CAR SURVIVAL KIT

- Always maintain at least ½ tank of gas
- Tools needed to change flat tire
- Jumper cable
- Road emergency flares
- Tow rope (optional)
- Fire extinguisher (Standard Class ABC)
- Siphoning hose (optional)
- Bag of sand or rock salt (optional)
- Collapsible shovel
- First Aid Kit & First Aid Guide Information (basic)
  - Band aids and gauze, non-adherent sterile pads (various sizes)
  - First aid tape
  - Anti-bacterial ointment (Neosporin, Bacitracin, etc.)
  - Burn cream
  - Scissors, tweezers, pocket knife, razor blade, etc.
  - Large cloth square for a sling or tourniquet
  - Aspirin, on-aspirin pain relievers, ibuprofen
  - Chemical ice pack, hand warmer packets
  - Safety pins (various sizes), needles and heavy thread
  - Matches (water proof)
  - Eye wash
  - Hand wipes (antiseptic), cotton balls, cotton pads
  - Alcohol swabs, iodine (bottle or pads)
- Flashlight with extra batteries. Suggest 2 for 1 as a back-up
- Coat(s) or jacket(s)
- Emergency (Mylar) blankets are great to keep warm
- Water: clear liter bottles (filled ¾ full to allow freeze expansion). Rotate water every six (6) months. Place in a box to keep from flopping around during vehicle movement.
- Rubber disposable gloves
- Whistle with lanyard to hang around neck
- Additional car kit supplies:
  - Sanitation (toilet tissues)
  - Freeze-dried or non-perishable canned foods and a can opener (optional)
  - Writing pad and pencils, maps
  - Ice scraper for winter season

Maintain your vehicle(s) for seasonal change (Summer and Winter)

ALWAYS BUCKLE UP AND DRIVE SAFE!

*FREEXWAY/HIGHWAY INFORMATION:
TUNE RADIO TO KSL AM 1160
OFFICE EMERGENCY KIT

Keep a backpack, tote bag, small box or suitcase on wheels underneath your desk for any emergency use.

- First Aid Kit and First Aid Guide Information (basic)
  - Band aids and gauze, non-adherent sterile pads (various sizes)
  - First aid tape
  - Anti-bacterial ointment (Neosporin, Bacitracin, etc.)
  - Burn cream
  - Scissors, tweezers, pocket knife, razor blade, etc.
  - Large cloth square for a sling or tourniquet
  - Aspirin, non-aspirin pain relievers, ibuprofen
  - Chemical ice pack, hand warmer packets
  - Safety pins (various sizes), needles and heavy thread
  - Matches (water proof)
  - Eye wash
  - Hand wipes (antiseptic), cotton balls, cotton pads
  - Alcohol swabs, iodine (bottle or pads)

- Flashlight with extra batteries. Suggest 2 for 1 as a back-up
- Coat(s) or jacket(s)
- Change of clothes, socks, shoes (woman’s flat shoes), undergarments, etc.
- Blanket, flat sheet, throw pillow or a single sleeping bag
- Emergency (Mylar) blankets are great to keep warm
- Trial size hand and body lotions, soaps, shampoo/conditioner, etc.
- Trial size toothbrush, toothpaste, mouthwash, toothpicks, etc.
- Towel, wash cloth
- Freeze-dried or nonperishable canned foods and a can opener (optional)
- Sweet hard candy
- Water: clear liter bottles (rotate water every six months) or water pouches
- Whistle with lanyard to hang around neck
- In case of an emergency, have a list of family names, home and business telephone numbers

Create your office kit with items you require.

Due to a major disaster, you may be stranded at your place of business for several days.

Plan for at least 72 hours.
(Carry extra prescription medication in your purse or car kit)

BASIC

- First Aid Manual or Guide
- Band-Aids (various sizes)
- Gauze (Various sizes)
- Triangular bandages
- Elastic bandages with pins
- Cotton balls or cotton square pads
- Disposable diapers (dressing/splint/padding)
- Sanitary napkins (pressure dressing)
- Non-adherent sterile pads (various sizes)
- First aid tape or micropore adhesive or paper tape
- Anti-bacterial ointment (Neosporin, Bacitracin, etc.)
- Burn cream
- Eye wash
- Iodine pads or plastic bottle
- Petroleum jelly
- Rubbing alcohol swabs or plastic bottle
- Hand soaps
- Salt
- Hand wipes (antiseptic)
- Rubber disposable gloves
- Small splints, popsicle sticks
- Aspirin, non-aspirin pain relievers, Ibuprofen, essential medications
- Laxatives or diarrhea medicine
- Syrup of Ipecac
- Baking soda (1/2 tsp. Soda + 1 tsp. Salt + 1 qt. water for shock)
- Chemical ice pack, hand warmer packets
- Safety pins (various sizes), needles and heavy thread
- Scissors, tweezers, pocket knife, razor blade, etc.
- Thermometer
- Matches (water proof/wind proof)
- Water pouches (optional)

LEARN HOW TO:
Stop severe bleeding
Secure broken or fractured bones
Protect burns
Cover deep wounds
How to give CPR

Temporary procedures can help the severely injured and possibly save a LIFE!