

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Minimize Injury With A First-Aid Kit

By Adwina Jackson

Imagine if an accident or something terrible happens to your friends or families, or children especially. You really want to save them immediately, don't you?

What you must do is to give a first aid. CPR, for example. Having first-aid equipments is another essential effort.

In other words, you must prepare for emergency. The first-aid kit is so important in this kind of situation. No matter where, keep the kit with you.

What you need to have is a set of first-aid equipments. In general, here's your first-aid kit checklist.

first-aid manual thermometer (a digital one is preferred) acetaminophen (to lower fever and relieve pain) prescription medications sterile gauze adhesive tape liquid soap (use mild type which will not endanger your children's skin) scissors (always check if they are sharp) alcohol wipes antiseptic wipes emergency phone numbers (your physician's or pediatrician's) flashlight and batteries disposable gloves blankets sunscreen lotion Have you gathered all those gears? Keep them in a durable container. Choose one that is roomy, lightweight, easy to carry, and can be opened easily. Some drug stores provide this bag, even with some of the equipments.

The first-aid kit should be available at home and in the car. Put it carefully, out of reach of children, as all the equipments can be dangerous for them.

Don't forget to check the kit regularly. See whether some medicines are outdated or not and make sure that the batteries of the flashlight still work well.

Now, have you been trained to use the kit? You probably have seen people doing CPR or any other emergency assistance, but you've never done it all alone by yourself.

The American Red Cross has programs aimed at giving anyone the confidence to act in response to an emergency situation with skills that can save a life. It's of course a great chance for you to take this

program.

Here's the address of the American Red Cross programs:

<http://www.redcross.org/services/hss/courses/>

You can bookmark this web address for your handy emergency guide.

Adwina Jackson is a wife and mother of a young boy. She's also the editor of Inspiring Parenting, an online source of valuable parenting information. Please visit

<http://www.InspiringParenting.com>

for

helpful and free parenting info. Observe your children's health, growth and development by clicking the website.

Kit - Types And Uses

By Sharon Albright

The word kit has various meanings. It often refers to a set of tools. A kit may include a drum kit first aid kit, press kit, software distribution kit, root kit, and software development kit. A drum kit is used for jazz, rock, and other types of music. The drum kit includes drums, cymbals, and other music instruments. A drum kit varies from person to person. It depends on the musical style, personal choice, the financial capability of the drummer and the transportation means.

The minimum requirements for a drum kit are a bass drum and a snare drum, some tom toms, and a hi-hat consisting of two small cymbals, a ride cymbal and a crash cymbal. A first aid kit consists of all types of equipments that are used to give first aid. The contents of a first aid kit vary depending on different local conditions. Usually a first aid kit consists of sterilized dressing pads for the eye, and for burns and cuts.

Bandages are commonly found in almost all the first aid kits. The bandages are of different types like the gauze roller, elastic bandage, adhesive and triangular bandage. The common equipments found in a first aid kit are gloves, apron, flashlight, cold packs, space blanket, thermometer, penlight, and sterile eye wash. The emergency kit also includes various kinds of pain killers, antiseptics, alcohol pads, aspirins, activated charcoal, calamine and other necessary items.

The press kit consists of a storehouse of information that is used for promotional purposes. The contents of the press kit includes CD, reviews, photos, information on a person, band or group, whoever needs the exposure through media. Certain software tools help to give access to an intruder to a system, without letting the user know about this. These set of tools make up the root kit. They are used in a variety of operating systems like Linux, Solaris, and Microsoft Windows.

Minimize Injury With A First-Aid Kit

The software development kit helps a software engineer to create software applications for software framework, hardware platform, computer system, operating system and more. Kit generally refers to a collection of items required to perform some action. There are various other types of kit like the yoga kit, children's kit, maternity kit, traveler kit, and more. The yoga kit consists of some videotapes and CDs, straps, yoga balls, and foam blocks. Similarly the other kits contain specific items depending on the requirement.

Sharon Albright is the owner of

<http://www.kits-of-all-types.info>

. Read more articles on Kits and visit her

recommended resources.



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Minimize Injury With A First-Aid Kit

