

Pocket First Aid Kits for Ukraine

Plast, Ukrainian Scouting Organization - USA



The main purpose of this project is to provide Pocket First Aid Kits (PFAK) to those who are administering emergency care to individuals who are bleeding. This kit was designed by Dr. Dan Olesnicky, a Ukrainian Scout and trauma surgeon, whose team has been studying the ideal lightweight medical kit for over 20 years. These kits are designed to be small, light-weight, and usable by anyone.

The objectives for this project are:

1. Partner with your local community organizations to assemble as many of these PFAKs as possible.
2. Notify the local media of your service and spread awareness in your community.

Instructions on how to create a PFAK:

Please watch the instructional video before starting!

Two links are provided, in case of browser issues

<https://www.youtube.com/watch?v=aX1UGXrySYI>

<https://youtu.be/aX1UGXrySYI>

PFAK Components

- 1 quart size plastic bag for vacuum sealing
- 4 large or extra-large vinyl gloves
- 2 large surgical dressings (5" x 9")
- 4 butterfly closures
- 6 large band aids
- 3 large gauze pads (4" x 4")
- 4 squeeze packets of antibiotic ointment
- 1 self-adhering bandage roll
- 4 tablets of acetaminophen