

CL #9 Beginner First Aid and Physically Prepared Checklist

4 November 2014

Purpose: To be prepared for an emergency or disaster and any disease that might be prevalent, by being in the best physical shape and having vital personal medical supplies on hand.

Product: A person prepared to prevent, resist and recover from disease in order to survive in an emergency or disaster.

Steps:

Prepare Your Body Now

- _____ 1. If you are a smoker, stop
- _____ 2. Read Summary “Younger Next Year” part of package
- _____ 3. Achieve a normal body weight, download chart: <http://goo.gl/519NfY>
- _____ 4. Institute a strength and endurance training program. Watch Strength Training Videos.

Good for Lower Back strengthening – 3 minute video

Dr. Eric Goodman presents free Foundation Training
<https://www.youtube.com/watch?v=U-K7jtcJ0Dc>

Simple non weight bearing knee exercises -5 min video

Easy Exercises for Knee Pain.wmv
<https://www.youtube.com/watch?v=FWvNxZrgK1w>

Simple no strain knee exercises – 6 min video

Knee Strengthening Exercises & Stretches – Ask Doctor Jo
<https://www.youtube.com/watch?v=PeaEDrAmSZw>

Advanced exercised but very good – 15 min video

Injury Prevention: 6 Moves to Protect Your Knees
<https://www.youtube.com/watch?v=znAZZJwYzcU>

Why Isometric Exercises and 1st Isometric exercise to do – 2 min video

The first VITAL Step You Must Know Muscle Toning Exercise Routine
https://www.youtube.com/watch?v=X5kPj_qQNOw

Fully body isometric workout no equipment needed – 5 min video (data is great, slightly out of focus)

Isometric 5 Minute Muscle Toning Exercise Routine
<https://www.youtube.com/watch?v=VLbq87AvdG4>

More isometric exercises, you can create an isometric exercise for any muscle group – 3 min video

Dave Hubbard’s 90 second isometric workout
<https://www.youtube.com/watch?v=kA78Dtu2-q4>

- _____ 5. Do any needed medical care while health care is still available.
 - a. Get blood pressure, cholesterol and blood glucose into normal range
- _____ 6. Do any needed dental care while dental care is still available.
- _____ 7. Get your eyes checked, get any needed glasses plus a spare pair or two.
 - a. Stockpile some reading glasses in various strengths
- _____ 8. Get your feet in shape; handle fungal infections, corns, calluses, etc.
 - a. Feet-protective good-fitting shoes and spares a must
 - b. Stockpile treatment for athlete's foot, nail fungus, blisters
 - c. Good quality manicure set
- _____ 9. Consider vaccines
 - _____ a. Tetanus booster (every 10 years)
 - _____ b. Salk polio vaccine for children if not already vaccinated
 - _____ c. Other childhood vaccines
 - _____ d. Pneumococcal vaccine for adults over 64 or with respiratory diseases
- _____ 10. Stockpile any medications you must take on a daily basis. This may require that you find a friendly doctor willing to help you do this.
 - _____ a. Thyroid medication
 - _____ b. Heart medication
 - _____ c. Other based on your needs

Assemble a Your First Aid Kit or Family First Aid Kit

1. _____ Go to Checklists tab 4C – Medical & First Aid and assemble the Mini First Aid Kit list, document attached. These items can be bought at any Wal-Mart or Drugstore.
OR you can buy a ready made family kit for a lot more money here: <http://goo.gl/G6B4bX>
2. _____ Create reserves of vitamins, minerals and supplements you normally take
3. Females
 - _____ a. Stockpile pads and/or tampons. Consider washable pads, the "Keeper."
 - _____ b. Birth control (Get a supply of prescriptions from a Dr.)
 - _____ c. Medications for common female ailments: cramps, yeast infections, etc.
4. Babies and children
 - _____ a. Stockpile diapers (disposable and cloth),
 - _____ b. Stockpile infant dose medications
 - _____ c. Stockpile baby hygiene products.
 - _____ d. Stockpile children's dose medications
 - _____ e. Good thermometer, must for babies and children to monitor fevers
 - _____ f. Stockpile prescription medications your child takes
 - _____ g. Have a copy of your children's immunization record in your "survival binder"