



# First Aid



For Farmers, Ranchers Hunters, Sportsmen/Women

## Be Prepared

- Carry a small backpack or pack with First Aid essentials every time you're out.
- Ensure every person has a phone that is fully charged or chargeable – you can still reach 911 even without service.
- Write down emergency contacts and place the list in your kit.

## Customize Your Kit

Every operator should personalize their kit to fit their needs and location.

Include items based on medical conditions, such as:

- Epi-pen (for allergies)
- Albuterol (for asthma)
- Diabetes control foods

Adapt your kit for weather, terrain, and animals.

Make sure it is water-resistant or can be sprayed with a water-repellent product.

## When Injuries Happen

Common incidents may involve head or crushing injuries.

Your goal: stabilize until responders arrive.

Possible treatable emergencies include:

- Severe bleeding
- Anaphylaxis (if the right medication is available)

## Training Recommendations

- CPR & First Aid
- Stop the Bleed
- ATV Rider Safety Courses
- ATV Maintenance
- Animal First Aid (especially for those bringing dogs)

## ✓ BASIC FIRST AID KIT – RECOMMENDED SUPPLIES

- Items with an asterisk (\*) are top priority

### 🩸 Medical / Custom Items

- Custom items for medical needs (Epi-pen, albuterol, diabetes supplies)
- Weather/terrain-based additions

### 🩸 Bleeding Control

- C.A.T. Tourniquet (Orange – avoid knock-offs) \*
- Gauze rolls, large sterile dressings, and non-adhering pads \*
- Butterfly/closure strips for small wounds \*
- Self-adhering wrap (horse wrap is affordable) \*
- Cloth first aid tape \*
- Small adhesive bandages \*

### 🚑 Injuries

- Triangle bandage (use as a sling or bandage) \*
- Splint – not essential; you can use available materials in the field

### 🧰 Tools & Sanitation

- Trauma shears (small ones work great for cutting clothing/bandages) \*
- Forceps (remove splinters, ticks)
- Safety pins
- Phone & Whistle (to call and help responders locate you) \*
- Antiseptic wipes or alcohol pads
- Hand sanitizer
- Latex-Free or nitrile gloves (if working on someone else) \*
- Zip Ties (Recommended Size: 14 to 18 inches)\*

### 💊 Medications

- Ibuprofen or acetaminophen
- Anti-diarrheal medication




## Other Useful Items

- Whistle (always carry one) \*
- Instant heat pads (“Hot Hands”) for cold weather
- Extra socks (for warmth or to secure a splint)
- Dry Clothes (Hypothermia can set in even if above 40 degrees)
- Water purification tablets or compact filtration system
- Bright colored fabric (orange/red) – for signaling, sling, or splint support
- Small flashlight + extra batteries
- Lensatic compass (and know how to use it)
- Signal mirror (a CD works too)
- Insecticidal wipes
- Toilet paper (“that’s first aid too!”)
- Two-way radios – know their range, charge both units, and carry extra batteries
- Emergency Blanket
- Candles & Matches or Lighter
- Solar Powered Charger & Cell Phone Cord
- Water Bottle & Beef Sticks or Protein Bars

## Traveling with Dogs

- Supplies for bleeding and injury treatment can often be used for dogs.
- Do not use human medications on animals unless directed by a veterinarian.

## MINIMUM ESSENTIALS

-  Bleeding control supplies
-  Custom items for health needs
-  Reliable communication tools

**ALWAYS LET  
SOMEONE KNOW  
WHERE YOU’RE  
GOING AND HOW  
LONG YOU’LL BE  
GONE!**

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