



The Farmer's First Aid Kit list provides a list of practical things to have on hand, along with guidance that can be used until professional help arrives. This list is not meant to be exhaustive, nor does it cover all incidents that may occur.

General First Aid Supplies

- Dressings and bandages (gauze roll, sterile gauze pads, eye pad, roll of adhesive tape, elastic bandage for sprains, sterile cotton balls and swabs)
- Over-the-counter medicine for cuts, burns, and injuries
- Latex gloves
- Instant cold packs
- Safety pins to fasten splints and bandages
- A suction device (or kitchen turkey baster) to flush out wounds
- Aluminum finger splint
- Syringe and medicine spoon for giving medicine
- Tweezers to remove ticks, insect stingers, and small splinters
- Scissors for cutting the gauze
- Breathing barrier for giving CPR
- Blanket
- Hand sanitizer and alcohol wipes
- First aid manual
- Antibiotic ointment
- Calamine lotion for stings or poison ivy
- Hydrocortisone cream, ointment, or lotion for itching

Additional First Aid Supplies

Bleeding Control

- 4" Israeli bandage
- CAT tourniquet
- Stop the Bleed Education

Cardiac Issues

- Heart attack (MI) Bottle of 81 mg non-coated aspirin
- Cardiac arrest--AHA hands-only CPR education

Airway Compromises

- Asthma-Albuterol rescue inhaler*
- Anaphylaxis-Epinephrine Autoinjector* (*Prescription items)

Burn Management

- 12" X 30" trauma dressing or sterile dressing with Telfa rolled gauze

Eye Foreign Body/Chemical Burn

- Sterile saline/clean water for eye flush
- Cotton swabs (q-tip type)

Accessory Items

- Flashlight/headlamp
- Trauma shears
- Rubber gloves
- Extra batteries for flashlight/headlamp
- First aid storage kit

First Aid Information

Hemorrhage Control

- <https://nationalstopthebleeday.org>
- <https://community.fema.gov/until-help-arrives>

Cardiac arrest-Hands Only CPR

- <https://cpr.heart.org/en/cpr-courses-and-kits/hands-only-cpr/hands-only-cpr-resources>

Asthma: Administration of metered and spaced inhalers

- https://www.cdc.gov/asthma/inhaler_video/default

Recognition of Anaphylaxis/Proper Administration of Auto Injectors

- <https://www.foodallergy.org/resources/epinephrine-options-and-training>

Stroke recognition

- <https://www.stroke.org/en/about-stroke/stroke-symptoms>

Burns

- <https://medlineplus.gov/burns.html>