

# Instructions for Use



## For Home And Outdoor Emergency Medical Care

Your Patch-Up 2-in-1 First Aid Kit includes a **Large Kit** containing 237 items, and a **Mini Kit** containing 63 pieces when you only need to take a few items along. That's 300 pieces total, with 40 unique items to care for individuals, groups and large families. This tough, yet lightweight bag is made with heavy duty, water and stain resistant nylon. The zipper see-through pockets fold out to 36 inches for easy access to contents. Your kit fits easily into a suitcase or a backpack so you will be prepared for outdoor and family emergencies wherever you go.



**Attention:** Before providing first aid to anyone it is always recommended that you wash your hands with soap, or one of the Hand Wash Packets included in your Kit. And then put on a pair of disposable gloves, which are also included.

## Adhesive Bandages

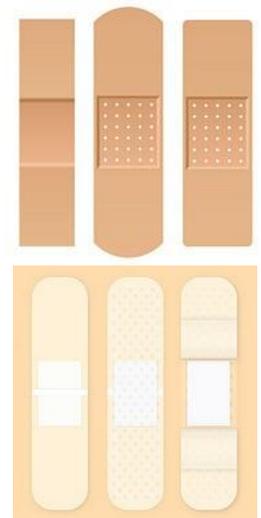
*Choose the right adhesive bandages from 9 varieties as shown below. All bandages are Latex free.*

### Standard Adhesive Strip Bandages (for small cuts)



Adult regular and small sizes, with 3 different decorative children's style bandages including **90 strip bandages total**. These are best for use for small cuts and abrasions that occur on a flat body surface. Place the padded gauze section of the bandage directly over the wound.

Be careful not to apply the adhesive tape part of the bandage to wound, as this can open your cut when removing the bandage. If necessary, apply a small amount of triple anti-bacterial ointment (in your Patch-Up Kit) to the gauze pad before applying the bandage to the wound.



*(Included: Large Kit 60, Mini Kit 30)*

## Butterfly Bandages (to close slices and cuts)

These bandages are named "Butterfly Closure" in your kit. This style of bandage is used for keeping a cut closed, not for absorbing blood or preventing infection. If you have a slice or cut that can be 'pulled apart', you may consider using a butterfly bandage.

Peel off the backing, and then place the bandage so that the sticky parts are on either side of the cut. Pull the closure a bit tight to help close off the cut. The non-sticky center strip should be located directly over the wound. Use additional butterfly closures for larger cuts. Cover with appropriate size adhesive bandage or a gauze patch secured with adhesive tape (included in your Kit) to keep the wound clean.

*(Included: 20 - Large Kit Only)*



## Fingertip Adhesive Bandages



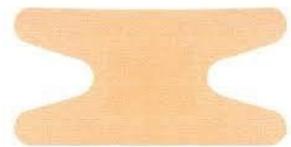
This cloth bandage has an hourglass or bow-tie shape. To apply, place the gauze pad on the tip of your finger. Fold down sides in front and back, then wrap the edges smoothly around finger. This is a flexible and suitably shaped bandage allowing it to stay in place on your finger.

Hourglass fingertip bandages also make wonderful blister protection for the troublesome spot on the inside of the base of the thumb.

*(Included: 10 - Large Kit Only)*

## Knuckle Adhesive Bandages (for fingers, toes, heels and chin)

This stretchy cloth knuckle bandage is shaped like the letter "H." The four adhesive strips or legs, allow the bandage to twist and flex while still maintaining its grip.



Here's a knuckle bandage in its classic position, treating a typical top-of-the-knuckle scrape. The bandage is placed over the top of the knuckle, so the legs aim out 90 degrees from the direction of the finger. The legs of the bandage are wrapped circumferentially around the finger above and below the knuckle. This allows the joint to bend without interfering with the bandage's position on the underside of the finger.

To bandage the first knuckle on any finger or toe, turn the bandage 90 degrees. The legs of the bandage now aim alongside the finger, rather than across it. Position the pad over the wound, then stick the strips to the top of the hand. Once these two strips are firmly stuck, pull the strips that lie alongside the finger down, twisting as you go, until they meet on the underside of the finger.



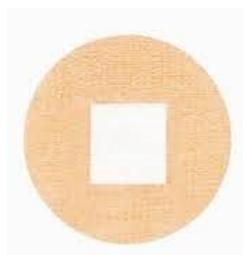
Knuckle bandages are good for heel blisters. Unlike the standard bandage strip, the knuckle bandage covers enough of the heel, so that it isn't easily removed by the rubbing of your shoe. Wrap the legs of the bandage around the heel, so they point towards the toes.

Use knuckle bandages for chin scrapes. Position the bandage so the legs are horizontal. Press the upper legs into place on the front of the chin, following the curve around and slightly downward. Pull the bandage down and seal the underside of the pad beneath the chin. Then pull the two remaining legs out and upward so they begin to overlap the upper legs. This seals the chin. The bandage should remain stable with chewing and with lip motion.



