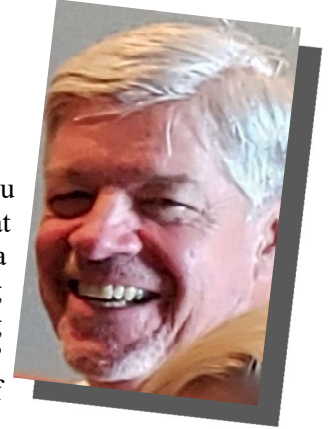




Get your Kit Ready!

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Everyone has a first aid kit somewhere on their bike, but do you recall in which saddlebag its located and when was the last time that you actually opened it up! A good first aid kit should be a mandatory part of your riding equipment, just like always wearing a helmet, boots that cover your ankle and a good pair of riding gloves. It goes with the saying, "All The Gear All The Time" (ATGATT). A good first aid kit is even more of an essential part of your gear, because it could possibly save a person's life.



The first thing a rider must determine in putting together a comprehensible first aid kit is the type of injuries you may encounter during your trip. There are five basic types of injuries you might encounter on the road. They are:

- Burns - sunburn and contact with hot engine parts and mufflers
- Cuts, Abrasions and Scrapes
- Eye injuries – objects flying into the eyes and insect bites or stings
- Fractures, Bleeding
- Trauma to the Head, Neck, Spine, Chest and Abdomen.

The first aid kit that we are all familiar with is the one we find in our homes and autos. It's the white plastic Johnson and Johnson first aid kit with the red cross on the cover. This first aid kit is good for minor cuts and burns, but it will not suit our needs as a result of a motorcycle accident. Therefore, we need to look at a kit that include life-saving items called EPIK, (Emergency Personal Injury Kit) to meet our needs.

The following list of items are a combination of items found in both types of first aid kits to give you a comprehensive first aid kit to treat the five basic types of injuries. Those items are as follows:

- A good compact first aid book.
- Antiseptic Wipes – 5 or 6 packet wipes.
- Antibiotic Ointment or powder – Individual packets. Pack of 6.
- Anti-microbial Hand Cleaner – Waterless: They make waterless hand cleaners in individual packets. Bring five or six
- Band-aids – A variety of shapes and sizes for small cuts and scrapes. Pack knuckle and fingertip band aids.
- Steri-strips (Butter-fly sutures, Adhesive Sutures, Adhesive Closures) – used to pull a small gaping cut or wound together.
- Large Combine Pads – For heavy bleeding.
- 5 Large Sterile Gauze Pads – For bleeding. Most first aid kits do not have enough gauze or absorbent dressings to be useful in a motorcycle kit.
- 5 Medium Sterile Gauze – If you don't want to carry this smaller size carry extra of the larger size and cut them down to what you need.
- CPR Mask. This is important because the purpose of a CPR mask is mainly to keep the victim from vomiting on you.
- Emergency Blanket – These are great for retaining body heat and can be used as a reflector for rain and ground cover.
- Normal saline 10ml vials – this doubles as an eye wash or wound cleansing.
- Instant Cold Pack/s – These are so useful with burns, bruising, swelling and sprains.
- Burn cream or gel – Aloe Vera aids in healing, pain relief, has anti-inflammatory properties, helps prevent blistering and scarring.
- Glow Stick – High intensity emergency glow stick for directing traffic or signaling for help.

- Heavy Duty Zip-lock Bags – Tons of uses including removing used and contaminated gauze, gloves and dressings.
- Latex gloves – Bring a minimum of 6 pairs. If you have multiple riders down, you need to change gloves for every person you touch.
- Other medication – sample packets of Anti-diarrheal tablets, anti-acid, Antihistamine: for mild allergic reactions and Pain relievers.
- Triangular Bandage – For slings, padding, strapping limbs to splints when fractures are suspected.
- Trauma shears – Heavy duty pair, a size 7 ½. You'll need to be able to cut through leather. You won't have time to unzip and undress if there is heavy bleeding you'll need to cut through the leathers.
- Curved Scissors – Curved medical ones are great as they don't have sharp points. In an emergency you might need to cut clothes away from an injury. With sharp edges it is easy to poke through something and cause further injury when you are in a hurry or under stress.
- Elastic and crepe bandages – a few different widths. 10cm (2") and larger are often more versatile than smaller ones.
- Tweezers – A good pair of tweezers with easy-to-grip handles.
- Charged Mobile phone – to call 911
- Sting Relief and Burn Gel
- Duct Tape Mini Roll
- 2x Safety Pins – To pin bandages in place.
- Flashlight and Utility Tool/Knife

Now the difficult part. You need to get all of these items into a soft-sided waterproof zipper case to fit in your saddlebag. Believe it or not, all of the above items can fit into a bag 7"x 5" x 3"!!! Your first aid kit should be easy to access, and it should be placed in the right saddlebag. The non-traffic side of the bike. Also, organize the items with a system that will allow you to use them quickly. Familiarize you with what's in your kit.

There are many sources regarding first aid kits and I would recommend using google to see the many first aid kits that are offered and their prices. Harley-Davidson even offers a moderate priced Biker's Compact First Aid Kit.

But the bottom line is to be familiar with the contents of your first aid kit. You should on a routine basis, go through your first aid kit, to check to see if any items have expired but more importantly is to know the purpose of and how to use every item in your kit. Otherwise, it's just taking up space. The best stocked first aid kit is useless if you do not have the knowledge to use it.

Finally, if you happen to be involved in a motorcycle accident scene, and you are using your first aid kit to render aid to a fallen biker, know your limits in providing medical assistance, and if you have any doubts, seek professional help through a 911 operator to connect you to an expert to help you assess injuries and recommend immediate action until professional help arrives.