

Components and Characteristics of the Individual First Aid Kit (IFAK)

(Slide 1)

INTRODUCTION:

GAIN ATTENTION. The old first aid kit was designed to provide the warfighter with a capability to protect wounds although it did not provide any lifesaving capabilities. With the old kit, the treatment for severe wounds with heavy bleeding was to apply pressure to pressure points, apply a tourniquet or a battle dressing to the wound, and wait for medical assistance. The new first aid kit is designed to be more compact and have a greater life saving capability that could potentially save lives for those with severe bleeding of sustained wounds.

OVERVIEW. This class will introduce the student to the components and characteristics of the new individual first aid kit.

(Slide 2)

LEARNING OBJECTIVES:

INSTRUCTOR NOTE. HAVE THE STUDENTS READ THE LEARNING OBJECTIVES IN THEIR STUDENT HANDOUT.

TERMINAL LEARNING OBJECTIVE (TLO). Given the components of the individual first aid kit, identify the components and capabilities of each without error.

METHOD/MEDIA. This class will be presented utilizing Power Point presentation with the aid of a projector and computer. (Optimally this class should be taught utilizing a demonstration method of an actual Individual First Aid Kit)

EVALUATION. Not applicable.



(Slide 3)

TRANSITION. Let's look at the differences between the old and the new kits.

BODY:

1. Within the old first aid kit there are the following items:
 - a. 1-Eye Patch Dressing
 - b. 1-Battle Dressing with Tie Ends
 - c. 1-Bottle of Iodine Water Purification Tablets
 - d. 1-Bottle of Wound Disinfectant
 - e. 1-Lip Balm
 - f. 2-Cravat's
 - g. 10-Adhesive Bandages

2. Within the new first aid kit there are the following items:
 - a. 1-Packet of Adsorbent Hemostatic Agent (QuikClot)
 - b. 1-Package of Burn Dressing (Water-Jel)
 - c. 1-Bottle of Iodine Water Purification Tablets
 - d. 1-Bottle of Wound Disinfectant (Betadine Solution)
 - e. 1-Tourniquet
 - f. 2-Pressure Dressings
 - g. 2-Bulky Gauze Rolls
 - h. 10-Adhesive Bandages

(Slide 4)

TRANSITION. Now that we have seen what the differences are between the two kits, let's take a closer look at each of the items within the new first aid kit.

3. **Adsorbent Hemostatic Agent** - The hemostatic agent is a Food and Drug Administration (FDA) approved, sterile granular mineral powder, which is vacuum-sealed in a packet to prevent moisture from being absorbed. When applied to a wound with moderate to severe venous or arterial bleeding, it will cause the wound to develop a clot that will stop the flow of blood. This is accomplished by the agent working as a sponge that absorbs the water within the blood; thus, creating a



clot. This material, once applied, forms a clot and will remain within the wound until removed by medical personnel.

(Slide 5)

4. **Burn Gel** - The Burn Gel is a 4" x 16" woven material saturated with a gel. It is FDA approved and has been proven to extinguish white phosphorous burns. When used immediately after a burn, it cools the burn area, reduces the chance for hypothermia, and prevents the burn from further progression. It protects the burn against contamination and infection and eases the pain of the burn victim. **Do Not** use this product for anything other than burns.

(Slide 6)

5. **Iodine Water Purification Tablets** - These tablets purify water of questionable potability.

WARNING: AFTER HANDLING THE TABLETS, YOU MUST WASH HANDS THOROUGHLY. IF YOUR EYES COME IN CONTACT WITH THE TABLETS OR RESIDUE, IT COULD CAUSE TEMPORARY BLINDNESS.

(Slide 7)

6. **Bottle of Wound Disinfectant (Betadine Solution)** - A disinfectant that is a betadine solution, which is a dark brown liquid soap. It is used to clean and disinfect minor wounds.

(Slide 8)

7. **Tourniquet** - The tourniquet is an elastic latex band with two steel s-hooks. It is used to stop arterial and venous blood flow from the extremities. The tourniquet must be applied two to four inches above the wound, between the wound and the heart. Once it has been applied, it can only be removed by medical personnel.

(Slide 9)



8. **Pressure Dressings** - There are two pressure dressings within the new first aid kit. These pressure dressings are 4" wide elastic wraps with an 8"x10" absorbent cotton pad attached close to the end of one side of the elastic wrap. On the other side of the absorbent pad, in the middle on the elastic wrap side, is a steel S-hook that allows for application of the dressing by an individual. Finally, at both ends of the elastic wrap there are Velcro strips that allow for ease of securing the dressing. The dressing can be used every where and for the following applications:

- a. Bandaging Extremities
- b. Sling
- c. Chest Wounds
- d. Abdominal Wounds
- e. Head Wounds

(Slide 10)

9. **Bulky Gauze Rolls** - There are two cotton gauze rolls within the kit. These are used for protection of minor wounds and loosely wrapped around the burn dressing to secure it over the burn area. They are also used for direct pressure of medium and severe wounds and to wipe away excess blood prior to the application of the hemostatic agent.

10. **Adhesive Bandages** - Package of 10 adhesive bandages used for minor cuts and abrasions.

(Slide 11)

TRANSITION. This is what is in the new first aid kit. As you can see, there are several additions that will improve the life saving capability of the warfighter in comparison with the old first aid kit. Are there any questions over what we have covered?

OPPORTUNITY FOR QUESTIONS:

- 1. Questions from the class.



Questions to the class: *Three questions at a minimum will be written in the lesson plan. Give references or explanations as to the reasons why the answers given are correct.*

Question. How does the hemostatic agent work?

Answer. It works by adsorbing the water out of the blood to form a clot.

Question. Who can remove the tourniquet once it has been put in place?

Answer. Medical personnel.

SUMMARY.

We can see that the capability to save lives has increased with the addition of the hemostatic agent and the redesigned pressure dressings. We also see that we now have the ability to treat burns. The main design changes with the new kit also allow the individual to apply the dressings with one hand or receive assistance from a buddy or medical personnel. With all the innovations added to the new kit, the driving force behind them is to save the lives of wounded warfighters.

