

## Cheekliistii Meeshaa Gargaarsa Duraa (First Aid Kit Checklist)

Kutaa (Room) \_\_\_\_\_ Bakkee (Location) \_\_\_\_\_

|                                                                                                                                                                              |                                                                                                             | Guyyaa (Date) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|---------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| <b>Gaantii/uffannaa harkaa fayidaan booda gatamuu danda'u</b><br>(kan bishaan of keessa hin dabarsine, laateksii kan hin qabne, fakkeenyaaf, nitrile ykn vinyl)              | <b>Disposable gloves</b><br>(non-porous, non-latex, i.e. nitrile or vinyl)                                  |               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Plaastara madaatti maxxansan</b><br>(Band-Aids) (Hamamtaa adda addaa)                                                                                                     | <b>Band-Aids</b><br>(different sizes)                                                                       |               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Maqasii xixiqqaa</b>                                                                                                                                                      | <b>Small scissors</b>                                                                                       |               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Baasaa</b><br>(Kan ittiin qulqulleessan)                                                                                                                                  | <b>Tweezers</b><br>(for surface splinters)                                                                  |               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Bandeejii madaatti maramuu</b>                                                                                                                                            | <b>Elastic wrapping bandage</b>                                                                             |               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Gaawuzii/carqii staralizi ta'e</b><br>(Guddinni isaanii inchii 2, 3, fi 4 ta'e)                                                                                           | <b>Sterile gauze pads</b><br>(2, 3, and 4 inch sizes)                                                       |               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Paakeejii keemikaalaa cabbii</b> (Chemical ice pack) (summaa'aa kan hin taane)                                                                                            | <b>Chemical ice pack</b><br>(non- toxic)                                                                    |               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Termoomeetirii</b> (itti fayyadamnee kan gatamu ykn meerkuurii kan hin qabne)                                                                                             | <b>Thermometer</b> (disposable or mercury-free)                                                             |               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Baandeejii rog-sadee guddaa ta'e</b><br>(kan salphaatti ka'uu danda'u)                                                                                                    | <b>Large triangular bandage</b><br>(sling)                                                                  |               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Plaastara muuccaa qabu</b><br>(Adhesive tape)                                                                                                                             | <b>Adhesive tape</b>                                                                                        |               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Maaskii CPR kan valvii karaa tokkoo qofaa qabu;</b> ykn maaskii CPR lachanuufuu jechuun kan nama guddaa/daa'immani fi ijoollee xixiqqoof ta'u valvii karaa tokkoon qofaa. | <b>CPR barrier w/ one-way valve;</b> or both an adult/pediatric <u>and</u> infant CPR mask w/ one-way valve |               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Qajeelfama gargaarsa duraa</b>                                                                                                                                            | <b>First Aid manual</b>                                                                                     |               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Saanitayzerii harkaa</b><br>(Nama guddaa qofaaf kan fayyadu)                                                                                                              | <b>Hand sanitizer</b><br>(for adult use only)                                                               |               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

## Paakeejii Gargaarsa Duraa

### Paakeejii gargaarsa duraa keessan waantoota armaan gadii of keessaa qabachuu qabu:

- Gaanjii/uffannaa harkaa fayidaan booda gatamuu danda'u (kan bishaan of keessa hin dabarsine, laateksii kan hin qabne, fakkeenyaaf, nitrile or vinyl)
- Plaastara madaatti maxxansan (Band-Aids) hamamtaa adda addaa.
- Maqasii xixiqqaa
- Baasaa (meeshaa qara qabuun ittiin qaama qulqulleessuuf)
- Plaastara madaatti maramuu danda'u
- Paadii/carqii gawuzi staralizi ta'e (Hamamtaan isaanii inchii 2, 3, fi 4 ta'e)
- lysi paakii keemikaala qabu (Chemical ice pack) (summaa'aa kan hin taane)
- Termoometerii itti fayyadamanii gatan ykn meerkuurii kan hin qabaanne (uffata harka dheeraa yeroof fayyadu wajjin kan hojii irra oolu ykn qulqulluu ta'e fi tajaajila hunda booda saanitaayizii kan ta'e)
- Pilaastara madaatti maxxansan rogsadee guddaa ta'e fi kan salphaatti ka'uu danda'u
- Plaastara muuccaa qabu (Adhesive tape)
- CPR kan ittisu valvii karaa tokkoo qofaa wajjin; ykn maaskii CPR lachanuufuu jechuun kan nama guddaa/daa'immani fi ijoolee xixiqqoof ta'u valvii karaa tokkoon qofaa
- Qajeelfama gargaarsa duraa
- Saanitayzerii harkaa (nama guddaa qofaaf kan fayyadu)

