Provides rigid support to joints under stress by preventing excessive movement during sporting activities.

Elastic adhesive bandage (EAB)

- An elastic sport-support strapping with strong adhesion for initial compression of a muscle or joint or for wrapping over sport tape to secure & give extra support. Can also be used to secure wound dressings in areas of movement.

Insulation tape

- Often used to secure bandages & hold up socks during games.

Hot / cold pack

- A reusable pack (which can be chilled or heated) for applying to sprains, bruises & soft tissue injuries. When frozen, the pack stays flexible to mould to the shape of the body.

Instant cold pack

- A single-use, self activated cold pack for applying to sprains, bruises & soft tissue injuries. Good for taking on outdoor activities where there are no facilities for keeping a hot / cold pack chilled.

Instant hot pack

- A single-use, self activated hot pack for using to warm parts of the body in order to

manage pain. Good for taking on outdoor activities where there are no facilities for

Cold pack sleeve

- A disposable hygienic cover for holding a cold pack & preventing excessive cold from coming into direct contact with the skin.

Cold spray

- An aerosol spray providing immediate cold & temporary relief from muscular pain & injuries.

Petroleum jelly

- For soothing sore lips, minor burns, cuts, scrapes & sunburn, chafing & superficial grazing from sporting activities.

Sport / anti-inflammatory cream

- Provides temporary relief from pain & inflammation associated with muscular aches, strains, and sport injuries.



Arnica products

- A homeopathic remedy for the symptomatic relief of bruising, sore muscles & joints.

Anti-flamme

- A natural anti-inflammatory cream used to provide relief from strained muscles, joint pain, bumps, bruises & common sport injuries. (Contains arnica, calendula, St Johns Wort & peppermint)

Tea tree products

- A natural antiseptic product for applying to cuts, grazes, bites, cracked dry skin & other minor skin irritations. The ointment uses a water-repellent base.

Rescue remedy

- A homeopathic oral remedy for relieving the effects of shock, emotional trauma & distress.



Paracetamol products

- For the relief of pain & discomfort from headaches & migraines, neuralgia (nerve pain), cold & flu symptoms, fever, dental pain, rheumatic aches and pains & period pain. Capsules, caplets (capsule-shaped) & gel caps are designed for easier swallowing while soluble tablets are dissolved in water & absorbed more quickly by the body than regular tablets.

Disprin tablets

- Dissolved in water to give relief from mild to moderate pain including headaches, migraines, neuralgia (nerve pain), toothache, period pain, aches, pains & fever associated with colds and flu. Disprin also can be used for the relief of pain & inflammation of sprains, rheumatic pain, sciatica, backache, muscular aches & pains, joint swelling, and stiffness. (Contains aspirin)

Ibuprofen

- Lowers temperature, relieves pain and reduces inflammation. Effective for the relief of headaches, migraines, cold and flu symptoms, rheumatic & muscular pain, period pain, backache, fever, dental pain and neuralgia (nerve pain).



Throat lozenges

- Antibacterial lozenges for providing relief from sore throats and coughing.

Cough syrup

- A cough suppressant to soothe and calm irritated throats.

Vaporizing ointment

- Helps to relieve nasal congestion by inhalation or rub on to the skin to relieve muscular aches and pains.

Mouth rinse

- For the treatment of minor oral infections such as ulcers & gingivitis as well as reducing dental plaque.

Throat gargle

- An anti-viral & anti-bacterial gargle which kills most bacteria and viruses to aid in the treatment of an infected sore throat.

## NATURAL REMEDIES

## ANALGESICS

## COUGH, COLD, THROAT & MOUTH

Eucalyptus oil

- Used as an inhalant for clearing blocked a nose & chest.



Barrier cream

- A cream which waterproofs the skin to prevent damage.

Skin repair cream

- A cream containing both a moisturiser & barrier cream for nourishing and protecting your skin.

Magnesium sulphate

- Is used to draw out boils and other objects out of the skin. Magnesium sulphate can also be used on tired aching muscles because of its relaxing effect and as a mild antiseptic.

