

Sailors Offshore Medical Kit

“A very extensive offshore medical first aid kit!”

Made by sailing medical doctors



Composed with a sailing trauma surgeon. Contents: extensive first aid products for the long distance sailor.

More extensive then a category C first aid kit.

CPR/ crew member examination/ hypothermia

- ✓ Laerdal® Pocket Mask
- ✓ Edited Glasgow Coma/trauma scale
- ✓ ABCDE chart
- ✓ Patient medical report form (MedeVac)
- ✓ Digital Thermometer with covers
- ✓ Stethoscope
- ✓ Urine analysing test strips (in plastic pot)
- ✓ Emergency reflective blankets



Size: 445x320x150 mm. Color: oranje. Lay out: flexible partitions

Bleeding/ fracture/ sprains

- Nitrile examination gloves
- Israël emergency trauma bandage 10 cm
- Trauma bandage Heka Fix 10x18 cm
- Bone splint 10,5 x 91 cm
- Wooden tongue depressors (as mini splint finger/toe)
- Triangular bandages
- Instant cold pack
- Nasal tampon
- Compressed gauze
- Bandages, elastic (Ideal)

General woundcare (by Dutch Orange Cross)

- Dressing, gauzes, non-adherent, sterile
- Dressing, gauze, sterile and non sterile 10x10 cm
- Dressing, gauze, sterile 1/16
- Wound closure strips 6x10mm
- Bandages, elastic
- Bandages, self adhering
- Emergency dressings
- Scissor & splinter pincet
- Finger bobs & tape & adhesive bandages/ plaster
- Kiss of life & antiseptic fluid
- Pouch with; urine analysis card, blood lancet, cotton swabs, curved paperclip
- Intra nasal device- MAD

Medication

- ✓ Paracetamol® painkiller 20 tablets
- ✓ Cinnarizine® anti seasickness pills 10 tablets
- ✓ Oral Rehydration Mix 4 bags
- & Ibuprofen® (NSAID) painkiller 10 tablets
- & Cetomacrogol/Vaseline indifferent creme 1 tube
- & Amoxy/Clav. 500/125mg tabl. antibiotic treatment 1x

☛ All medication with prescription

Rest of the recommended medication is because of personal preference, medical safety, and risk of interactions with own medication, not added. See below mentioned recommended medication list.

Suture/syringe/ urine

- Skin stapler, disposable, 30 shots
- Skin staple remover
- Disposable forceps
- Surgical scalpel with handle, #11 blade, sterile
- Gloves, surgical sterile 7.0
- IV needle 18G
- Syringes, Luer lock, 2-5-10 ml & ampoule breaker
- Needles 18 & 25G, disposable sterile
- Foley catheter 14FR silicone & urine collection bag
- Sterile lubricant (for catheter)
- Sodiumchloride 0,9% solution for catheter balloon
- Lidocaine 1% anesthetic fluid, with prescription

Woundcare/ Burns

- Ointment gauzes 7,5x10 cm
- Hydrogel sterile dressings 10x10 cm
- Eye pad
- Chlorhexidine Gluconate antiseptic solution (Hibicet)
- Sodiumchloride 0,9% solution

Forms/ medical information

- Dutch Orange Cross first aid instruction sheet
- Royal Netherlands Sea Rescue Institution (KNRM) recommended medication list for offshore pleasure craft
- Royal Netherlands Sea Rescue Institution (KNRM) Radio Medical Service (RMD) Questionnaire from The Ship Captain's Medical Guide
- Medical certificate sharp materials and control sticker

Additional to order!

- **Dental emergency kit;**
Tube Cavit® temporary filling, mouth mirror, dental spatula 'Ash-6', Chloorhexidine 0,12% mouth washing
- **Pulse oximeter** (Microlife OXY 300)
- **Medical trauma package** consisting of;
Mayo tube, infusion drip set with Ringer/Lactate & Sodiumchloride fluid 500 ml bottles 3x, extra package sterile and non sterile 10x10 cm dressings/gauzes, extra ointment gauzes and examination gloves. Extra flacon Chlorhexidine Gluconate antiseptic solution (Hibicet) & Sodiumchloride 0,9% solution. Extra Paracetamol® and Ibuprofen® (NSAID) 2x 10 tablets.
- **Extra bandage package;** more gauzes, bandages and other first aid material when 4+ crew on board.