

SMCA Product List

Band-aids

Regular: All purpose fabric bandage, for use almost anywhere on the body. Their long-lasting adhesive helps the bandage adhere to keep injured area clean. Latex free. Available as singles or in boxes of 100.

Knuckle: Highly absorbent, non-stick fabric pad promotes both drainage and easy removal. For use on minor cuts and scrapes on mobile joints of the body such as knuckles, knees and elbows. Latex free. Available as singles or in boxes of 100.

Patch: Great fabric bandages for larger wounds, especially on knees and elbows. Latex free. Available as singles or in boxes of 50.

Gauze

Eye Pads: Constructed of sterile absorbent cotton filler and covered with mesh gauze on both sides, these pads are ideal for protecting wounds around the eyes. Available as singles or in boxes of 50.

Rolled: Ideal wrap for securing dressings on hard-to-bandage areas. Rolled Gauze is stretchable to provide freedom of movement while remaining securely wrapped clings to itself. Available in 3", 4" or 6" lengths, as singles or in bags of 12.

Non-adherent: Non-stick, absorbent pads cover large cuts, scrapes, and burns. Available as singles or in boxes of 100.

Sterile Pads: Perfectly suited for cleaning wounds and applying medication or antiseptic. Can be stacked on a wound to absorb additional fluid and can be removed without re-opening the wound. Available in 3" x 3" or 4" x 4" sizes, as singles or in boxes of 100.

Unsterile Pads: Ideal for general wound cleanup or nosebleeds. Available as singles or in packages of 200.

Resources

Athletic Taping Manual: The official manual for the SMCA's Taping & Strapping course. Describes many injuries, assessments, taping considerations and applications for various joints on the body, and much more.

Athletic First Aid Manual: The official manual of the SMCA's Athletic First Aid course. All in one guide covering the role of an athletic first aider, the human body, injury prevention, event preparation, injury assessment and management, descriptions and treatment of common sports injuries, and more.

Sports Nutrition Resource Manual, 2nd Edition: Comprehensive guide of nutritional concepts, their application to athletes, competition nutrition, ergogenic aids (supplements), and more.

Tape

ProWrap: Used to help eliminate skin irritation caused by repeated taping and to secure cold packs and bandages. Available in single rolls or in cases of 48.

3M 1" Tape: Transpore tape that is easy on the skin, used to apply dressings. Available in single rolls or cases of 12.

Heavyweight Elastic Tape: Ultra-strong, cloth-backed tape will permit the release of perspiration yet still supports knees, ankles and wrists. Available in single rolls or in cases of 16.

Hospital Tape: Used to apply dressings. 1" and 0.5" rolls available as singles or in cases of 12.

Leukotape Tape: A rayon-backed tape with an aggressive zinc oxide adhesive. Recommended for patellofemoral taping and shoulder taping techniques. Specified for use with Cover-Roll Stretch Bandage. Available in single rolls.

Lightweight Tape: With a cotton/spandex blend, this all purpose adhesive tape is comfortable, conforming, light, and cool. Available in single rolls or cases of 16.

Renfrew Athletic Tape: Used to add support or restrict range of motion for muscles and joints. Available in single rolls or in cases of 32.

Bandages

Ank-L-Rap: Used for added ankle support. Cotton-webbed material with herringbone weave can be washed for repeated use. Available as 8' lengths or in 72 yard rolls.

Tensor Bandages: Used to support, protect and provide moderate pressure to sprains and strains. Ideal for holding dressings in place. Available in 2", 3", 4", 6" widths, as singles or in bags of 12.

Triangular Bandages: Use for head or appendage, as a handy arm sling, or even as a tourniquet. Safety pins included. Available in muslin or cotton, as singles.

Creams, Lubricants, and Sprays

Antibiotic Cream: Helps prevent infection in cuts, scrapes and burns.

Atomic Balm: Provides penetrating warmth. Long-lasting petrolatum base soothes aches and pains after physical activity.

Cold Spray: Produces instant cold for drawing heat from minor burns, reducing swelling for bruises and sprains, and deadening the pain for removal of splinters.

Dehesive Spray: Fast-acting spray deactivates tape adhesive for painless removal from the skin.

