



Contents

Bike/cyclist	specialist first aid kits for cyclists	30
Cohesive	Steroban – Cohesive	08
Cohesive	Steroban – Cohesive Riplite	08
EAB	Steroplast – Premium EAB	04
EAB	Steroplast – EAB	05
EAB	Steroplast EAB - Tealite	06
EAB	Elastic adhesive bandage Steroplast brand	05
Underwrap	for skin protection under EAB	07
First aid	sports first aid essentials	23
Gel squares	2 Toms skin-on-skin	27
Ice bag	reusable	25
Ice packs	Sterofreeze instant ice packs	24
Physio wrap	holds ice packs in place	24
Resistance	bands	17
Sports bag	a sports bag designed by physios, for physios	22
Sports kit	Junior team 70 piece first aid kit	20
Sports kit	medical, team and physio kits	18
Sports kit	Medium	20
Sports kit	NGB standard	26
Spray	BSN Tensospray pre-taping spray	27
Massage oil	for general therapy	22
Songbird wax	massage wax	23
Tape	Kinesiology tape	16
Tape	Sterotape – Premium rigid strapping	10
Tape	Sterotape Z.O. zinc oxide strapping	12
Trauma kit	pitchside, kit with emergency specialist products	28
Boxing	corner kits	15
Boxing	wraps	15
Boxing	K.O. "Knock Out" tape for boxers	15
Tubular Bandage	Sterogauz	32
	Sterogrip	33

Emergency Care Equipment & Pharmaceuticals

Airway management	34
Diagnostics	35
Evacuation/immobilisation	36
Injection/infusion	37
Trauma	38
Pharmaceuticals	39

Sterosport brings a highly sought after source of knowledge, information, products and contacts to help like-minded people in the sporting community.

25 years
working with
physiotherapists
and sports
professionals

The first of its kind, the **"Injury Rehab Network"** started by Sterosport was set up on 3rd April 2019 as a way of connecting with clubs at all levels and to provide a comprehensive source of products and information. Sterosport wanted to get closer to key sports professionals in order that a collaboration could help us deliver even better **products and services** to the sports community in Manchester, the North West and nationwide.

Hosting unmissable events in partnership with BASRaT

(British Association of Sport Rehabilitators)



The **"Injury Rehab Network's"** reputation and the calibre of **"expert guest speakers"** has seen the events really take off.

BASRaT's members, and the quality of the events gains large audiences. With unique, insightful and evidence-based presentations from world-class **"sports medicine"** professionals, the popularity continues to gain momentum.

The beauty of these events is they can be attended in person or via Zoom and YouTube.



To find out more and to catch up on the insights of the best in sport.

Visit **www.sterosport.co.uk** where you can register your interest in upcoming events OR contact us on **info@sterosport.co.uk**

If you prefer call us on **0800 978 8301**.

The **"Injury Rehab Network"** was established under the Sterosport brand.



Sterosport is a division of **Steroplast Healthcare Ltd.**

Sterosport will help save you time and money.

When you're looking to save time and money buying tried and tested sports rehabilitation tapes and strappings, advanced life support and a reliable comprehensive range of medical essentials, or you're just after an expert's opinion and advice, Sterosport really can help!

Visit www.sterosport.co.uk, or contact us on info@sterosport.co.uk or call **0800 978 8301**

Do you want to make sure your club or business is Health & Safety compliant and on the right side of the law!

Our **FREE Health & Safety at Work - Made Simple** 'guide' will help you decide what you need in your club or office to be health & safety compliant and ensure you're on the right side of the law!

Plus the **FREE First Aid & Medical Essentials** catalogue contains all the very highest quality products you'll need to be compliant.

PLUS you can take advantage of your first time buyers special offers and discounts when you make contact. Call **0800 978 8301** or email info@sterosport.co.uk



An ethical business offering unrivalled quality.

At Steroplast we are committed to the very **highest standards of quality and ethical business practice**. We abide by the most stringent medical and ethical guidelines monitored by each of the following governing bodies:

Supplier Ethical Data Exchange

We are members of **Sedex**[®] an organisation for businesses committed to continuous improvement of their ethical supply chains.

The Medical Device Directive

Steroplast conducts its operations according to the requirements of **BS EN ISO 13485:2012** supported by:



The Medical Device Directive (M.D.D.) 93/42/EEC and The Wholesale Dealers Authorisation Licence.



Our quality system is fully compliant with the **Medicines and Healthcare products Regulatory Agency**.

Give us the chance to prove the claims we make, and help you succeed. Get in touch today and find out how we can help

Email us on info@sterosport.co.uk

Just some of the organisations that put their trust in us...

Trust is earned, and we've spent over **25 years building that trust** through our parent company Steroplast Healthcare, and more recently through its sports division Sterosport. We're proud to work in partnership with and supply products to: **professional sports teams, National Governing Bodies, community sports clubs, sports physiotherapists and a range of sports and leisure facilities.**

Put us to the test...

