ROO M-FAK, Basic

Field Manual & Standard Operating Procedure

North American Rescue Mini First Aid Kit, Black, Item 80-1049



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SECTION 1

Mission Brief & Intended Use

1.1 Mission Objective

Give the first person on scene the equipment to control life-threatening bleeding and seal penetrating chest wounds until the casualty reaches definitive care, with the tourniquet reachable by either hand without opening the kit.

1.2 Scope of Application

Self-aid and buddy-aid for penetrating, blast or other traumatic injuries in the line of duty: extremity hemorrhage, wounds that need pressure, and penetrating chest wounds.

The North American Rescue ROO M-FAK Basic is a compact mini first aid kit that puts a C-A-T tourniquet in a front pouch for one-handed access, with chest seals, a pressure dressing and gauze inside for treating penetrating, blast or other traumatic injuries in the line of duty.

1.3 OPERATIONAL CONTEXTS

Patrol

Mounted horizontally on a duty belt through the 3 inch internal sleeve, with the C-A-T in the front pouch.

Tactical teams

Mounted vertically on MOLLE, or on NAR Quick Detach Panels sold separately.

Prepared citizens

Run on a range belt or pack as a compact individual first aid kit.

SECTION 2

Component Familiarization

Know every component by name and by feel before you need it.

2.1 BLEEDING CONTROL

C-A-T tourniquet, Black

Rides in the front pull-tab pouch for one-handed access without opening the kit.

Flat ETD, 4 inch

Elastic bandage with a sterile non-adherent pad, Quick-Grip Roll Control tabs and a securing device, vacuum packed flat.

NAR S-Rolled Gauze

4.5 inch by 4.1 yard gauze for direct pressure, dressing and bandaging.

2.2 CHEST SEALS AND PPE

HyFin Vent Compact twin pack

Two vented chest seals, 4.75 by 4.75 inches excluding tab, in perforated packaging so one opens at a time.

Bear Claw nitrile trauma gloves

One pair, size Large.

2.3 CARRIER

500 Denier nylon bag

MOLLE backing for vertical mounting, 3 inch internal sleeve for horizontal belt mounting, elastic loops inside, 1 inch PVC medical identifier patch.

SECTION 3

Standard Operating Procedure: Deployment

Scenario: A deputy responding to a crash finds a driver with a deep thigh wound and a penetrating wound to the left chest. The deputy pulls the C-A-T from the ROO's front pouch, then opens the kit for the chest seal while backup and EMS are en route.

01

3.1 Assess

1. **Check the scene and glove up.** Confirm the scene is safe enough to work. Put on the nitrile trauma gloves if time allows, but never delay a tourniquet for gloves.
2. **Find the life threats.** Expose the injuries. Look first for life-threatening bleeding from an arm or leg, then for wounds to the torso between the neck and the navel, front and back.

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3.2 Control bleeding

3. **Deploy the C-A-T.** Pull the tab to open the front pouch and draw the C-A-T with one hand. Place it 2 to 3 inches above the bleeding site on skin, remove all slack, twist the rod until bleeding stops, lock it in the clip and record the time on the strap.
4. **Press on wounds a tourniquet cannot reach.** For bleeding where a tourniquet cannot be placed, press the NAR S-Rolled Gauze firmly onto the wound and hold firm direct pressure.
5. **Apply the Flat ETD.** Open the Flat ETD at the red tear notches. Place the sterile non-adherent pad directly over the wound or gauze, wrap the elastic bandage firmly around the limb or body using the Quick-Grip Roll Control tabs to keep the roll under control, and fasten it with the securing device.

03

3.3 Chest and hand off

6. **Seal chest wounds.** For a penetrating wound between the neck and the navel, open one HyFin Vent Compact seal from the twin pack, wipe the skin around the wound clean and dry, pull the large red tab and press the seal over the wound from the center outward. Use the second seal on an exit wound.
7. **Watch the chest seal.** Monitor breathing. If the casualty has increasing difficulty breathing, lift the edge of the seal at the red tab to burp the wound, then reseal it.
8. **Reassess and hand off.** Recheck every intervention, keep the casualty warm, and report injuries, interventions and the tourniquet time to EMS or receiving medical personnel. Restock the kit before it returns to service.

SCENE	EXPOSE	TOURNIQUET	PRESS	DRESS	SEAL

SECTION 4 · READ CAREFULLY

Critical Warnings, Limits & Safety

Medical warning: This kit holds temporary, life-sustaining interventions. Every casualty treated with it needs evacuation to advanced medical care.

4.1 APPLICATION HAZARDS

Tourniquet first

Treat life-threatening extremity bleeding before anything else. Do not delay the C-A-T to open the main kit or put on gloves.

Chest seal watch

A sealed chest wound can still worsen. Monitor breathing and burp the seal at the red tab if breathing gets harder.

Dressing tension

Wrap the ETD firmly enough to hold pressure on the wound without cutting off circulation below it.

4.2 SCOPE OF PRACTICE

Training first

Practice tourniquet, pressure dressing and chest seal skills hands-on before you need them. Reading this manual is not training.

Leave the tourniquet on

Do not loosen or remove an applied tourniquet in the field. Removal is a decision for medical personnel.

4.3 EQUIPMENT INTEGRITY

Intact packaging

Do not use a dressing, gauze or chest seal whose package is torn or opened. Replace it.

Restock after use

Replace every used or opened item with the same component before the kit returns to service.

SECTION 5

Readiness, Inspection & Sustainment

5.1 Staging for Deployment

- Mount the kit in the same position on every shift so either hand finds the tourniquet pouch by feel.
- Keep the C-A-T in the front pouch, staged out of its wrapper and folded so it deploys with one hand.
- Check that the pull tab is clear of straps and gear and opens the pouch in one motion.
- Keep the main kit closed and organized in its elastic loops so each item is where you expect it.

5.2 Periodic Inspection

- [ ] **Scheduled inspection**

  Open the kit on a set schedule. Check packaging on the ETD, gauze and chest seals for tears or broken seals, and check any dates printed on them.

- [ ] **Tourniquet check**

  Inspect the C-A-T's band, buckle, rod, clip and strap for wear or damage.

- [ ] **Carrier check**

  Check the pull tab, closures, MOLLE backing and belt sleeve for wear.

5.3 SERVICE LIFE & REPLACEMENT

> Replace components by any dates printed on their packaging and after any use or damage. Follow North American Rescue's instructions for each component.

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