



First Aid Equipment Recommendations



All Clubs and Schools:

- Medical Emergency Action Plan (MEAP)
- Named First Aid/Immediate Care Provider
- Coordinator (if more than 1 team playing at same time in same venue)
- AED location – should be as close to playing location as possible. If your club or school doesn't have an AED, awareness of where nearest public access AED is.

Contents of First Aid / Pitch bag:

- Disposable gloves (various sizes if shared bag)
- Nappy or Sanitary disposal bags / biohazard bags.
- Hand sanitiser
- Gauze swabs
- Saline solution in pods or wash bottle
- Antiseptic wipes
- Plasters (various sizes) and wound dressings (non-adherent)
- Blister plasters
- Steristrips/paper stitches
- Wound pad
- Triangular bandage
- Tape and bandages
- Aluminium Splint
- Freezer bags (for ice)
- Foil blanket
- Antiseptic cream
- Petroleum jelly.
- If working with female athletes, sanitary towels, and tampons in various absorbencies.

Trauma Bag contents (if Level 2/3 provider is routinely present):

- Pocket face mask with filter
- Airway adjuncts (OP and NP and supraglottic (I-gel) airways)
- Non Rebreather Oxygen mask and tubing
- Ball Valve Mask (bag and mask)
- Portable Oxygen cylinder
- IV Fluid (normal saline)
- 21G and 23G IV cannula and fixing tape
- IV giving set
- Large Bore cannulae (14 or 16G) for severe haemorrhage or pneumothorax decompression.
- Handheld portable suction
- Pelvic Binder
- Tourniquet
- Cervical collars (multisize)

Other items to consider for pitchside care:

- Box splints or vacuum splints of various sizes
- Crutches
- Moonboot
- Spinal extrication board (Splitboard or long board)
- Vacuum mattress

Other items to consider if Match Day Doctor is present:

- Entonox cylinder or Pentrox whistle
- Adrenaline 1:1000 autoinjectors x 2 (anaphylaxis)
- Glucose gel 50%
- Adrenaline 1:10000 for injection (cardiac arrest)
- Salbutamol Inhaler and Spacer device.

Other prescription medication is at discretion of the Doctor/prescribing practitioner and must be used only within scope of practice. Medications must be checked against the current WADA list of prohibited substances and be permitted for use.

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The items in these lists are for guidance only.

It is not necessary to have all items listed.

Equipment should only be available if the pitchside team have the knowledge and skills to utilise correctly.