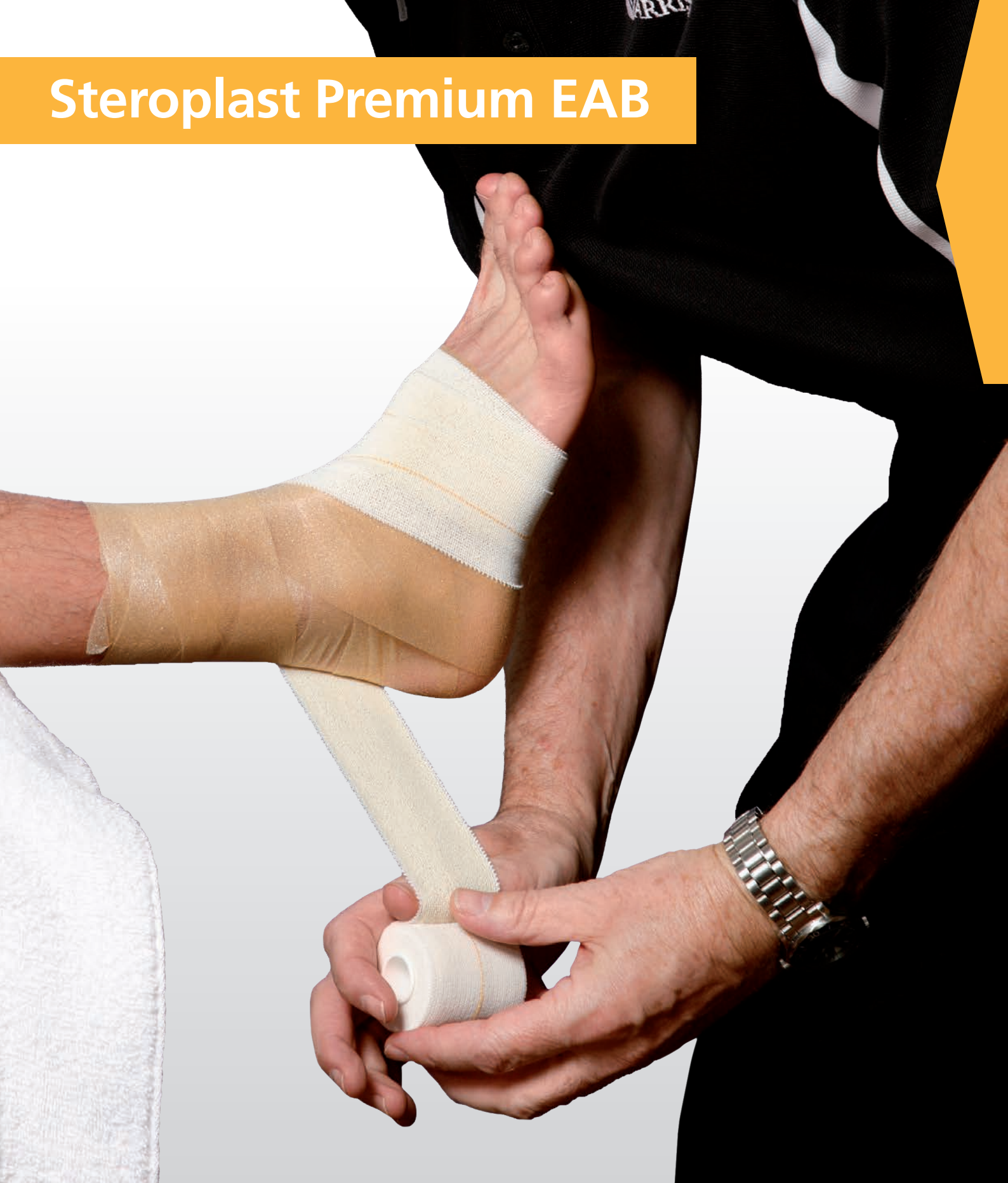
Whatever your sport, we think you'll be impressed by the Steroplast brand, our service, and our willingness to help!

If you're new to Steroplast's sports range, and want to try it out for yourself, we'd like to encourage you with a **FREE** sample pack of tapes, a try-before-you-buy tester pack.

Just call or email us as soon as possible to take advantage of our very latest special OFFERS.

Visit www.sterosport.co.uk, or contact us on info@sterosport.co.uk or call **0800 978 8301**

Steroplast Premium EAB



Manchester Titans

“ Steroplast products are of high quality and the service is excellent, they have been one of the catalysts for driving the sport in Manchester ”

Elastic Adhesive Bandage

Steroplast Premium EAB

Physiotherapists treat and prevent a wide range of sporting injuries with the support of Steroplast's premium quality elastic adhesive bandage (EAB).

- Wound onto a smooth bevelled core to prevent finger cuts during use
- Easy unwind for controlled application and even application of pressure
- Adhesive is porous to allow skin to breathe and sweat to evaporate, reducing the risk of skin maceration
- No wastage, full unwind to the core
- Central line to aid positioning
- Soft edges for additional patient comfort



Description	Pack	Reference
EAB - 2.5cm x 4.5m	60	2092W
EAB - 5cm x 4.5m	30	2093W
EAB - 7.5cm x 4.5m	30	2094W
EAB - 10cm x 4.5m	30	2095W

Steroplast EAB

The ideal elastic adhesive bandage for everyday club use.