Calamine

- For use as an anti-itching agent to soothe, calm and protect the skin following minor skin irritations including rashes, eczema, insect bites, stings and sunburn.

Sunscreen

- Helps to protect the skin against the sun's harmful rays and to help prevent sunburn and premature ageing. SPF factor is the measure of protection against UVB rays which cause sunburn. Some sunscreens can also include insect repellent.

Insect repellent

- Generally available in the form of gel, liquids and sprays. When applied to the skin it repels biting insects such as mosquitoes and sand-flies.

Skin irritant creams

- Calms and soothes insect bites and skin irritations such as stings, bites, mild sunburn and skin rashes.



Tampons

- Used during menstruation to absorb the flow of menstrual fluid. Available with and without an applicator.

Stayfree pads

- Used during menstruation to absorb the flow of menstrual fluid. These can also be used in emergency situations as a wound dressing.

Pregnancy test

- A test used to determine whether a person is pregnant. Tests either use urine or blood for testing.



Pillow cases

- A non-woven disposable case to protect your pillows. Open on both ends for easy removal.

Bed sheets

- A non-woven sheet for covering & protecting your bed or couch.

Mattress protector

- A lightweight, waterproof fitted sheet for covering and protecting a mattress.

Couch roll

- A roll of paper with perforations used to cover & protect examination tables or beds.

Protection serviettes

- An absorbent paper sheeting with a waterproof backing for covering & protecting pillows, beds & couches.

Vomit bags

- A single-use plastic bag with a stiff collar to hold the bag open. Afterwards the bag is easily sealed by twisting & locking into a keyhole slot in the collar.

Absorbent powder

- When sprinkled onto a spill this will absorb most liquids including vomit, blood & urine & will form a gel which can be easily scooped or swept up for disposal.

## SKIN CARE, SUNSCREEN & REPELLENT

## FEMININE PRODUCTS

## BEDDING & PAPER PRODUCTS

## HARDWARE



Stitch cutter blades

- Sterile, individually wrapped blades used for the easy cutting of stitches.

Utility shears		- Heavy duty scissors with blade and flattened tip on the bottom blade for slipping under & cutting through clothes, bandages, dressings etc.
Tweezers	- splinter	- Fine-pointed tweezers useful for removing foreign objects from wounds e.g. splinters or glass.
	- flat	- Cosmetic tweezers ending with a flat edge.
	- slant	- Cosmetic tweezers ending with a slant edge.
Splinter Probes		- A disposable plastic handle with a sharp metal point used to remove splinters.
Bandage clips		- An elastic clip for securing crepe & gauze bandages.
Thermometer	- clinical	- Traditional glass & mercury type thermometer.
	- digital	- Measures temperature electronically with a digital display for easy reading.
Thermometer covers, lens filters		- A disposable cover for your digital thermometer to be used when taking readings. Is highly recommended to prevent the spread of bacteria and infections between patients.
Otoscope speculae		- A disposable cover for your Otoscope. Is highly recommended to prevent the spread of bacteria and infections between patients.
Tongue depressor		- A disposable wooden spatula for holding the tongue down to examine the throat.
Diagnostic examination torch		- A pen light torch used to examine the reaction of the eyes pupil.
Sphygmomanometer		- This is an apparatus for measuring blood pressure, commonly know as a "sphyg ".
Stethoscope		- An instrument used for listening to the heart & lungs.
Wound dressing pack		- A sterile package containing the basic items needed for cleaning a wound. Package contains a tray, cover sheet, plastic forceps & gauze squares.
Suture removal kit		- A sterile kit for removing sutures. Suture removal kit contains Littauer scissors, metal forceps and gauze sponge.
Forceps		- Used for gripping dressings & swabs when cleaning wounds, grazes etc.
Razors		- Disposable medical grade razors used to remove hair for minor surgical procedures.
Kidney bowl		- A kidney-shaped bowl used to hold sterile products during procedures. Available in stainless steel or plastic.
Sharps bin		- A disposable container that is used to safely dispose of sharp items such as needles and blades. The top of the container has a safety guard to prevent hands from entering the container and a lid to close when full.
Cervical collar		- A mild neck support which should only be applied by experienced practitioners.