Isagel: Convenient, on-the-spot cleanser when water isn't available.

Massage Lotion: Helps provide a soothing, effective massage.

Saline Solution: Used for rinsing contact lenses, nasal irritation, and intravenous infusion.

Savlon Wound Cleanser: Used for cleaning minor cuts, wounds and abrasions. Disinfects affected area to prepare for bandaging.

Skin Lube: Reduces blisters, protects skin from rubbing and chafing. Use on calluses, under straps and on heels, soles and insteps of feet.

Tiger Balm: Used to relieve muscles from aches and pains, also alleviates discomfort from joint sprains.

Tuf Skin: Helps secure tape and elastic wraps, reducing blister-causing friction. Available in 4 oz or 10 oz cans.

Sports Medicine Supplies

Adhesive Felt: Orthopedic felt is ideal for extra protection from impact and can be used for making blister pads and orthotic supports.

Adhesive Foam: Protection for blisters and pressure points when immobility is essential. Adhesive backing holds foam in place.

Alcohol Prep Pads: Single-use alcohol cleansing pads help prevent infection while treating a wound.

Instant Cold Packs: Single-use instant cold packs are ideal for any sports medical kit. Available as singles or in cases of 24.

Reusable Gel Packs: Reusable hot or cold gel packs. Available in 6" x 10" or 10" x 12" sizes.

Cotton Tipped Applicators: Sterile 6 inch wooden applicator stick with firmly wound cotton bud.

Coverstrips: Apply to outer wounds to minimize the risk of them opening during healing. Available in various sizes as singles or boxes of 50.

Emergency Blanket: The emergency blanket is compact & lightweight, made from aluminized non-stretch polyester. It stays flexible even in freezing temperatures, and is effective in reflecting heat back to the body.

Gloves: Prevents the spread of infection while treating a wound. Available as individual powder free latex gloves or small, medium and large boxes. Or vinyl gloves in small, medium and large boxes of 100.

Heel & Lace Pads: Helps prevent pinching and blistering in friction-prone areas. For added protection apply Skin-Lube ointment under pads.

Moleskin: Stronger than tape, yet softer. This adhesive felt is great for stirrups on badly sprained ankles and other areas where taping isn't strong enough.

Second Skin: Cools burns, bites, and scrapes. Protects the wound and helps prevent scarring.

Available in a jar of 1" squares, blister kit or burn pads.

SAM Splint: Lightweight and easy to store, it can be rolled or folded. One splint that will immobilize almost any bone in the body.

Tongue Depressors: Used to inspect throat and tonsils. Can also be used as a makeshift splint for a broken/sprained finger. Available in sterile singles and boxes of 100 or non-sterile singles and boxes of 500.

Instruments

Airways: Oral pharyngeal airways in sets of 9 from 40 mm to 120 mm.

Cervical Collar: Foam cervical collar provides firm, yet soft, support. Featuring contoured high density foam-fill and a durable, superior quality, soft stockinette cover with double-stitched velcro closures. Available in multiple sizes.

CPR Keyring: Includes a one-way valve, disposable mask, and set of gloves. Attach to keychain for emergency situations.

Digital Thermometer: Offers fast, easy to read, safe and comfortable temperature readings.

Nail Clippers: Clip nails and toenails for athlete's safety in competitive, sporting environments.

Penlights: A small flashlight with a very bright bulb.

Disposable Razor: Used to shave area where bandages or tape may be applied.

Bandage Scissors: Flat-tipped bottom blade slips safely under tape and bandages. Available in 5 ½" size.

Utility Scissors: Multi-purpose scissors used to cut various materials. Primarily used to cut paper or clothing.

Shark Tape Cutter: Used for cutting tape and bandages quickly and safely. Replacement blades are also available.

Tongue Forceps: Stainless Steel locking tongue forceps with serrated rubber jaw tip.

Tweezers: Needle-nose tweezers for handling small objects.

Miscellaneous

Ice Bags (Ziploc): A less expensive icing method to bring relief to sprains and swollen areas.

English Screw Top Ice Bags: Convenient and reusable bags whenever ice is needed.

Pad & Pen: Keep this in your medical kit to record down injury information and an athlete's vital signs.

Safety Pins: Used to secure wraps and bandages.