*(Included: 10 - Large Kit Only)*

## Spot Adhesive Bandages



Round bandages are a great application for small cuts and puncture wounds as well as for friction blisters on the palm.

*(Included: Large Kit 15, Mini Kit 5)*

## Knee/Elbow Adhesive Bandages

Rectangular flexible cloth bandage size 2 X 3 inches with rounded sides. Designed for larger scrapes and cuts, especially on elbows and knees.

*(Included: Large Kit 15, Mini Kit 5)*



### ***Important: Change all Adhesive Bandages regularly.***

When changing bandages make sure to clean and dry the wound thoroughly before re-attaching a replacement bandage. re-apply the triple antibiotic ointment as needed. Take care not to allow any tugging or pulling on the wound itself when removing a bandage. You should replace ALL bandages anytime they get wet. Also, change bandages as soon as the gauze pad becomes soaked with blood or fluid draining from the wound.

## Sterile Gauze Pads and Large Abdominal Combine Pad

When a wound is too large to cover with a strip or other adhesive bandage, it is best to cover the wound with a gauze pad. It is best to use gauze pads that are slightly larger than the wound. In addition, the extra-large 5 X 9 inch Abdominal Pad, marked as such, may be used on bigger areas, or wounds requiring extra absorbency. Clean and apply triple antibiotic ointment to the wound and apply the gauze pad. Secure the gauze with tape included in your Kit. If necessary, wrap the taped gauze pad with the elastic crepe bandage secured with a safety pin, included in your Kit.



*(Included: Large Kit: 2) 4"X4" and 4) 3"X3" and 1) 5"X9" abdominal pad  
Mini Kit: 2) 2"X2"*

## Non-Adherent Wound Pads



These dressings are recommended for draining or scabbed wounds, and burns. The non-adherent surface allows for wound drainage and fluid absorption without the pad sticking to the wound creating difficult removal or potential additional skin damage. Place the slightly shiny side down, directly on the wound and secure with tape or a gauze bandage.

*(Included: 2) 4"X4" and 2) 2"X3" - Large Kit Only)*

## Triangular Bandages



Use a triangle bandage in your kit, marked as such, to secure an injured, dislocated or broken bone in the arm. This small-looking bandage unfolds into a large, triangle-shape.



### To make an arm sling with your triangular bandage:

- Open the bandage and place an elongated end over the shoulder that is opposite to the injured arm, so the remaining bandage is covering your chest hanging towards the ground.
- Bend the injured arm across the body horizontal to the ground, with the bandage behind it. The short triangle point of the bandage should be at the elbow.
- Grab the corner of the triangle that is pointing towards the ground and bring it up across your body, over the injured shoulder and tie around the back of the neck with the other end. Be sure not to tie any hair into the knot. If the knot is uncomfortable or digs into the neck, place a small pad or towel behind it.
- To further secure the edge behind the elbow, tie it in a knot, or fold it around to the front of the arm as far as it will go and secure it with a safety pin.

Alternatively, you can wrap a triangular bandage around a splinted bone to provide additional support. Or you can fold and use it for a bandana or a circular head bandage.

*(Included: 2 - Large Kit Only)*

## Eye Patches



For injuries in or around the eyes, apply sterile eye patches from your Kit. Place over the eye and lightly tape the bandage so as not to apply pressure to the eye. Or, secure the eye patch using a gauze roll by wrapping it over the eye and around the head. Seek emergency care as needed.

*(Included: 2 - Large Kit Only)*

## First Aid Adhesive Tape

This tape is used for securing gauze, eye patches, and non-adherent wound pads.

*(Included: Large Kit 1, Mini Kit 1)*



## Surgical Paper Tape



Provides superior skin adhesion with minimal irritation. It's highly porous quality allows for maximum skin breathability. Recommended for sensitive areas such as the face, post-surgery applications and frequent gauze changes.

*(Included: 1 - Large Kit Only)*

## Rolled Gauze



Use to provide a secure wrap for injuries or wounds and for extra coverage and protection over gauze squares that have already been applied.

*(Included: Large Kit 2) 4X5 Yards, 2) 3X5 Yards,  
1) 2X5 Yards  
Mini Kit 1) 2X5 Yards*

## Crepe Elastic Bandage

These 2" X 13 foot stretchy rolled non-adhesive bandages can be used to support a strain or sprain by wrapping it around the wrist, ankle, or knee, and securing it with a safety pin. Be sure not to wrap so tightly as to impede circulation. The crepe bandage may also be used to secure a gauze pad applied to a wound, in place of, or in addition to tape.

*(Included: 2 - Large Kit Only)*



## Emergency Blanket



The Emergency Blanket is reusable. It is made with high tech Mylar material designed to keep body heat in. Use the blanket to keep warm, especially in case of shock. Tuck edges around the body to insure maximum warmth and heat retention.

*(Included: 1 - Large Kit Only)*

## Instant Cold pack

Directions for use are included on the bag. Single use, for swelling, pain, and bruising applications anywhere on the body. The ice pack is NOT recommended for use with burns.

