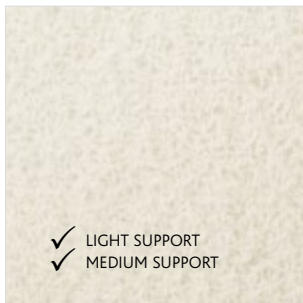


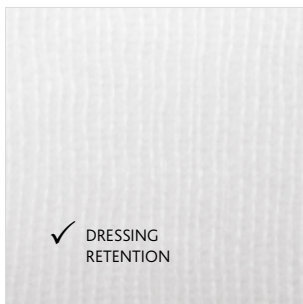
## Which bandage do I need?

**Bandages are an essential inclusion in any First Aid Kit and are available in a variety of types, dependent on their usage, nature and severity of injury. If needed, bandages can be secured with microporous tape, bandage clips or safety pins. The most commonly used bandages include...**



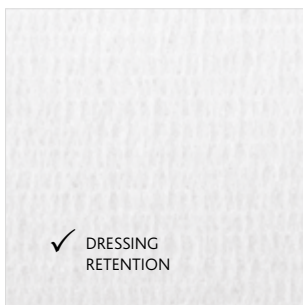
### **CREPE**

Crepe bandages are made from Cotton, are woven and elasticated to help the healing of sprains and strains. Crepe bandages provide compression to injured areas. Bandages such as Relicrepe do not restrict the natural movement of joints and allow muscle flexing. Cotton also allows the skin to breathe whilst being soft and supple providing medium to light support.



### **CONFORMING**

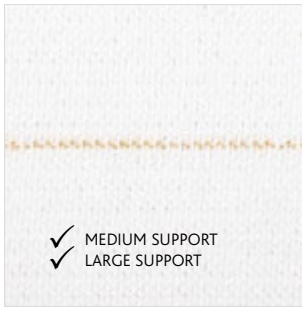
Conforming bandages are very stretchy and conform closely to the body's contours. Conforming bandages such as Reliform are ideal for securing dressings in place, particularly on limbs. BS8599-1:2019 first aid kits (according to size) should include at least one conforming bandage.



### **COHESIVE**

Cohesive bandages are designed to stick to themselves, but not to skin or hair. This makes cohesive bandages quick and easy to apply and remove, with no need for tape or pins to hold them in place. Our Cohesive Bandages are latex-free, flexible, durable and strong, and non-slip, offering compression and support and are easily unwound for controlled application.





### **ELASTIC ADHESIVE**

Providing firm support, this elasticated bandage is manufactured with a traditional and powerful zinc oxide adhesive. It can be applied directly to the skin or over Foam Underwrap, conforming to body and limb contours. Designed to offer short-term support to weak joints, particularly ankles and knees. Easily unwound, allowing increased tension; readily cut for quick application. Most suited for sports and occupational injuries. Feathered edge and central line guidance for an even application.



### **WHITE OPEN WOVE**

Traditional non-stretch cotton weave bandage.



### **TRIANGULAR**

Can be used in various ways as a sling or for immobilisation of broken bones and soft tissue injuries. BS8599-1:2019 first aid kits should include at least one triangular bandage according to size. BS8599-1:2019 first aid kits (according to size) should include at least one triangular bandage.



### **PRESSURE BANDAGES**

Are designed to help to stem heavy blood flow from an injury by applying pressure. Our Traumafix bandage is designed for stemming severe bleed injuries and incorporates a pressure pillow that provides pressure as the bandage is wrapped around the wound. By acting quickly to stabilise the bleed, Traumafix allows the medic to deal with other injuries and monitor vital signs.



Size A	4.5cm	Child's small limb
Size B	6.25cm	Child's medium limb Adult small arm
Size C	6.75cm	Child's large limb Adult medium arm Adult small ankle
Size D	7.5cm	Adult large arm Adult medium ankle Adult small leg
Size E	8.75cm	Adult large ankle Adult medium leg Adult small thigh
Size F	10cm	Adult large leg Adult medium thigh
Size G	12cm	Adult large thigh

NB: The chart above is a guidance only.



## **TUBULAR BANDAGES**

*Can be used quickly as they are applied over a wound e.g., on a limb without the need for wrapping repeatedly. Tubular bandages fit to the body's contours in similar fashion to conforming bandages. Available in sizes suitable for fingers and toes to larger sizes. Tubular bandages can be applied with or without the use of a bandage applicator.*

*Religrip tubular bandages are supportive, comfortable. Providing ideal treatment for soft tissue injuries, sports injuries, dislocations, and sprains. Religrip provides even radial support and pressure for weakened joints and muscles, also aiding rehabilitation after the removal of plaster of paris casts. It remains in place without tying or tapes. Available in a wide range of sizes suitable for all parts of the body.*