Made from a lightweight, high quality material, with a medical grade adhesive. Steroplast EAB doesn't compromise on performance.

Description	Pack	Reference
EAB - 5cm x 4.5m	30	3543TC
EAB - 7.5cm x 4.5m	30	3544TC
EAB - 10cm x 4.5m	30	3545TC

☎ To order call **0800 978 8301**
✉ email **info@sterosport.co.uk**
💻 or visit **www.sterosport.co.uk**



Steroplast EAB - Tearlite



Stockport County FC

“ Steroplast is a great local company which provides Stockport County FC with all our medical needs. The personal attention to detail when dealing with them is the reason I will continue to order with Steroplast. ”

Steroplast EAB - Tearlite

- Tears easily by hand
- Perfect for sensitive skin



- The tearlite quality allows for an ultra quick application
- Latex free elastic adhesive bandage
- For relief and support of multiple injuries
- Distinctive textured-linear pattern in cotton

Description	Pack	Reference
Tearlite - 2.5cm x 4.5m	36	2082TL
Tearlite - 5cm x 4.5m	12	2083TL
Tearlite - 7.5cm x 4.5m	12	2084TL

Steroban-U protection for the skin

A thin polyurethane foam which forms a protective layer over the surface of the skin preventing direct contact with the adhesive. Ideal for sportsmen and women who use adhesive tapes and strappings on a regular basis.

Provides additional padding for sensitive or swollen areas.

Equalises pressure under strapping and casts. Helps prevent skin maceration.

Description	Pack	Reference
Steroban-U - 7cm x 27m	48	3075B
Steroban-U - 7cm x 27m	6	3075/6

☎ To order call **0800 978 8301**
 ✉ email **info@sterosport.co.uk**
 💻 or visit **www.sterosport.co.uk**



Steroban - Cohesive Riplite



Steroban - Cohesive



Firesport UK

“ The Steroban Cohesive bandages provide simple and effective support and are easy to apply ”

Steroban - Cohesive Riplite

The No.1 choice of sports physiotherapists.

- Tears easily by hand in both directions
- Non-slip coating
- Excellent support and compression of soft tissue injuries
- Conforms easily around body contours
- Individually wrapped to keep bandage clean prior to use
- Easily removed and re-applied when required
- Great to hold ice packs on the body



Underwrap not required.

Description	Pack	Reference
Blue Riplite - 5cm x 4.5m	12	1661
Blue Riplite - 7.5cm x 4.5m	12	1662
Red Riplite - 5cm x 4.5m	12	1671
Red Riplite - 7.5cm x 4.5m	12	1672

Steroban - Cohesive

The bandage that sticks to itself but not the skin.

- Easily removed and re-applied
- Non-slip, offering excellent support and compression
- Underwrap is not required



Size	Pack	White	Tan	Blue	Red	Green	Yellow	Black
2.5cm	24	1600LF	1601LF	1603LF	N/A	N/A	N/A	N/A
5cm	12	1606LF	1607LF	1609LF	1608LF	1610LF	1611LF	1637LF
7.5cm	12	1612LF	1613LF	1615LF	1614LF	1616LF	1617LF	N/A
10cm	12	1618LF	1619LF	1621LF	1620LF	1622LF	1623LF	N/A

Description	Size	Pack	Ref
Assorted colour packs available	5cm	12	1630LF
	7.5cm	12	1631LF
	10cm	12	1632LF

All sizes 4.5m in length

☎ To order call **0800 978 8301**
 ✉ email **info@sterosport.co.uk**
 💻 or visit **www.sterosport.co.uk**



Sterotape - Premium



Manchester Storm

“ The products produced and provided by Steroplast are easy to apply and always excellent quality ”



4160/7



4154/10



Ref 4160/1



Ref 4160/30

Sports tapes that our physiotherapists love

Sterosport tapes and strappings quality is unrivalled.

- Loved by many physiotherapists and sports professionals that have used them for over **25 years**, because there's **no fuss, no waste** and **they're quick** to apply without the frustration associated with cheaper alternatives.
- Tried and tested for greater performance, complete with a **100% satisfaction guarantee**.
- Steroplast only use superior, tried and tested specialist materials, coated with medical grade "high-tac" adhesives, providing an ease of unwind for controlled application and better patient outcomes.



Sterotape - Premium

Easily identified by the printed core.

Ultra strong adhesive

Ensures the tape stays in place during the most rigorous sporting activity.

Ease of unwind

The tape unwinds with ease right down to the core, saving time and money, while providing the correct amount of pressure during application.

Breathable adhesive

The specialist adhesive coating allows the skin to breathe, making it more comfortable for the user.

Completely rigid

Providing superb rigidity and strength.

Serrated edge, no scissors required

With a serrated edge the tape tears easily and neatly across the width, and equally easily down its length by hand. Perfect when you're short of time.

