

Building your own Extra Tough Farm First Aid kit

The following resource will guide you in making your own farm first aid kit; it will include the online link to buying these products. This kit will include materials that accommodate to the wear and tear of farming.

This kit is important to maintaining the physical well-being of the worker as well as keeping to hygienic practices for farming. Open wounds are prone to higher infection and contaminating produce. Taking preventative measures such as making your own farm first aid kit is a responsible move to ensuring the safety of your workers and farm. The Food Safety Modernization Act (FSMA) requires fully subject farms to have their employees, “Maintain adequate personal cleanliness to protect against contamination of covered product and food contact surfaces.” (112.32 Produce Rule) An important way to stop the spread of contamination is for employees to properly clean and dress any cuts or wounds, especially those on their hands. This kit provides examples of bandages, wraps, and finger cots/gloves that will prepare your farm well to adequately protect cuts from spreading contamination.



*Rubbermaid
Roughneck
Storage box,
3 gallon*



From left to right: First Aid kit, Assorted Color Bandages/Athletic tapes, Nitrile Finger cots, Curad Curad Performance series bandages (Extra long Antibacterial, Extreme Hold Tough Fabric - normal and for fingertip and knuckles), Strong & Tough Nitrile Gloves, Soap

Materials Used:

Rubbermaid Roughneck Storage Box, 3 gallon \$10.36 + 8.16 shipping fee

https://www.amazon.com/RHP2213STE-Rubbermaid-Roughneck-Storage-Steel/dp/B008HOGGCC/ref=sr_1_1?ie=UTF8&qid=1515446066&sr=8-1&keywords=roughneck+rubbermaid+3+gallon

X Not Eligible for Amazon Prime

First Aid Only All-Purpose First Aid Essentials Kit, 299 Pieces, Fabric Case \$13.82

https://www.amazon.com/dp/B000069EYA/ref=sspa_dk_detail_0?pd_rd_i=B000069EYA&pd_rd_wg=MMXqx&pd_rd_r=ZPFYZDKEFEA8E2M6PP5S&pd_rd_w=87Wns&th=1

✓Eligible for Amazon Prime

Cramer Team Color Athletic Tape 1.5" X 10 Yard Roll \$5.99

https://www.amazon.com/Cramer-Athletic-Injuries-Training-Supplies/dp/B0059281Q4/ref=sr_1_9?s=industrial&ie=UTF8&qid=1509563392&sr=1-9&keywords=athletic%2Btape&th=1&psc=1

✓Eligible for Amazon Prime

GouGou 4 Rolls Self-Adhesive Bandage First Aid Tape 3 Inch X 5 Yds \$12.99

https://www.amazon.com/GouGou-Self-Adhesive-Non-woven-Ventilate-Flexible/dp/B074H19VBL/ref=sr_1_5?s=industrial&ie=UTF8&qid=1509563266&sr=1-5&keywords=sticky%2Bgauze&dpID=51S9mnNQ1AL&preST= SY300 QL70 &dpSrc=srch&th=1

X Not Eligible for Amazon Prime

Curad Performance Series Antibacterial Adhesive Bandages, 1 X 3.25 Inch, 60 Count(Pack Of 3) \$6.50

https://www.amazon.com/gp/product/B00V7U1O84/ref=ox_sc_act_title_4?smid=AX9GAYUYV41AS&psc=1

✓Eligible for Amazon prime

Curad Performance Series Fingertip and Knuckle Extreme Hold Fabric Bandages, 20 Count \$3.49

https://www.amazon.com/gp/product/B015ZRYWDS/ref=ox_sc_act_title_3?smid=ATVPDKIKX0DER&psc=1

✓Eligible for Amazon Prime

Curad Performance Series Extreme Hold Antibacterial Fabric Bandages, 20 Count \$3.49

https://www.amazon.com/gp/product/B015ZRYYN6/ref=ox_sc_act_title_2?smid=ATVPDKIKX0DER&psc=1

✓Eligible for Amazon Prime

Heavy Duty Nitrile Gloves, Pack of 100 \$13.99

https://www.amazon.com/BHAC9-003-Nitrile-Chemical-Resistant-Powder/dp/B0192K9T78/ref=pd_bxgy_201_2?encoding=UTF8&pd_rd_i=B0192K9T78&pd_rd_r=QMY9XHJ0324X6ZFKDWGZ&pd_rd_w=tpWZO&pd_rd_wg=HcgR5&psc=1&refRID=QMY9XHJ0324X6ZFKDWGZ

✓Eligible for Amazon Prime

[Most of these items or similar items can be found in stores as well ie. Walmart]

Calculated Cost

Rubbermaid Roughneck Storage Box, 3 Gallon.....	\$18.52
First Aid Only All-Purpose First Aid Essentials Kit, 299 Pieces, Fabric Case.....	\$13.82
Cramer Team Color Athletic Tape 1.5" X 10 Yard Roll.....	\$5.99
GouGou 4 Rolls Self-Adhesive Bandage First Aid Tape 3 Inch X 5 Yds.....	\$12.99
Curad Performance Series Antibacterial Adhesive Bandages, 1 X 3.25 Inch, 60 Count(Pack Of 3).....	\$6.50
Curad Performance Series Fingertip and Knuckle Extreme Hold Fabric Bandages, 20 Count.....	\$3.49
Curad Performance Series Extreme Hold Antibacterial Fabric Bandages, 20 Count.....	\$3.49
Heavy Duty Nitrile Gloves, Pack of 100.....	\$13.99

Total: \$78.79