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First Aid Stick (F.A.S)

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Abstract— Outdoor recreational activities have always been favored by most people around the world and the most preferred activities that people love to do is hiking and trekking. Nowadays, the interest of outdoor recreational activities has been expanded to all ages. However, some hikers and trekkers might have health issues that need immediate medical attention especially for those who have asthma. Moreover, there are also several hikers and trekkers that prefer to bring a stick to avoid falling and getting injured. For that reason, we have come up with an idea which is FIRST AID STICK (F.A.S). Like the first aid box, F.A.S offers the same function. The universal storage tool that is created specifically to assist medical needs or requirement comes in the shape of a hiking and trekking stick that has several storage compartments made of water and moisture resistance, heat resistance, and drop-proof. The stick is anti-slip and has a mini torchlight along with a mini compass attached at the top. As it is intended for medical use, the compartments are safe to store multiple types of medicine such as inhalers, all-purpose oil, and specific medications prescribed by doctors and pharmacies. The specialty of this product is the ability to fold, and its lightweight material. Overall, this stick is not a normal hiking or trekking stick from the market as it focuses more on medical attention so that it is easier for hikers and trekkers that need medical care to consume or take their medicine right away.

Keywords— immediate medical attention, lightweight, safe, ability to fold, universal storage tools.

I. INTRODUCTION

It is given that hikers and trekkers desire for leading a healthy lifestyle is shared by all types of individuals, but there are times when, despite the intensity of their motivation, they are unable to experience its full benefits. This is especially true for people who struggle with various medical conditions. First Aid Sticks (F.A.S) is the new innovation of health care support in a stick that is used for hiking and trekking. In this new innovation of walking sticks, our company has developed a medical kit that makes hiking and trekking easier. This F.A.S will be focusing more on people that like to go hiking and trekking without needing to worry on bringing extra stuff especially their medications and medical kit in case they get hurt. According to Macs Adventure, walking poles have been demonstrated to lessen cumulative stress on the feet, legs, knees, and back by spreading the weight more equally throughout the entire body. This is particularly true if you are wearing a hefty backpack. Carrying a lot of burden especially with a heavy backpack, can damage our body and result in getting injured. In addition, people who is affected with asthma can trigger their asthma easily. That is why, F.A.S is invented. In order to accommodate hikers with asthma, we provide a hiking stick that is designed with inhaler space for asthma people so that they can use it without having the hassle to search their bag or pocket and get their treatments on time. Other than that, F.A.S also have many compartments to store other medicines or basic aid tools.

II. PROBLEM STATEMENT

Hiking and trekking stick have increased in popularity due to the potential health benefits during exercise and fitness activities in people of all ages. People often take their prescription with them when they go climbing and trekking; nevertheless,


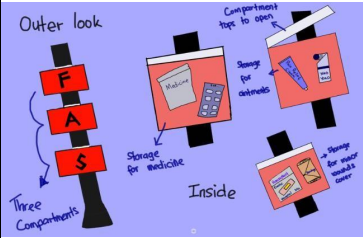
this can cause them to forget about or lose their medication at times. In addition to this, there will also be occasions when people will be trekking and will not know that their medication has fallen out of their bag or pocket. This can be a dangerous situation. People who have asthma are more likely to experience panic attacks and have trouble thinking clearly, making it difficult for them to quickly locate their inhalers or medications when they need them.

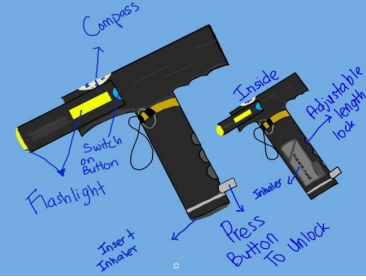
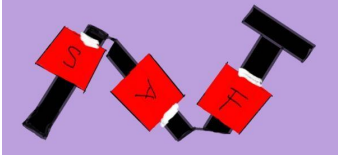

III. OBJECTIVES

- Assist people who always misplaced their medication when doing the outdoor activities
- In case of an emergency during outdoor activities, the medicine is able to access easily
- It is convenient to bring as it works as a walking stick and a storage place
- Specialized for the hikers and trekkers who suffers with asthmas

IV. METHODS

Table 1. First Aid Stick Usage Method

No.	First Aid Stick (F.A.S)	
	Product's Image/Illustration	Description
1.		<ul style="list-style-type: none"> ○ Illustration of the First Aid Stick (F.A.S) ○ The F.A.S consists of: - Grip Adjustable Length Detachable Stick 3 Compartments Folding Joint Non-Slip Base
2.		<ul style="list-style-type: none"> ○ The F.A.S is made into 3 compartments and labelled as F.A. and S alphabet in front of it. ○ The compartments are easy to open with just a pull from the top and the size of the interior compartment is suitable for several mini travel items especially medications. ○ Examples of items: - Medications: Tablets Ointments/Creams/Sunblock Mini Knife/Bandage
No.	First Aid Stick (F.A.S)	
	Product's Image/Illustration	Description

3.		<ul style="list-style-type: none"> ○ The top of stick which is the grip has several items attached which are compass and mini flashlight. ○ Just below the grip is where the build-in inhaler compartment is located. As the length is adjustable, it can fit up to 2 inhalers. To adjust the length or to take out the inhaler, the user can just click the button to unlock and take it out from the inhaler compartment.
4.		<ul style="list-style-type: none"> ○ The first Aid Stick is foldable which makes it easier to bring and convenient to pack as it takes little space to keep it.
5.		<ul style="list-style-type: none"> ○ First Aid Stick Prototype

V. NOVELTY

First Aid Stick aims to serve the end users with a few novelties in mind. Firstly, it is very convenient whereby it can be utilized for other things such as it could make a useful extra or substitute stick for a tent or tarp shelter. It is also user friendly because you can use it for hiking and trekking without paying extra and waste money to buy two hiking and trekking sticks at the same time. Hence, do not be worried because it is very easy for you to dismantle the compartments with just a push from a button to take your medicine out of the stick. Not only that, it is also available in customized patterns whereby you can ask for a customized length of the stick regarding your height as well as choose your own colour of the stick. Moreover, the specialty of this product is the ability to fold, and it has a lightweight material. Although it is light in weight, the materials used are high

quality and because of that, it is guaranteed to be very stable. Last but not least, it can fold as small as 33cm which makes it easier to stow in our bag or backpack.

VI. SOCIETAL BENEFITS

The Fast Aid Stick (F.A.S.) is a best trekking tool that assists hikers and trekkers on long excursions and in difficult terrain. F.A.S. are not only beneficial for individuals seeking medical attention for conditions such as asthma and other similar conditions, but they can also protect your knees, particularly while going up steep hills. It can also help you walk in a more upright position by improving your posture. This can help you avoid back pain while also improving your respiration. As a result, it can burn more calories by delivering both an upper and lower body workout. Not only that, but F.A.S. can help you walk uphill with more power and stamina, as well as increase your pace, especially while heading downhill.

VII. CONCLUSIONS

F.A.S is an essential item for hikers and trekkers who wish to go backpacking while carrying as little weight as possible, particularly with regard to their prescriptions and other medical supplies. Not only that, but it can also be fold and pack it up inside the bag pack whenever needed. It is built strong for hikers and trekkers to use the stick as other purposes such as makeshift tent pole by using the stick which will make a flat tarp. Overall, F.A.S makes hikers and trekkers lives easier

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