Description	Pack	Reference
Flesh - 3.8cm x 10m (single box)	1	4160/1
Flesh - 3.8cm x 10m	1 x 30	4160/30
Flesh - 3.8cm x 10m	1 x 7	4160/7
White - 2.5cm x 13.7m	1 x 40	4154
White - 2.5cm x 13.7m	1 x 10	4154/10

☎ To order call **0800 978 8301**
 ✉ email **info@sterosport.co.uk**
 💻 or visit **www.sterosport.co.uk**



Sterotape-Z.O.





Zinc Oxide Tape

Sterotape-Z.O. is a rigid adhesive tape used to strap up joints to prevent sporting injuries.

- The ideal product for use for martial arts, tennis, rock climbing, rugby, cricket, hockey or any other high impact sports
- This robust tape is great for application for longer term treatment of injuries



Now with a serrated edge

Making it easier to tear into strips.

Non-stretch zinc oxide strapping

Provides rigid support even under extreme stress.

Excellent adhesion

Guaranteed directional support and immobilisation.

Ultra strong

Easy to apply and extremely comfortable.

Tears easily by hand along length and width

No scissors required.

Description	Pack	Reference
Sterotape-Z.O. - 1.25cm x 5m	24	4051
Sterotape-Z.O. - 2.5cm x 5m	12	4052
Sterotape-Z.O. - 4cm x 5m	8	4050
Sterotape-Z.O. - 5cm x 5m	6	4053
Sterotape-Z.O. - 1.25cm x 10m	24	4056
Sterotape-Z.O. - 2.5cm x 10m	12	4057
Sterotape-Z.O. - 4cm x 10m	8	4058
Sterotape-Z.O. - 5cm x 10m	6	4059

☎ To order call **0800 978 8301**
 ✉ email **info@sterosport.co.uk**
 💻 or visit **www.sterosport.co.uk**



KO TAPE

KO Tape is the ultimate choice for power and protection, taping your hands before combat is your insurance that your hands will stay injury free, keeping you in the fight and ahead of the competition.

Jimmy Kilrain Kelly (Professional Boxer)

“ Best products for the best fighter! KO tape is the best I have ever used, and I won’t use anything else to protect my hands in the ring ”



Also available from KO Tape:

- KO Wrap Boxing Gauze (ref 3077). Pack of 12 gauze hand wraps help to create the ultimate protection.
- KO Cotton Tips (reference 3004). A fighters corners ideal tool for treating cuts around the eyes and face. Pack of 100.



KO Tape is the best tape available for combat sports, it provides directional support and immobilises the small joints and bones in the hand to take impact during a fight.

The ultimate protection for contact sports.

- Tears easily by hand along both length and width - no scissors required
- Conforms well to body contours
- Skin-friendly zinc oxide adhesive



Description	Pack	Reference
KO Tape - 1.25cm x 10m	24	3036
KO Tape - 2.5cm x 10m	12	3037
KO Tape - 4cm x 10m	8	3038
KO Wrap - 5cm x 10m	12	3077

Boxing Wraps

Use these wraps alongside **KO Tape** or **Sterotape-Z.O** for maximum protection.

- Breathable cotton wraps for maximum comfort and support
- Thumb strap and hook/loop closure to ensure a strong and secure fit
- Designed to protect hands during impact
- Maintain joint alignment for injury prevention
- Machine washable



Description	Reference
Boxing Wraps - 4.5m long (pair)	3076

Boxing Corner Kit

This corner kit has everything you need to get your fighter ready and keep them in the fight!

- Steroplast have worked with many professional Cornerman and fighters from different combat sports to create the perfect kit that can be taken to training or fight night to look after the fighter
- The Steroplast corner kit comes in our Steroplast Sports Bag and we also provide a refill pack which is the same kit as the full corner kit



Description	Reference
Corner Kit	8277
Corner Kit Refill	8277RP

☎ To order call **0800 978 8301**
 ✉ email **info@sterosport.co.uk**
 💻 or visit **www.sterosport.co.uk**



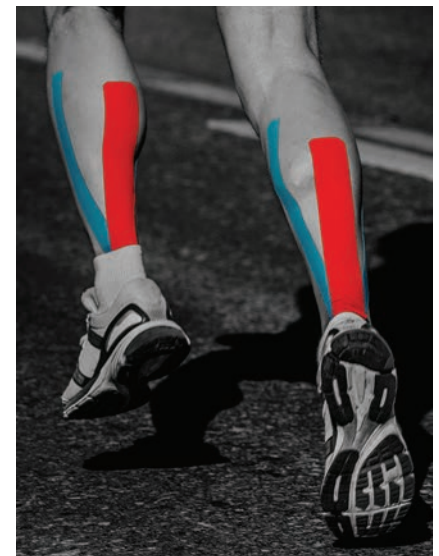


Now
available
in Flesh
colour

Kinesiology Tape

Unrivalled quality, excellent performance guaranteed!

- Kinesiology tape is used to give additional support and stability to muscles and joints without affecting the wearers range of movement or circulation
- Sterotape-K is 100% latex free and so is perfect for sensitive skin
- Once applied it can be worn for days at a time



**LATEX
FREE**

100% latex free

Low allergy - latex free product.