Pilaastara madaa ykn baandeejii sanduuqa keessaa baasuudhaan laastikii cufaa qabu (zip lock) keessa akka ol'kayamu ni gorsina. Kunis eddo qusachuu fi plaastarri ykn bandeejii qooraa ta'e akka turu ni taasisa.

### Dabalataan Paakeejii Meeshaalee yeroo imaalaatiif

Meeshaaleen gargaarsa duraa gutumaan guutuutti kuufame imala dirree hundaa fi imaala lafa taphaa geeffamuu kan danda'uu fi konkolaata daa'imman fe'uuf gargaaru hunda keessa kaa'amuu kan danda'uudha. Meeshaan imaalaa gargaarsa duraa kun kanneen armaan gadiis ni qabata:

- Saamunaa dhangala'aa
- Waraqaa waccuu (Paper towels)
- Bishaan kubbaayyaa waraqaa xiqqoo keessa jiru fi ykn dulloo daa'ima xixiqqoo wajjin
- Chaarjarii mobaayilaa
- Garagalcha guuca mallattoo yaala hatattamaatiif daa'ima hundaaf eeyyamni itti kenname.
- Garagalcha guuca qunnamtii yero hatattamaa kan guutamee xummurame daa'imman hundaa fi hojjattootaaf.

**Yaadachiisa:** Qorichoota yeroo balaa "Rescue" (fakkeenyaaf., qoricha asma (inhalers), EpiPens, kkf.) dirqamaan qabamuu qabu; garuu meeshaalee gargaarsa duraan addatti kaa'amuu qabu. Gargaarsi duraa afuufaman/dibataman ykn qorichaaleen biraa meeshaalee kana keessaa kaayamuu hin qaban.

## First Aid Kit

### Your first aid kit(s) must include the following supplies:

- Gloves (disposable, non-porous, non-latex, i.e. nitrile or vinyl)
- Band-Aids (different sizes)
- Small scissors
- Tweezers for surface splinters
- Elastic wrapping bandage
- Sterile gauze pads (2, 3, and 4 inch sizes)
- Chemical ice packs (non-toxic)
- Disposable or mercury-free thermometer (used with disposable sleeves or cleaned and sanitized after each use)
- Large triangular bandage or sling
- Adhesive tape
- CPR barrier with a one-way valve; or both an adult/pediatric and an infant CPR mask with a one-way valve
- First aid manual
- Hand sanitizer (for adult use only)

We recommend removing bandages from boxes and storing in zip lock bags. This saves space and keeps bandages dry.

### Additions for Travel Kit

A fully stocked first aid kit will be taken on all field trips and playground trips and will be kept in each vehicle used to transport children. These travel first aid kits will **also** contain:

- Liquid soap
- Paper towels
- Water w/ small paper cups and or/infant bottles
- Charger for cell phone
- Copies of signed 'Consent for Emergency Treatment' forms for all children
- Copies of completed 'Emergency Contact' forms for all children and staff

**REMINDER:** "Rescue" medications (e.g., inhalers, EpiPens, etc.) must be taken but kept separate from the first aid kit. No first aid sprays/ointments or other medications are to be kept in the kit.