

Dance/USA

Task Force on Dancer Health

Backstage First Aid Kits and Emergency Preparation

A proper first aid kit should contain all of the components necessary to administer appropriate first aid, as well as hold items specific to the needs of a traveling group or venue where the performance will be held. It is critical that a regular inventory be taken of its contents. Review of the items within the first aid kit should occur 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 dates. This paper is not meant for the professional dancer but for the medical professional and stage management.

Information

The information below should be readily on-hand as part of the backstage kit, should an emergency occur:

- First aid manual

- List of local emergency medical service numbers, if 911 service is not available

- Local theater & hotel contact information

 - EMS

 - Poison control

 - Hospitals, including directions to nearest emergency room to the theater and hotel if traveling

 - Local physicians, including directions to office

 - Pharmacy, including directions to nearest location to theater and hotel if traveling

- Venue-specific Emergency Action Plan developed by a medical professional familiar with emergency management

- Venue-specific Severe Weather Plan

- List of performers with special medical conditions, allergies, or medications

 - If a traveling company, this information should include performers and all other members of the travel party (artistic staff, production staff, etc)

 - If a member of the company or traveling party requires emergency medications, it is recommended that an extra/emergency dose be carried in the medical kit. These medications may require prescription and/or written standing orders in some jurisdictions. Please consult your local regulations.

Recommended Supplies

The following items are recommended and should be stored in a well-organized, easily accessible carrying case. The list is broken down into categories and designated as Mandatory, Essential, and Optional

MANDATORY – this item **MUST** be located within the kit as it is either a highly used item or is crucial to the health and safety of the dancers, production, or medical staff

ESSENTIAL – this item should be located within the kit, as it is a highly used item

OPTIONAL – this item is nice to have, but not Essential or Mandatory

MANDATORY

	MEDICATIONS AND TOPICAL OINTMENTS	FIRST AID	TAPING AND PADDING	INFECTION CONTROL	EMERGENCY SUPPLIES	GENERAL MEDICAL/GENERAL NEEDS	SITE/VENUE- SPECIFIC
	Antacid	Ace (elastic) bandages assorted sizes (2, 4, 6 inches wide)	Adhesive Stretch Tape	Face Shield/Goggles	CPR mouthpiece / face mask	BP cuff & stethoscope	
	Anti-diarrheal medication	Alcohol (rubbing- isopropyl)	Adhesive tape (white, cloth)	Hand Sanitizer	Sling	Nail clippers (finger and toenail)	
	Antihistamine (like Benedryl)	Band-aids (various sizes and appropriate skin tones)	Pre-Wrap	Paper Gown	Splints – universal (SAM) splint	Penlight / Flashlight	
	Anti- inflammatory medication (Ibuprofen, Naproxen)	Gauze pads	Self- Adherent Tape (Powerflex, Coban)	Surgical Masks		Plastic bags (for ice)	
	Cough Drops	Hydrogen peroxide to clean wounds				Scissors	
	Eyewash and eye cups	Latex gloves				Tampons	
	Hydrocortisone cream	Vinyl or non- latex exam gloves				Thermometer	
	Pain medication (Tylenol)						
	Saline solution						
	Triple antibiotic ointment						

	MEDICATIONS AND TOPICAL OINTMENTS	FIRST AID	TAPING AND PADDING	INFECTION CONTROL	EMERGENCY SUPPLIES	GENERAL MEDICAL/GENERAL NEEDS	SITE/VENUE- SPECIFIC
ESSENTIAL	Aloe or similar soothing topical cream	Alcohol wipes	Adhesive and Non- Adhesive Felt	Antiseptic wipes	Automated External Defibrillator (AED)	Matches or lighter	Insect repellent
	Baby aspirin	Cotton swabs, balls, Q- tips	Adhesive and Non- Adhesive Foam (1/8" and 1/4")	N-95 Mask	Crutches	Pulse oximeter	Space blanket
	Decongestant tablets & nasal spray	Non- adhering dressings [Telfa]	Elasticon/Elastoplast tape	Spill Clean- up Kit	Knee immobilizer	Reflex hammer	Sunscreen
	Epi-Pen*	Nose plugs	Moleskin		Splints – finger, leg, & arm or universal (SAM) splint	Tongue depressors (disposable wood)	
	Indigestion medication	Occlusive dressing	Second Skin (1" squares and 3" circles)		Tooth saver	Tweezers / needle	
	Sugar or glucose solution (candy)	Steri- strips	Tuf-Skin, QDA, or other spray tape adhesive				
	Topical Anti- Inflammatory Gel (Arnica, Voltaren Gel)						

	MEDICATIONS AND TOPICAL OINTMENTS	FIRST AID	TAPING AND PADDING	INFECTION CONTROL	EMERGENCY SUPPLIES	GENERAL MEDICAL/GENERAL NEEDS	SITE/VENUE- SPECIFIC
OPTIONAL	Albuterol inhaler*	Dermabond / super glue	Duct tape		Air stirrup brace for ankle sprain	Energy bars and powdered electrolyte replacement drinks	
	Calamine lotion	Instant ice packs	Kinesiology Tape			Heating pad	
	Cold sore ointment	Kerlex gauze 4 and 6 inch	Leukotape (McConnell) & Cover-Roll stretch tape			Safety pins	
	Eyedrops (lubricating- liquid tears)	Roller gauze	Orthoplast			Scalpel	
	Glucagon*	Wound care debridement kit				Towels	
	Mineral oil (for tape removal)						
	Naloxone*						
	*May require prescription and/or written standing orders. Please consult your local regulations.						

Disclaimer: The information on backstage first aid kits and emergency preparation contained in this paper is intended to help guide and inform the medical professional and stage management. 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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