

Liiska qalabka gurmada degdegga ah (First Aid Checklist)

Qolka (Room) _____ Goobta (Location) _____

		Taariikhda (Date)																			
Galoofyada la tuuri karo (oo aan dalool lahayn, aanna ahayn lateks, oo ah nitrile ama vinyl)	Disposable gloves (non-porous, non-latex, i.e. nitrile or vinyl)																				
Faashado (xajmiyo kala duwan)	Band-Aids (different sizes)																				
Maqasyo yaryar	Small scissors																				
Bir qaab yar (Loogu talagalay jwabka jirka gala ee muuqda)	Tweezers (for surface splinters)																				
Faashadda laastiga ah	Elastic wrapping bandage																				
Marooyinka faashadaha oo jeermiska laga dilay (Xajmiga 2, 3, iyo 4 inch)	Sterile gauze pads (2, 3, and 4 inch sizes)																				
Xidhmada barafka kiimikada (aan sun ahayn)	Chemical ice pack (non-toxic)																				
Heerkululbeegga (la tuuri karo ama meerkuri la'aan ah)	Thermometer (disposable or mercury-free)																				
Faashad saddex xagal ah oo weyn (oo gacanta kor loogu qaado)	Large triangular bandage (sling)																				
Koollo dhejis ah	Adhesive tape																				
Maaskarooyinka la isticmaalo xilliga kicinta wadnaha oo leh hal wado tuubo ; ama maaskarooyinka kicinta wadnaha ee dadka waaweyn/ilmaha iyo dhallaanka oo leh <u>hal</u> wado tuubo	CPR barrier w/ one-way valve ; or both an adult/pediatric <u>and</u> infant CPR mask w/ one-way valve																				
Buugga gargaarka degdegga ah	First Aid manual																				
Gamco nadiifiye (loogu talagalay dadka waaweyn oo keliya)	Hand sanitizer (for adult use only)																				

Qalabka Gurmada Degdegga

Xidhmadaada gurmada degdegga waa inay ku jiraan sahayda soo socota:

- Galoofyada la tuuri karo (oo aan dalool lahayn, aanna ahayn lateks, oo ah nitrile ama vinyl)
- Faashado(xajmiyo kala duwan)
- Maqasyo yaryar.
- Bir qaab yar (Loogu talagalay jajabka jirka gala ee muuqda)
- Faashadda laastiga ah
- Marooyinka faashadaha oo jeermiska laga dilay (Xajmiga 2, 3, iyo 4 inch)
- Xidhmada barafka kiimikada (aan sun ahayn)
- Heerkululbeegg la tuuri karo ama meerkuri la'aan ah (oo lala isticmaalo dabool la tuuri karo ama la nadiifiyo isticmaal walbo kadib)
- Faashad saddex xagal ah oo weyn (oo gacanta kor loogu qaado)
- Koollo dhejis ah
- Maaskarooyinka la isticmaalo xilliga kicinta wadnaha oo leh hal wado tuubo; ama maaskarooyinka kicinta wadnaha ee dadka waaweyn/ilmaha iyo dhallaanka oo leh hal wado tuubo
- Buugga gargaarka degdegga ah
- Gamco nadiifiye (loogu talagalay dadka waaweyn oo keliya)

Waxaan ku talinaynaa in faashadaha laga saaro sanduuqyada oo lagu kaydiyo bacaha sibka. Tani waxay keeni boosas banaan waxayna ka ilaalinaysaa faashadaha qoyaanka.

Kordhinta Qalabka Safarka

Dhammaan xilliyada safarrada dibadda iyo safarrada garoonnada ciyaarta waxaa la qaadi doonaa qalabka gargaarka degdegga ah oo dhamaystiran waxaana lagu hayn doonaa baabuur kasta oo loo isticmaalo in lagu qaado carruurta. Xirmooyinkan gargaarka degdegga ah ee safarka **waxaa kale** oo ay xambaari doonaan:

- Saabuun dareera ah
- Istaraashooyin warqado ah
- Biyo koobab yar yar oo warqado ah iyo/ama dhalooyinka dhallaanka kujira
- Xeedho telefoonka gacanta
- Nuqullada saxeexan ee foomamka 'Oggolaanshaha Daaweynta Degdegga ah' ee dhammaan carruurta
- Nuqullada dhammaystiran ee foomamka 'Xidhiidhka degdeg ah' ee dhammaan carruurta iyo shaqaalaha

XASUUSIN: Daawooyinka "badbaadinta"(sida neef-qaadayaasha, qalinka durida adrenaline, iwm.) waa qasab in la qaataa laakiin waa in aan lagu dhex darin qalabka gurmada degdegga. Lama ogalo in wax buufin ama boomaato ama dawooyin kale ah oo loogu talagalay gurmada degdegga ah in lagu dhex keydiyo xirmaha qalabka gurmada degdegga.

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.