



**PERATURAN-PERATURAN PERTANDINGAN PERTOLONGAN CEMAS
ST. JOHN AMBULANS MALAYSIA,
KAWASAN TIMUR LAUT, NEGERI PULAU PINANG
TAHUN 2018**

The following are suggested First Aid Kit contents:

<u>No.</u>	<u>Item</u>
1.	Scissors x 1 pair
2.	Forceps x 2 pairs
3.	Kidney dish x 2
4.	Torch light x 1
5.	Sterile gauze pack x 10
6.	Sterile cotton pack x 10
7.	Sterile Normal Saline x 2 bottles
8.	Safety pins
9.	Roller/crepe bandages (various sizes) – 10
10.	Triangular bandages x 10
11.	Adhesive plaster x 10
12.	Micropore / Elastoplast x 4
13.	Examination gloves x 10 pairs
14.	Face mask x 5

The following equipments / materials will be supplied by the organizers:

1. Wooden splints – 1 set (various sizes)
2. Cervical collars (various sizes)
3. Protective face shields for CPR (if needed)
4. Stretcher(s)
5. Blanket(s)
6. Other modifiable materials i.e. newspapers, wooden sticks etc if necessary
7. Automated External Defibrillator (AED)