

OFFICE EMERGENCY KIT

Keep a backpack, tote bag, small box or suitcase on wheels under your desk for an emergency

First Aid Kit and First Aid Instruction Guide (see basic First Aid list)
Flashlight w/extra batteries. Keep separate, or place paper or plastic between the batteries and connecting circuit of flashlight
Glow stick and headlamp
Work gloves
Coat(s) or jacket, beanie or hat
Change of clothes, socks, shoes (comfy flat), 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
Pocket knife
Freeze dried or non-perishable canned foods and can opener
Sweet hard candy
Water, clear liter bottles (rotate annually) or water pouches
Whistle with lanyard to hang around neck
List of family names w/work & cell numbers

Create your office kits with items **you** require. In the event of 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

SWUPHD Staff: Compare to your RTP kit

EMERGENCY KITS



CAR SURVIVAL KIT



Always maintain at least ½ tank of gas
First Aid Kit and First Aid Instruction Guide (see basic First Aid list)
Tools needed to change a tire
Jumper cables
Road emergency flares, glow sticks and headlamp
Tow rope or chain
Fire extinguisher (Std class ABC)
Siphoning Hose (optional)
Bag of sand, rock salt or cat litter for traction
Disposable rubber gloves
Knife, razor blade
Collapsible shovel
Battery powered radio AND Flashlight w/extra batteries. Keep separate,
or place paper or plastic between the batteries and connecting circuit
of flashlight
Coat(s), jacket, poncho, reflective vest, beanie or hat
Emergency mylar blankets are great to keep warm
Small camp stove or mini backpack stove
Blanket or sleeping bag
Dry clothing, gloves or mittens, winter boots
Non-perishable, high-energy foods: granola bars, raisins, peanut butter,
freeze dried or canned goods with can opener
Sweet hard candy
Water, clear liter bottles (rotate every six months) or water pouches.
(Put in box to keep from flopping around), Drinking cup (collapsible?)
Whistle with lanyard to hang around neck
Sanitation (toilet paper)
Note pad and pencil/pen, maps, compass
Ice scraper for winter

Maintain your vehicle(s) for seasonal changes.

ALWAYS BUCKLE UP AND DRIVE SAFE!

HIGHWAY / WEATHER INFO: TUNE TO A LOCAL RADIO AM STATION

BASIC FIRST AID KIT

First Aid Instruction Guide or Manual
Band aids and gauze, non-adherent sterile pads (various sizes)
First aid tape
Elastic wrap (ace bandage) with clip/pins, or coban wrap
Anti-bacterial ointment (Neosporin, Bacitracin, etc)
Burn cream
Scissors, tweezers, safety pins
Disposable gloves
Triangular bandage
Commercial tourniquet
Aspirin, non-aspirin pain reliever, ibuprofen, essential meds, benedryl,
laxative, anti-diarrhea medicine
Pedialyte or hydration packets (add to water)
Chemical ice pack, hand warmer packets
Hand wipes (antiseptic)
Cotton balls, cotton pads
Alcohol swabs, iodine (bottle or pads)
Pressure dressing
Small splint / popsicle sticks (SAM splint)
Thermometer

LEARN HOW TO:

- Stop the Bleed
- Secure broken or fractured bones
- Protect burns
- Give CPR

Temporary procedures can help the severely injured and
possibly SAVE A LIFE!