

DEFENDER FIELD STANDARD · VERSION 1.0

FIRST AID & TRAUMA PREPAREDNESS

A practical field guide for building, placing, inspecting, and drilling household first-aid and bleeding-control systems while keeping training and medical boundaries clear.

01

CHECK

Scene safety · responsiveness · breathing · life-threatening bleeding

02

CALL

Activate 911 early · send for the AED and correct kit

03

CARE

Work within current training · monitor · hand off to EMS

CALL 911 FOR AN IMMEDIATE OR SUSPECTED LIFE THREAT

This guide supports equipment planning. It is not medical advice, treatment instruction, or certification.

Know the response boundary

Preparation works when people recognize emergencies, activate help, and stay within current training.

01 Everyone Scene safety, consent when possible, PPE, recognition, 911 activation, locating the AED and kit, dispatcher instructions, and care within training.	02 Trained lay responder Actions practiced and assessed in current First Aid/CPR/AED or bleeding-control training, using the exact equipment carried.	03 Licensed care Diagnosis, prescriptions, invasive procedures, advanced airway care, suturing, and restricted professional interventions.
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CALL 911 / GET THE AED AND CORRECT KIT

Immediate threats include unresponsiveness, absent or abnormal breathing, severe trouble breathing, life-threatening bleeding, shock, major trauma, poisoning, severe allergic reaction, stroke or heart-attack signs, or anything that appears life-threatening.

01 CHECK Scene safety, initial impression, responsiveness, breathing, and bleeding.
02 CALL Activate EMS early and follow dispatcher instructions.
03 CARE Give care based on the condition and training; monitor and hand off.

02 · SEPARATE THE FUNCTIONS

Build modules people can identify

Routine first aid and bleeding control solve different problems. Label them clearly even when they share a carrier.

01 Routine first aid Bandages, gauze, dressings, tape, cleansing supplies, cold pack, triangular bandages, blanket, thermometer, tweezers, and instructions.	02 Bleeding control Genuine tourniquet, trauma dressings, compressed or packing gauze, gloves, marker, and training-matched equipment.
03 PPE and hygiene Nonlatex gloves, barrier device, eye protection where appropriate, hand hygiene, and waste supplies.	04 Household needs Medication and allergy list, prescribed rescue items, medical-device supplies, provider instructions, backup power or cooling.
05 Information Emergency numbers, exact address, contacts, training dates, inventory, inspection log, and restock list.	06 Location layer Home, vehicle, workplace, workshop, farm, range, travel, or evacuation supplies chosen for actual hazards and response time.

PLACEMENT STANDARD

Visible label · one-hand access · known to occupants · protected from heat, moisture, and contamination · not locked away during an emergency · address and access directions nearby

First-aid inventory worksheet

Record exact contents and condition. Do not treat an unopened-looking pouch as verified.

Kit / location: _____ Owner: _____ Date: _____

ITEM / MODULE	QTY	SEALED	DATE	CONDITION	RESTOCK	OWNER

CLOSE THE GAPS

- ☐ Used or missing supplies replaced
- ☐ Expired or damaged supplies isolated and replaced
- ☐ Changed household medical needs documented
- ☐ Kit location and access verified by another person

04 · LIFE-THREATENING EXTERNAL BLEEDING

Recognize · call · control

Continuous or spurting blood, a large volume of blood, or signs of shock require immediate emergency treatment. Call 911 and work within current training.

01

Direct pressure

Universal starting action for visible external bleeding after scene safety, PPE, and emergency activation. Maintain care until EMS arrives.

02

Tourniquet · trained

For life-threatening arm or leg bleeding. Use a genuine device according to current training and instructions. Note time; do not loosen or remove.

03

Packing · trained

Use only where hands-on training teaches it and a tourniquet is not appropriate. Maintain pressure and reassess as trained.

DO NOT IMPROVISE BEYOND TRAINING

Do not probe wounds, remove embedded objects, apply a tourniquet to the neck or torso, delay 911 while searching for gear, or treat packaging as practice. Suspected internal bleeding or major trauma requires professional evaluation.

BLEEDING-CONTROL MODULE CHECK

- ☐ Recognizable exterior label
- ☐ Genuine tourniquet from a trustworthy source
- ☐ Training device kept separate from emergency device
- ☐ Dressings and gauze sealed and in date
- ☐ Gloves accessible before equipment
- ☐ Marker and handoff note available
- ☐ Responder training current
- ☐ Module reachable in expected conditions

Medical-needs worksheet

Use the care plan from the prescribing clinician or healthcare professional. Do not invent medication or device instructions.