Wavelike adhesive pattern

Aids breathability and wearer comfort.

Easy to apply

Stretches and flexes with body movement.

Excellent adhesion

Durable adhesive can be worn up to a week.

All Sterotape-K supplied individually boxed.

Description	Pack	Reference
Sterotape-K Blue - 5cm x 5m	1	3010
Sterotape-K Red - 5cm x 5m	1	3011
Sterotape-K Flesh - 5cm x 5m	1	3012

☎ To order call **0800 978 8301**
 ✉ email **info@sterosport.co.uk**
 💻 or visit **www.sterosport.co.uk**





Resistance Band

Latex Free (5.5m)

- Exercise Band for resistance training and rehabilitation
- Provides controlled, positive as well as negative force on the muscles
- Helps improve strength, stability, range of motion, coordination and cooperation of muscle groups
- 5.5m rolls available in 5 different levels of resistance
- 100% latex free

- Ideal training tool for warm up stretches, strength and conditioning
- Provides controlled resistance for prehabilitation and rehabilitation from sports injuries
- Latex-Free Resistance Band is made from high quality thermoplastic elastomer
- Available in 5 different resistance levels; determined by the thickness of the band
- Strengths: Light = Yellow, Medium = Red, Heavy = Green, Extra Heavy = Blue, Special Heavy = Black

Total Kg Elongation %					
Colour	50%	100%	150%	200%	250%
Yellow	1.4	1.9	2.2	2.5	2.8
Red	1.6	2.1	2.5	2.9	3.3
Green	2.1	2.7	3.3	3.6	3.4
Blue	2.4	3.2	3.9	4.5	5.2
Black	2.8	3.8	4.8	5.2	5.2



Description	Reference
Resistance Band - 5.5m (Black)	1678
Resistance Band - 5.5m (Blue)	1677
Resistance Band - 5.5m (Green)	1676
Resistance Band - 5.5m (Red)	1675
Resistance Band - 5.5m (Yellow)	1674

☎ To order call **0800 978 8301**
 ✉ email **info@sterosport.co.uk**
 💻 or visit **www.sterosport.co.uk**



Sports Medical Kit - Team & Physio

Two excellent sports first aid kits, both using the same top quality bag. If you're a team first aider or physio, choose the right kit for you.



The Team kit includes everything a sports team first aider needs for the pitch-side treatment of injuries from head to toe.

The Physio kit includes a comprehensive range of products for physios and medics to keep their team in the game.



Sports Medical Kit - Team

A handy sports first aid bag and all the kit a sports team needs:

1. Great for sports team first aiders – includes more than 70 items of essential kit
2. Compact size - Easy to grab and go in a hurry
3. Transparent zipper bags - See the product you need instantly
4. Easy clean nylon - Protects contents when placed on wet or dirty surface, wipes clean after use
5. Fully customisable - Customers logo can be printed onto the bag



Team Kit - Ref 8275

Sports Medical Kit - Physio

A compact and uncompromising kit for sports physios:

1. Includes a comprehensive range of products for the prevention and treatment of sports injuries with over 80 items in the kit
2. Quick refill of contents - Inner bags removed in seconds
3. Velcro fitting - Holds inner bags in place, ensuring products will not fall out
4. Lay flat opening - All contents are easily accessible
5. Keep costs down - Don't reorder the full kit, simply order the products you need separately



Lay flat easy access

Physio Kit - Ref 8276

Sports Medical Kit - Team & Physio contents:

Description	Team	Physio
Antiseptic cream 15g	1	1
Bandage - conforming 7.5cm x 4m	2	2
Bandage - crepe 7.5cm x 4.5m	0	2
Bandage - non woven triangular	2	2
Deep heat cream 35g	0	1
Dressing - blister	0	4
Dressing - eyepad	1	1
Dressing - finger	1	1
Dressing - large	2	2
Dressing - medium	2	2
EAB - white 5cm x 4.5m	1	1
EAB - white 7.5cm x 4.5m	1	2
Eyewash pods 20ml	5	5
Foil blanket	1	1
Freeze spray - steroplast	0	1
Gauze swabs 5cm	Pack of 5	Pack of 5

Description	Team	Physio
Gloves - large nitrile	5 pairs	5 pairs
Hand sanitiser - Stero-san 50ml	1	1
Ice packs	2	2
Pads - low adherent	5	10
Petroleum jelly 250g	0	1
Plasters - washproof	20	20
Resuscitation valve - 1 way	1	1
Scissors - 6 inch paramedic	1	1
Steropore wallet	1 x 4	1 x 4
Strapping - fabric 2.5cm x 1.5m	1	1
Tissues	0	Pack of 10
Trigger spray	1	1
Waste bag	1	1
Wipes - alcohol free	Bag of 10	Bag of 10
Wound closures in wallet	0	1

 To order call **0800 978 8301**
 email **info@sterosport.co.uk**
 or visit **www.sterosport.co.uk**



Medium Sports Kit



70 Piece 'Junior Team Kit'



Medium Sports Kit

The perfect kit for a small sports club or a team's first aid needs.

