

## - Health and First Aid -

- List of allergies
- List of medications
- •Emergency contact's name, address and telephone
- •Name of doctor
- Telephone number of doctor's office
- •Carry a cellphone-make sure the battery is charged before arriving at the site
- Have adequate transportation available
- •Know the location of the nearest hospital/emergency treatment center

Recommended first aid kit items:

- •Band-Aids (various sizes)
- •Flashlight
- •Gauze, flexible rolls
- •Gloves (disposable, medical kind)
- Ice bag or chemical pack
- •Safety Pins
- •Scissors
- Antiseptic solution
- •Antiseptic soap
- •Neosporin
- •Normal saline solution
- •Aspirin tablets
- •Tylenol
- •Sunscreen
- •Bug Spray
- •Bottled water for drinking and cleaning wounds
- •Emergency medication for those with allergies



These guidelines are recommended by PennDOT. www.penndot.gov/about-us/RoadsideBeautification/Training/Pages/default.aspx