

**First Aid Kit Hand-out for *\*Help\**!**  
**Handling Medical Emergencies at Events,**  
**for Event Professionals.**

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**David Egan's Recommended**  
**First Aid Kit Contents for Events**

## **Kit Intentions**

1. Stop bleeding.
2. Clean wounds.
3. Contain additional bleeding.
4. Keep wounds clean and free from infection.
5. Prevent contamination from the caregiver to the care receiver, and vice versa.

## **Kit Staging**

If the walk to get a kit from any spot at the venue is takes longer than one or two minutes, it's better to have several kits remotely located around the venue.

## **Standard Kit**

### **Hand sanitizer**

Use before you put on your gloves, and after you take them off.

### **7.5" Paramedic/EMT Shears/Scissors (all are the same thing.)**

For trimming dressings and bandages, and for cutting away clothing.

### **Disposable Nitrile Gloves**

Get small, medium and large sizes, sealed in separate Zip-loc bags and labeled with a Sharpie.

Nitrile gloves work great for medical emergencies, and don't have the potential allergy issues that come with latex.



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I like the heavier, 6.5 mil thickness because they provide more protection, and are also good for gardening and general purpose use, but any thickness will do.

**Providone Iodine Swabs (A brand name: Betadine)**

Wound disinfectant, for cleaning wounds.



**Flexible Fabric Band-Aids**

Assorted sizes. Be sure to get the fabric kind.

Carry several of each size. Replenish between events as necessary.

**Extra Large Band-Aids**

Quick and easy to use, and more comfortable, physically and emotionally, than wearing a separate dressing and bandage.

Two or three in each of your kits should be enough, depending on the size of the event.

**2" x 2" Sterile Gauze Pads**

For cleaning and dressing wounds.



**4" x 4" Sterile Gauze Pads (similar: Topper Sponges)**

For dressing wounds.

**Triple antibiotic ointment (A brand name: Neosporin)**

For preventing infection and reducing pain.

**1" paper medical tape - (A brand name: 3M Micropore)**

For holding dressings to the body.



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### **Rolled Gauze Bandages (A brand name: Kling)**

The medium size is a good choice.

For holding dressings to the body when tape is not a good option.

### **Tweezers**

### **Oral Medications**

#### **Aspirin**

#### **Acetaminophen (A brand name: Tylenol)**

#### **Ibuprofen (Brand names: Advil, Motrin)**

### **Optional Components**

#### **Butterfly Bandages**

Used to pull gaping wounds together (that may require stitches in the hospital).

#### **5" x 9" Sterile Gauze Pad**

For dressing large wounds & emergency menstrual pad.

#### **Elastic "Ace" Bandage**

#### **Tampons**

In assorted sizes.

### **Advanced Components**

Diagnostic tools for first aid providers among guests or staff who have advanced training.



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### Stethoscope

A basic stethoscope is inexpensive and remarkably valuable in helping a person with advanced training make a decision between whether a person needs to go to a hospital or not. And it's essential for measuring blood pressure, in conjunction with a...



### Sphygmomanometer (blood pressure cuff)

A simple, manual one like this will do.



### Containers For Your Kit

A small box like this purpose-made one by a company called [Flambeau](https://www.flambeau.com/) is perfect.

### Why Make Your Own First Aid Kits?

Why go to the trouble of assembling your own first aid kits? Most emergency kits are not suitable for what you're doing.

You should know what's in your kits and—ideally—get training in how to use everything.





# **David Egan Consulting for Event Professionals**

**I hope you find this hand-out useful!**

**I would love to hear about your experiences with medical emergencies at events, and also get your feedback and questions about the presentation you attended (and about this hand-out!).**

**You can reach me at [david@davidegan.com](mailto:david@davidegan.com), or call!—(410) 961-5443.**

**I'd love to present for your organization, and consult with you around your particular needs.**

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**David Egan's  
Presentations include...**

# David Egan Consulting for Event Professionals



## **\*Help!\* Handling Medical Emergencies at Events, for Event Professionals**

Medical emergencies can, and do, happen at events! How well event professionals are prepared to handle them makes all the difference between a great event (with a successful outcome for the patient) or a disaster.