Ideal for football, rugby, hockey, cricket, softball and netball teams.

- Compact and cost effective
- Easy identification of contents
- Handy zip bag for easy access
- Bag has individual compartments for tidy storage
- Can treat minor injuries on the spot



Medium Sports Kit
Ref 8090

The kit includes a range of essential products:

- | | | | | |
|--------------------------|--------------------|--------------------|-----------------------|---------------------|
| - Alcohol free wipes x 5 | - Eyepad | - Guidance leaflet | - Plasters x 24 | - Scissors |
| - Bag of safety pins | - Eyewash pods x 2 | - Heat spray | - Pairs of gloves x 3 | - Strapping |
| - Bandages x 5 | - Foil blanket | - Instant Ice pack | - Petroleum jelly | - Sutures |
| - Clinical waste bag | - Freeze spray | - Microporous tape | - Resusciate | - Swabs pouches x 2 |
| - Dressings x 7 | | | | |

70 Piece 'Junior Team Kit'

Easy carry - ideal for sports - a must for all sports coaches

- Excellent highly useable proven products
- Tough and compact waterproof nylon bag
- Several roll out zip fastening compartments
- See through compartments for quick search of products
- Secured with zip fastening
- Comprehensive contents for general and sports first aid



70 Piece Junior Team Kit
Ref 8128

The kit contains 70 products that we supply directly to hospitals and surgeries including:

- | | | | |
|-------------------------------------|-----------------|-----------------------|------------|
| - Alcohol free cleansing wipes x 10 | - Bandages x 9 | - Pairs of gloves x 2 | - Scissors |
| - Bag of 12 safety pins | - Dressings x 7 | - Plasters x 30 | - Tweezers |
| | - Eyepads x 2 | | |

☎ To order call **0800 978 8301**
✉ email **info@sterosport.co.uk**
💻 or visit **www.sterosport.co.uk**



Steroplast Sports Bag



Kits made to your own specification...

Maybe you're looking for a bespoke "touchline medical case," made to your own specification.

Steroplast can work with you, to provide you with a customised kit, with content chosen by you.

Put us to the test.

Whatever your sport, we think you'll be impressed by the Steroplast brand, our service, and our willingness to help!

If you're new to Steroplast's sports range, and want to try it out for yourself, we'd like to encourage you with a **FREE** sample pack of tapes, a try-before-you-buy tester pack.

Call 0800 978 8301

First class medical sports bag designed to the highest specification by professional physiotherapists.

The complete package, for strength, durability, storage and accessibility:

- Ideal for pitch-side and indoor sports facilities
- Two adjustable internal dividers to create three internal compartments
- Four hard wearing plastic feet to prevent damage to the base of the bag
- Maximum storage with several internal pockets and holders
- Two elasticated mesh pockets at both ends of the bag for storing water bottles and towels



Steroplast Sports Bag - Ref DW0001

Steroplast Massage Oil

The perfect way to treat muscles both pre and post sport.

- Ready to use massage oil
- Energising
- Multipurpose – pre (warming up) and post (relaxation) use
- Low friction – easy glide application



Songbird Sports Massage Wax

The original sports massage wax, used by professionals for over 20 years.

- Songbird Sports Massage Wax has become the professionals number one choice. It is constantly used for massage work on players in Premiership football, international rugby, cricket, swimming, ice hockey, softball, track athletics, rowing and on jockeys
- It is such a popular product, it was used in the last two World Cups and the Olympic Games
- The blended wax is perfect for both pre and post sport massage



Songbird Wax 350g

Ref 3040/1

Songbird Wax 550g

Ref 3041/1



Sports First Aid Essentials

Steroplast have a product range of the highest quality medical and first aid products running into the 1,000s.

We supply products to sports clubs, venues and physiotherapists from grassroots to elite. Steroplast products are proven in team sports, endurance sports and outdoor adventurous activities.

A selection of our most popular sports first aid essentials includes:

Description	Reference
Burnshield Hydrogel	*BD90828/6
Nitrile Powder Free Gloves	^*1996
Paramedic Tuff Cut Scissors	^1512
Petroleum Jelly	9604
Sterofix Dressing Retention Tape	*6854
Steropad Absorbent Dressing	*3006
Steroply Conforming Bandages	*3051
Steropore Adhesive Wound Dressing	*6805

Description	Reference
Sterostrip Sutures	*7858
Steroswab Gauze Swab	*1900
Steroswab Non Woven Swab	*1903
Sterotape Microporous Tape	*6871
Sterowash Eye and Wound Wash Pods	1400W
Sterowipe Alcohol Free Cleansing Wipes	8021
Wide Open Weave (WOW) Bandage	*3048

^ Various colours available * A range of sizes and quantities available



For our **FREE** First Aid & Medical Essentials catalogue call **0800 978 8301**

To order call **0800 978 8301**
 email **info@sterosport.co.uk**
 or visit **www.sterosport.co.uk**



PhysioWrap[®] SPORT



Sterofreeze Instant Ice Packs

What makes Sterofreeze better than the rest?

