



MEDICAL EQUIPMENT

THIS IS OUR GAME, THIS IS WELSH RUGBY

DYMA'N GÊM NI, DYMA RYGBI CYMREIG

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WHAT SHOULD BE IN THE PITCH SIDE FIRST AID BAG?

The list below suggests some basic requirements and can be supplemented with sports strapping dependent on the clubs needs:

- First aid bag
- Disposable gloves
- Sterile water
- Saline solution
- Antiseptic wipes
- Gauze
- Wound dressing
- Wound closure strips
- Multi trauma dressing
- Sterile dressing packs
- Cotton crepe bandage
- Small clinical waste bag
- Sterile eye pad dressing
- Hydrocolloid Blister Plasters
- Petroleum jelly
- Triangular bandages
- Clothes shears
- Blunt nose scissors
- Tweezers
- Surgical tape
- Instant cold packs
- Emergency Foil Blanket
- Pocket mask with one way valve
- Anti-bacterial sanitising gel

These can be purchased from: **Physique management:** www.physique.co.uk