*(Included: 1) Large Kit Only*



## Wood Finger Splints / Tongue Depressors

A Finger splint should be long enough to cover beyond the injured joint. If the joint injured is the first joint nearest to the palm, the splint should cover part of the palm as well as the finger.

Cut the splint to the correct size with the scissors in your Kit and tape it to the bottom side of the injured finger. Tape in a circular fashion, in several places on the finger to hold the splint firmly in place. For additional support, splint a finger next to the injured finger as well, and then tape both fingers together.

*(Included: 4 - Large Kit Only)*



## Tourniquet

The tourniquet is the 1 X 18 inch, blue rubbery roll in your Kit. Immediately call 911 with tourniquet use.

Apply the tourniquet for massive bleeding that doesn't stop with direct pressure applied to a wound on the arm or leg. You should ONLY use a tourniquet as a last measure during an emergency situation because there can be some serious consequences if left on for more than one or two hours and it could also cause muscle and nerve damage.

For the tourniquet to be effective, it must be in the right place. The tourniquet should be two inches above the wound on the part of the limb closest to the heart. It also must be applied with enough pressure to completely stop arterial blood flow.

Do not apply the tourniquet on a joint such as an elbow or a knee. Tourniquets on leg wounds need to be tighter than those on the arms because the blood vessels in the legs are larger.

**Wait for emergency services to arrive and communicate the time that the tourniquet was applied.**



*(Included: 1 - Large Kit Only)*

## Resuscitation Mask



**Use to re-instate breathing.**

Check for Responsiveness and look for normal breathing.

**Call 911** if there is little or no breathing. Immediately begin using the resuscitation face mask provided in your Patch-Up Kit. Place the blue one-way valve between the person's teeth. Follow the instructions written on the face mask shield.

Continue breathing into the mask until breathing is re-established with the victim, or emergency teams arrive.

*(Included: 1 - Large Kit Only)*

## Disposable Gloves



It is recommended to use gloves when treating a bleeding or oozing wound on someone other than yourself to prevent cross infection and maintain sterilization of the area treated.

Gloves are disposable and for single use only, for this reason.

*(Included: 4 Pairs - Large Kit Only)*

## Medical Face Masks



Disposable masks are recommended to prevent spread of infection to or from the user. Masks may also be worn to filter out smoke or dust in the air for healthier breathing. It is recommended to not share masks between users, to prevent potential cross infection.



*(Included: 4 - Large Kit Only)*

## Hand Wash Cleaning Wipes Packets



Single use disposable wipes for antiseptic cleaning of the face, hands and body, to decrease bacteria on the skin without the use of soap and water.

*(Included: Large Kit 8, Mini Kit 2)*

## Antibiotic Ointment

Clean the wound thoroughly with water or hand wipe packets, apply ointment and cover with an adhesive bandage or gauze. Watch for signs of infection and if redness and swelling persists, seek immediate care from a qualified medical professional.

*(Included: Large Kit 8, Mini Kit 2)*



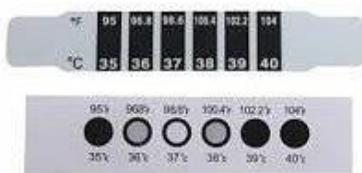
## Sting Relief Packets

Medicated pads for temporary relief of pain and itching associated with insect bites and bee stings. Be sure to remove the stinger from your skin with your Kit tweezers before using the packet. With all insect bites and stings, watch for severe or allergic reactions such as redness, pain and swelling. Seek immediate medical treatment as necessary.

*(Included: Large kit 8, Mini Kit 2)*



## Forehead Thermometer



Reusable. Instructions Included. Fever indicates illness or infection. These easily portable strips enable you to assess your body situation while on the go, or at home.

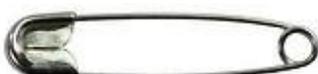
*(Included: 2 - Large Kit Only)*

## Cotton Buds

Use for applying triple antibiotic ointment in your Kit, and to clean ears and nostrils of fluid or debris.

*(Included: 20 - Large Kit Only)*

## Safety Pins



Use to secure gauze, triangle or crepe bandages or to assist with splinter removal along with your tweezers in this kit.

*(Included: 10 - Large Kit Only)*

## Tweezers

Use the tweezers to remove splinters, glass and for debris removal from wounds.

*(Included: 1- Large Kit Only)*



## Scissors

Use to trim bandages, cut gauze strips and tape, and trim finger splints to correct size.

*(Included: 1 - Large Kit Only)*

*The Patch-Up Kit Contents and Instructional information is not a complete guide to emergency treatment and does not attempt to replace the need for qualified professional medical advice, treatment and first aid training. For more in-depth education, consider taking a Red Cross or other sponsored course to learn more and be prepared for medical emergencies.*

**Call 911 for urgent medical assistance.**



## Patch-Up 2-in-1 First Aid Kit



Patch Up Products LLC  
Emergency, Safety and Survival Supplies  
web: [www.PatchUpKit.com](http://www.PatchUpKit.com) ✪ email: [support@patchupkit.com](mailto:support@patchupkit.com) ✪ toll free 855-979-7211