- 1. Our ice packs reduce in temperature far quicker than alternative brands
- 2. Sterofreeze stays colder for longer, which is vital for faster healing

Description	Size	Pack	Reference
Steroplast Instant Ice Pack	24cm x 12cm	1 x 25	9592
Steroplast Instant Ice Pack (long)	29cm x 13cm	1 x 20	9630



Free case of 5 ice packs with orders over £49.00

Total Control Under Pressure

The fast, convenient and effective treatment for soft tissue injuries

PhysioWrap® SPORT is an effective all-in-one system for securing ice packs, gel packs and other forms of cold or warm therapy, to soft-tissue injuries.

This includes, damage to muscles, ligaments, tendons and capsular or cartilaginous structures.



Helps treat sports injuries - fast!

Using the lightweight re-usable dispenser, the films built-in elasticity provides fast application to the injured area. It holds the treatment pack firmly in place and needs no preperation or even unwrapping.

The translucent film

Allows clear observation of the area around the injury for bruising or other symptoms.

Contributing to effective R.I.C.E treatment

PhysioWrap SPORT's unique characteristics allow it to secure an ice or a gel-based cold pack to the injury, whilst also applying compression to the affected area. This helps to significantly speed up recovery.

Simple to use

With PhysioWrap SPORT there is no need for pins or other fasteners. Scissors are not required, and the high-performance

film simply sticks to itself and not the patient's skin. It is also quick and painless to remove.

Value for money

This marvellous film is supplied on a lightweight, re-usable, rigid-plastic dispenser and is available in a choice of convenient pack sizes. It's portable and easy to store. A single 100 metre roll gives around 50 applications representing exceptional value for money.

Description	Pack	Reference
PhysioWrap SPORT	1 dispenser, 1 roll	PHYWRAP001
Refill Pack	2 rolls	PHYWRAP002
Team Pack	2 dispensers, 6 rolls	PHYWRAP003

Each roll = 100mm x 100m

Reusable Ice Bag

- The handy injury aid
- Small enough to fit into your gym bag or first aid kit
- Provides instant pain relief – just add ice!

Description	Reference
Reusable Ice Bag	9640



☎ To order call **0800 978 8301**
✉ email **info@sterosport.co.uk**
💻 or visit **www.sterosport.co.uk**



The brand new Sports First Aid kit that meets NGB guidelines, is packed full of all the essentials needed for sport injuries.



The new Sports First Aid kit from Steroplast meets **National Governing Body** guidelines, making it the perfect choice for your sports clubs, teams and sport in general.

Supplied in an easy-carry case with internal compartments it will suit the first aider down to the ground. Equipped with a well thought out range of medical essentials, an absolutely vital kit to have at the ready before any game or sporting activity.

This is a kit packed full of essential injury treatment products



FREE Bonus instant refill

The FREE instant refill includes bandages, dressings, plasters, a foil blanket, an ice pack and other essentials.

- Bandage - conforming x 2
- Bandage - crepe x 1
- Bandage - Elastic Adhesive (size 2.5cm)
- Eyewash 20ml pods x 4
- First aid leaflet/guidance x 1
- Foil blanket x 2
- Gloves - Nitrile in pairs x 2
- Glucose chews (1 for extra energy)
- Ice packs x 2
- Micropore tape x 1
- Petroleum Jelly: 250g x 1
- Plasters - washproof x 20
- Resus device/face shield x 1
- Safety Pins x 12
- Scissors - Tuff-cut x 1
- Spray - Sterofreeze x 1
- Swabs x 10
- Tape - Zinc oxide 1.25cm roll x 1
- Triangular bandage x 2
- Tweezers x 1
- Waste bags x 1
- Wipes - alcohol free x 10
- Wound closures 6mm x 3
- Wound dressing - adhesive x 4
- Wound dressing - eyepad x 2
- Wound dressing - finger x 2
- Wound dressing - large x 2
- Wound dressing - medium x 2
- Wound dressing - 10x10 pad x 2
- Wound dressing - 5x5 pad x 2

Sports first aid kit

Ref 8279

2Toms Skin-on-Skin Gel Squares

Skin-on-Skin gel dressings provide the ultimate comfort for multiple skin irritations and trouble spots.



Soothing protection

Skin-On-Skin provides cushioning and friction reduction and resists sweating and rubbing, and hydrates and softens the skin.

Who uses Skin-On-Skin?

Skin-on-Skin gel squares are used by sports teams but can also be used by anyone who is experiencing one or more of the following skin issues:

- Insect bites and stings
- Blisters and chafing
- Poison ivy
- Minor dermal abrasions
- Activity related skin irritants

Gel squares	Ref 7600
-------------	----------

Mueller Skin Tuffner Pre-tape Spray

The pre-tape spray is used by players and physios, it is applied to the skin to help tape stick better to the skin.