## DISPOSABLE PROTECTIVE WEAR & CLOTHING

Gloves	- Latex	- A disposable close-fitting glove used for protection against infection & cross-contamination. Available with or without powder.
	- Vinyl	- A disposable loose-fitting glove used for protection against infection & cross-contamination. Vinyl is ideal for people allergic to latex. Available with or without powder and also available in blue for food industries as these are easily visible.
	- Nitrile	- A disposable close-fitting glove used for protection against infection & cross-contamination. Nitrile gloves are stronger and have a higher puncture resistance than standard latex or vinyl gloves. These gloves are latex free and powder free.
	- Polyethylene	- A lightweight glove for basic protection but not recommended for first aid situations.
Round (bouffant) hat		- A non-woven hat used in hospitals and the food industry for hygiene. These hats features an elastic band for snug, adjustable sizing.
Sleeve protectors		- A plastic disposable oversleeve with elasticised ends to cover & secure sleeves.

- Overboots - A non-woven cover designed to fit over shoes to protect them against splashes.
- Disposable briefs - A multi-fitting disposable underwear for emergency situations.
- Surgical masks - A cup-shaped mask with ear loops for covering the nose & mouth. Provides protection against bacteria.
- Safety glasses - A multi-purpose safety glasses ideal to protect your eyes from flying debris.
- Earplugs - A soft foam plug for giving basic noise protection.



## RESUSCITATION, RESCUE & SAFETY EQUIPMENT

- Survival foil blanket - A metallised blanket for effective protection against extreme heat or cold. Particularly useful for outdoor activities & emergency anti-shock treatment.
- Resuscitation - Face Shields - A device with a one-way valve which acts as an oral barrier protecting the rescuer from the transmission of fluid & infection during CPR. Also available in a key ring.
- Filter - A device with a filter section around the mouth area which acts as a protection from the transmission of infection. Recommended only to be used for CPR training.
- Bag-valve-mask - Is a hand-held device used in CPR. A cushioned mask fits over the mouth and nose and has a one-way valve and a bag. The bag is squeezed to expel the air into the non breathing patient and the valve prevents backflow into the bag.
- Guedel airways - A device used to maintain an open airway by preventing the tongue from obstructing the airway which can occur when a person is unconscious and their muscles relax.
- Suction Unit - A hand operated unit designed to provide quick and effective suction in emergencies.
- Sam splints - A reusable splint made from aluminium wrapped in a hypoallergenic foam which is malleable to form the appropriate shape to immobilise the broken limb.



## MISCELLANEOUS

- Antacids - Used to neutralize acidity in the stomach which provides relief from indigestion, upset stomachs, heartburn etc. Available as either a liquid, tablet or powder.
- Glucose tablets - Used for boosting energy levels in anyone feeling tired and strained as it is rapidly absorbed into the blood stream. Also suitable for treating hypoglycaemia (low blood sugar levels) in diabetics.
- Electrolyte powder - A powder drink for replacing electrolytes & fluid to help prevent dehydration caused by diarrhoea & vomiting.
- Purification tablets - A purifying tablet designed to kill water borne organisms making water safe for consumption and washing fruit and vegetables.



## FIRST AID BOOKS & CONTAINERS

- First aid manual - A comprehensive manual covering everything from CPR to wound care and heart attacks. Simple to use with good pictures.
- First aid booklet - A basic instructional booklet covering basic patient care and CRP instructions. Excellent for small first aid kits.
- Accident register - A book for recording accidents.
- Plastic box - A durable plastic container with either two or four clips to seal the lid and allowing your first aid items to stay clean and dry.
- First aid bag - A durable nylon bag which has divided compartments and pockets for easy storage of first aid items.

Steel box

- A robust metal cabinet suitable for trucks, heavy work vehicles or hard-working areas.

Steel wall cabinet

- A robust metal cabinet that can be fixed to a wall. Available with or without locks.