
Where Can I Learn More?

If you're confused or intimidated by the equipment presented, or the idea of treating a severe injury, you're not alone! Fortunately, you are also in good company. Your local SRA chapter may be able to teach you how to use an IFAK as part of a Stop the Bleed class.

Some SRA chapters also offer first aid, CPR, and other educational classes to better prepare you to respond in the event of an emergency.

More information about the equipment presented, along with suggested/approved brands can be found at: deployedmedicine.com

Once you've taken a Stop the Bleed class, you can continue expanding your skills by learning CPR, first aid, wilderness first responder, or Tactical Emergency Casualty Care. Your local SRA chapter can help get you in touch with all of those resources.

How Do I Join the SRA?

The Socialist Rifle Association's mission is to uphold the right of the working class to keep and bear arms and maintain the skills necessary for self and community defense.

You can learn more and join us at:

Socialistra.org

Disclaimer

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A Guide To IFAKs



This educational guide is produced by the Education and Instruction Committee of the Socialist Rifle Association.

socialistra.org



SOCIALIST RIFLE ASSOCIATION
Gun safety is everyone's duty. We keep us safe.

IFAK Basics

What's an IFAK?

An IFAK is an Individual First Aid Kit. It's set up to treat life and limb threatening wounds for one person, you. An IFAK serves a limited but vital role, and is not intended to replace a regular first aid kit, trauma kit, or other medical equipment.

The IFAK is originally a US Marine Corps issued kit for treating battlefield injuries until medevac is available, but has since become part of many shooters' range bag and other gear.

Why carry an IFAK?

Anyone engaged in shooting sports is exposed to a higher risk of severe injury than the general population. The chances of an accident during a range day are small, but not negligible. Many shooting ranges are outdoors and/or in remote locations, meaning that EMS will take longer than usual to arrive. It is possible to bleed out from a severe hemorrhage in just a few minutes without the proper intervention. With this in mind, being able to treat life-threatening injuries could be the difference between a bad day and a tragedy.



IFAK Contents

What Goes in an IFAK?

An IFAK is not intended to be a comprehensive first aid kit; it is intended to contain the essentials for treating severe trauma without extra pieces causing clutter. As such, all IFAKs should contain:

- 1 CoTCCC approved tourniquet; the CAT Gen 6 or 7 is a common choice
- 2 folded gauze
- 1 Z-folded, 4 yard hemostatic gauze
- 1 6" pressure dressing
- 1 14g needle catheter*
- 1 Nasopharyngeal airway*
- 1 pair chest seals
- 2 pairs nitrile exam gloves
- 1 permanent marker
- 1 roll of tape

Optional:

- 1 Eye shield
- 1 Oropharyngeal airway*
- 1 face shield
- 1 CPR mask
- 1 triangular bandage

*Do not use these without proper training. Improper use of these items may result in additional harm