Person: _____ Clinician: _____ Pharmacy: _____

MEDICATION / DEVICE	DOSE / USE	STORAGE / POWER	DATE / SUPPLY	OWNER

PERSON-SPECIFIC CHECK

- ☐ Allergies and conditions current
- ☐ Prescribed rescue items present and in date
- ☐ Provider instructions protected in paper and offline formats
- ☐ Refrigeration or temperature limits tested
- ☐ Medical-device backup power tested
- ☐ Communication, mobility, vision, hearing, or cognitive needs addressed
- ☐ Pediatric or older-adult equipment and training appropriate
- ☐ Emergency contact and medical identification current

Six-month detailed inspection

Also inspect after every use, after heat or moisture exposure, and whenever household needs, equipment, location, medication, or training changes.

01 Identity Correct module, visible label, owner, inspection date, and tamper indication.	02 Condition No moisture, contamination, corrosion, puncture, fading, brittleness, swelling, or heat damage.
03 Dates Medication, sterile items, batteries, strips, adhesives, and replacement dates checked individually.	04 Quantity Used, opened, missing, moved, or loaned supplies replaced; sizes still fit users.
05 Authenticity Critical products came through trustworthy channels with packaging, identifiers, and instructions.	06 Access Kit is reachable, illuminated, unobstructed, and known to expected users.
07 Training Course dates, familiarity, roles, address, and emergency numbers verified.	08 Restock Exact gap, quantity, source, owner, and deadline recorded and closed.

READINESS IS NOT COMPLETE UNTIL THE RESTOCK GAP IS CLOSED
A note that something is missing does not make the kit ready.

The first-five-minutes drill

Use a scenario card, manikin, empty trainer, or verbal simulation. Never practice invasive care or tightly apply a real tourniquet to a person outside qualified instruction.

01 Discover State scene hazards and apparent emergency.	02 Activate Assign caller, give exact location, send for AED and kit.
03 Locate Reach correct module without searching unrelated gear.	04 Protect Identify PPE, consent, exposure precautions, and disposal.
05 Demonstrate Use training equipment for actions covered by training.	06 Handoff Report event, observations, care, device use, and times.
07 Correct Assign every equipment, access, instruction, or training gap.	

Scenario: _____ Location: _____ Date: _____

GAP / OBSERVATION	OWNER	DUE / VERIFIED

Kit placement and responsibility map

Different locations need different quantities, environmental protection, access rules, and response times.

LOCATION	ROUTINE KIT	BLEEDING	AED / OTHER	OWNER	LAST CHECK
Home primary					
Home secondary					
Vehicle 1					
Vehicle 2					
Work / shop					
Go-bag					
Other					

ACCESS TEST
Can someone reach the correct kit in darkness, while wearing gloves, with the normal door or cabinet state, and without knowing where supplies were last moved? Fix blocked, hidden, heat-exposed, wet, or locked-away locations.

HOUSEHOLD CONFIRMATION

- ☐ Everyone knows the kit locations
- ☐ Address and access directions are visible
- ☐ Children cannot access unsafe medicines or sharps
- ☐ Lifesaving equipment remains quickly accessible
- ☐ Vehicle and outdoor kits are protected from temperature extremes
- ☐ Restock owner and backup owner are assigned

Sources, training, and limitations

This original planning standard uses recognized emergency-care and public-health sources. No cited organization sponsors or endorses Defender Outfitters or its products.

01

American Red Cross

First Aid Steps; Make a First Aid Kit; Life-Threatening External Bleeding · [redcross.org](https://www.redcross.org)

02

American College of Surgeons

STOP THE BLEED program and recognized bleeding-control training · stopthebleed.org

03

American Heart Association

2025 CPR and Emergency Cardiovascular Care Guidelines · cpr.heart.org

04

Centers for Disease Control and Prevention

Emergency kits for individual medical and accessibility needs · [cdc.gov](https://www.cdc.gov)

IMPORTANT MEDICAL LIMITATION

This guide is not medical advice, diagnosis, treatment instruction, first-aid certification, or a substitute for 911, EMS, a healthcare professional, current training, product instructions, or applicable law. Call emergency services for immediate danger and follow the dispatcher.

NEXT ACTIONS

- [] Enroll in current First Aid/CPR/AED training
- [] Take recognized hands-on bleeding-control training
- [] Build separate routine and bleeding-control modules
- [] Complete the inventory and location worksheets
- [] Inspect every six months and after every use
- [] Run the first-five-minutes drill and close every gap