There's a lot to know. How do you approach and assess medical emergencies at events? How do you keep the event going at the same time? How do you make good decisions about patient care, and when do you need to call 911?

### **Here's what participants have said about \*Help!\* Handling Medical Emergencies at Events, for Event Professionals:**

*"When something bad happens, what do you do, how do you act and navigate through?...David Egan's presentation "Help!\* Handling Medical Emergencies at Weddings, for Event Professionals." is an excellent first step in that journey. Drawing from his own training, David distills the knowledge needed to navigate through medical emergencies and how to develop your process of thought in how to respond to emerging circumstances." —Presentation Attendee, Baltimore, MD, 2023*

*"Clear communication with real life stories to illustrate the need for preparation." —Presentation Attendee, Baltimore, MD, 2023*

# David Egan Consulting for Event Professionals



## How To Build Successful (and Profitable) Relationships With Venues!

Love referral business? Want to be on more venues' recommended event professionals lists? Here's straight talk from an experienced, no-nonsense venue owner on how to do it!

What you deliver to the client is only half the story. That part's easy! Here are lots of down-to-earth, practical, tools, tips, and techniques that you can use the week leading up to, during load-in and set-up, during the event (the easy part!), during load-out, and the week after the event to build your referral network at every venue and at every event. Come learn to wow venues (and everyone else) and grow your business by being the consummate event professional!

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# David Egan Consulting for Event Professionals



## Creating An Outstanding Wedding Sales Experience!

Many wedding professionals ignore—or don't know—the keys things that can bring them more weddings, earn them more money, and make them (and their clients) happier. The sales experience you create for prospective clients when they come through your door begins long before “hello”! Done well, that experience is truly powerful, and makes it easy for people to choose you, at your price.

Join us to learn how to do it, and do it well, starting today. You'll get every element, in detail, laid out for you to take home and use right away.



# David Egan Consulting



## Presentation on Presentations: Changed for Good!

Great slide presentations—and great speakers—engage their audiences. They're entertaining, they're dynamic, they tell stories. And most important, they effectively convey the idea or information that the presenter wants the audience to get. Here's why they work: those presentations don't look anything like the charts and graphs and word-heavy, bullet-pointed, slide presentations that you're used to seeing! The pace is different, the focus is different, and the visual content is vastly different.

In this groundbreaking and provocative session, you'll learn to use a method of slide presentation called "slides as chorus," that will put your presentations into an entirely new class, where people will sit up and take notice of what you have to say, and where you'll truly reach their hearts and minds!

No matter what your purpose in presenting, David Egan will show you how to level up your skills in both content creation and presentation delivery so you can inspire, persuade, and educate your audiences like never before!

# David Egan Consulting for Event Professionals

**Interested in a presentation  
for your organization? Great!**

**Write to David at  
[david@davidegan.com](mailto:david@davidegan.com)  
or call (410) 961-5443.**

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# About David Egan



For over thirty-five years, David Egan's highly-engaging, authentic style of presenting has brought people pretense-free, down-to-earth experiences that are superbly organized, fully researched, and easily accessible.

David has lived and breathed weddings since 2002 at Chase Court, the wedding venue he owns in Baltimore, Maryland. He's sat with thousands of couples as they planned their weddings, listening to

# About David Egan

what was said and what was unsaid, guiding and supporting them in making good decisions about their weddings.

David writes a column on weddings for Baltimore OUTloud, Maryland's LGBTQ newspaper.

While living in his native New England, David trained as an Emergency Medical Technician in basic and advanced life support and pre-hospital trauma life support, and worked with several professional and volunteer ambulance services.

He has served on the faculty of the Connecticut Emergency Medical Services Annual Conference; designed, staffed, and led emergency medical services for the American Lung Association of Connecticut's multi-day bicycle-tour fund-raising events; and taught workshops on first aid and safety at major national bicycling gatherings.

When he's not doing something wedding (which is most of the time), David enjoys photography and pickleball. He loves primary colors, sports cars, and dark chocolate.

David received a NACE One Award for Wedding of the Year in 2018 for a Harry Potter-themed wedding at Chase Court.

David has been a member of the Baltimore Chapter of the National Association for Catering and Events since 2002.