

April-Are You Ready?

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Our skies have been open and left plenty of moisture the past few weeks, but as soon as the land dries, we will be blessed with the smell of fresh dirt and farmers working long hours to help feed the world. Are you prepared? Yes, most farmers had planters and seed tenders ready to go and things in place to hit the ground running but are you prepared for the possibility that someone could be injured? Do you have some reasonably packed first aid kits in your equipment? Have you inspected the current kits to make sure they are fully stocked and not outdated? Are your fire extinguishers checked and charged if low or even empty? Now is the time!

I think about an agricultural emergency and the looming picture most have probably seen of a fully engulfed combine and a small extinguisher sitting on the ground next to it. True, something is better than nothing but when you start to think about first aid kits, we need to be realistic and to some degree, even pesamistic. Below, please find some recommended items to make an appropriate Farm First Aid Kit.

Use an adequate size, sturdy box, or plastic storage container, well-marked for First-Aid.

Tools

- Scissors
- Wire cutters
- Eyewash
- Flashlight
- Tweezers
- Cleansing Materials
- Providone-iodine solution

Bandaging Materials

- Antiseptic hand cleaner
- Telfa pads (4" x 4" or larger)
- 4" gauze roll
- One dish towel
- Ten gauze 4" x 4"
- Six to eight surgipads
- Band-aids
- Five knuckle bandages
- Cotton swabs
- CPR face shield
- Four or five large heavy-duty sealable plastic bags (to keep kit organized and serve as emergency water, ice or limb container)
- Anaphylaxis kit (injectable adrenalin and antihistamines in case of known severe insect allergy)
- Card, preferably enclosed in plastic with phone numbers: ambulance, poison control and family physician)
- Isothermal emergency blanket
- Inventory list
- One large or two small towels
- Self-adhesive wrap or Vet Wrap (one or two 4" rolls)
- 1" adhesive tape
- Polysporin ointment (15 gram tube)
- Two finger splints
- Sterile trauma pad (ABI – 8" x 10")
- Twelve alcohol pads
- Four pair non-latex gloves
- Miscellaneous
- Instant cold compress

Like all good prevention and preparation, I hope you are packing something you never have to use, but best to be prepared. Wishing you all a healthy and safe planting season.

For more information, please contact the Carle Center for Rural Health and Farm Safety at 365-7961 or visit www.carle.org/farmsafety.