

## Backstage First Aid Kit Necessities

A first aid kit should contain all of the basic components necessary to administer basic first aid to anyone, as well as hold items specific to the needs of the traveling group. When a first aid kit is shared among various persons, it is essential that a regular inventory be taken of its contents. It is recommended that the contents of the First Aid Kit be reviewed before each entry into the theater or before a tour. Particular attention should be given to all over-the-counter and prescription medications for expiration date.

### 1. Information

First aid manual

List of emergency medical service numbers if 911 service is not available

Local theater & hotel contacts e.g. EMS, poison control, hospitals, and physicians

List of performers with special medical conditions

Individual-specific medications, \*Inhalers, \*Epi-pen, etc. (\*Require prescription and standing order for use from a company physician. Close attention should be paid to expiration dates.)

### 2. Supplies

The following items are recommended and should be stored in a well-organized, easily accessible carrying case:

Ace (elastic) bandages assorted sizes (2, 4, 6 inches wide)

Adhesive tape

Air stirrup brace for ankle sprain

Alcohol (rubbing-isopropyl)

Alcohol wipes

Aloe or similar soothing topical cream

Antibiotic ointment

Antihistamine (like Benedryl)

Antiseptic wipes

Arm sling / Triangular bandage

Automated External Defibrillator (AED)

Band-aids various sizes

BP cuff & stethoscope

Calamine lotion

Cold sore ointment

Cotton swabs, balls, Q-tips

CPR mouthpiece / face mask

Dermabond / super glue

Duct tape Elasticon / elastoplast tape

Energy bars and powdered electrolyte replacement drinks

Eyedrops (lubricating- liquid tears)

Eyewash

Gauze pads

Hand sanitizer

Heating pad

Hydrocortisone cream

Hydrogen peroxide to clean wounds

Insect repellent Instant ice packs

Kerlex gauze 4 and 6 inch

Knee immobilizer

Latex gloves

Leukotape (McConnell) & Cover-Roll stretch tape

Matches or lighter

Mineral oil (for tape removal)  
Moleskin  
Non-adhering dressings [Telfa]  
Penlight / Flashlight  
Plastic bags (for ice)  
Roller gauze  
Safety pins  
Saline solution  
Scissors  
Sling  
Space blanket

Splints – finger, leg, arm  
Steri-strips  
Sugar or glucose solution (candy)  
Sunscreen  
Tampons  
Thermometer  
Triple antibiotic ointment  
Tongue depressors (disposable wood)  
Tweezers / needle  
Vinyl or non-latex exam gloves  
Wound care debridement kit

#### Prescription Medications (recommended)

- \* Albuterol inhaler
- \* Epi-pen (in pediatric & adult doses)

\*\*These medications require a prescription and standing orders for appropriate use written by a company physician. Should any of these medications be utilized, EMS must be called and the patient should be transported to a local ER for further evaluation and treatment.

#### Over-The-Counter Medications (recommended)

- \* Antacid
- \* Anti-diarrheal medication
- \* Antihistamine (like Benedryl)
- \* Anti-inflammatory medication
- \* Baby aspirin
- \* Decongestant tablets & nasal spray
- \* Indigestion medication
- \* Pain medication

The above are recommended for companies touring outside of the United States. We recommended checking with your state laws on over-the-counter medications, but can also have the items included in standing orders from a company physician.

#### **Disclaimer:**

The information on Backstage First Aid Kit tips listed above are to help guide and inform the dancer and training staff while in the theatre and on tour, it is not meant to take the place of the advice of a medical professional. This information is provided by Dance/USA Task Force on Dancer Health.

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