Alternative products available, please enquire for details



- Mueller quick drying adherent spray is particularly useful when the skin is at risk of becoming wet, such as in wet environments or when the skin sweats
- Colourless skin adherent
- Doesn't irritate the skin

Comes in two sizes - 283g or 113g

Pre-tape spray - 283g	Ref 9648
-----------------------	----------

Pre-tape spray - 113g	Ref 9642
-----------------------	----------



Tensospray Pre Tape Adhesive Protector

Advantages, features & benefits

- Protects skin and hairs
- Improves the effectiveness of strapping
- Ensures even dispersal on the surface of the skin and evaporates away in seconds
- Quick and easy to apply, cost-effective
- Undetectable and clear
- Tensospray adhesive spray is supplied in a convenient 300ml aerosol can



Tensospray 300ml	Ref 9645
------------------	----------

To order call **0800 978 8301**
 email **info@sterosport.co.uk**
 or visit **www.sterosport.co.uk**



Pitch-side Trauma Kit contents



Stethoscope -
Ruby Single Head



BVM Adult



Resus Mask



Oxygen-Rebreathing
Mask

Contents	Quantity
Large Paramedic Waterstop Bag	1
Adjustable Collar - Adult	1
Adjustable Collar - Child	1
Bandage - Conforming 7.5cm x 4m	4
Bandage - Crepe 5cm x 4.5m	2
Bandage - Crepe 7.5cm x 4.5m	2
Bandage - Triangular Non-Woven	6
Blizzard EMS Blanket	1
Burnshield Burns Dressing - 10cm x 10cm	2
BVM - Adult	1
Chest Seal	1
CPR Resus Pocket Mask	1
Dressing - Adhesive (Sterile) - 8.6cm x 6cm	4
Dressing - Adhesive (Sterile) - 10cm x 9cm	4
Dressing - Eyepad (Sterile)	2
Dressing - No.1 Ambulance	4
Dressing - No.2 Ambulance	2
Dressing - No.3 Ambulance	2
Dressing - No.4 Ambulance	2
Eyewash (Sterile) - 20ml Pods	20
Guedal Airways - Set of 6 Sizes	6
Hypodermic Needle - 21g Green	5
Hypodermic Needle - 23g Blue	5
Hypodermic Needle - 25g Orange	5
I.V Cannula - 16g Grey	4
I.V Cannula - 18g Green	4
I.V Cannula - 20g Pink	4
I.V Cannula - 22g Blue	4
I.V. Fluid Giving Set	1
I-Gel - Size 3	1
I-Gel - Size 4	1
Instant Ice Packs	2
Low Adherent Pad - 10cm x 20cm	1

Contents cont.	Quantity
Low Adherent Pads - 10cm x 10cm	5
Low Adherent Pads - 5cm x 5cm	5
Nasopharyngeal Airway 5 - 24FR	1
Nasopharyngeal Airway 6 - 28FR	1
Nasopharyngeal Airway 7 - 30FR	1
Nebuliser Set - Adult	1
Nitrile Gloves (Blue) - X-Large (Pairs)	4
Nitrile Gloves (Blue) - Large (Pairs)	4
Nitrile Gloves (Blue) - Medium (Pairs)	4
Nitrile Gloves (Blue) - Small (Pairs)	4
Oxygen Re-Breathing Mask - Adult	2
Oxygen Re-Breathing Mask - Paediatric	2
Oxygen Tubing - 2.1 metres	1
Paramedic Shears - 7 inch	1
Pen Light - With Pupil Gauge (Reusable)	1
Plasters - Washproof Assorted (Sterile)	30
Quick Release Tourniquet	2
Safety Pins - Assorted Bag of 6	1
SAM Splint - Junior 18 Inch	1
SAM Splint - Standard 36 Inch	1
Sharps Container - 0.3 Litre	1
Splinter Forceps	1
Sterosan Hand Sanitising Rub - 50ml	1
Stethoscope - Ruby Single Head	1
Suction Unit	1
Syringe - 10ml	5
Syringe - 5ml	5
Tegaderm I.V. Dressing	5
Thermal Blanket - Adult	1
Wipes (Sterile) - Saline	10
Wound Closures (Sterile) - 3mm x 75mm	5
Zinc Oxide Tape - 2.5cm x 5m	1
Zinc Oxide Tape - 5cm x 5m	1



Laerdal
Stifneck
Collars



SAM Splint -
Standard 36 inch



I-GEL

Guedel Airways
Set of 6 sizes



Nasopharyngeal
Airway

Blizzard EMS
Blanket



I.V. Cannula



Quick Release
Tourniquet



Suction Unit



Thermal Blanket
Adult



Pitch-side Trauma Kit

A complete pre-hospital immediate care kit for pitch side treatment of serious sports injuries

- Supplied in the high quality, WaterStop PROFI Emergency Backpack
- Kit is protected in the easily accessible and completely water and dirt repellent WaterStop bag
- Contains over 200 essential emergency care items
- Ideal for first responders, sports team medics and physios
- Extremely cost-effective sports trauma kit
- Includes the best brands together with exceptional quality Steroplast products
- Exclusively available from Sterosport



**Everything needed for
first response emergency
care in sport**

Description	Pack	Reference
Pitch-side Trauma Kit	1	8280

Supplied in a WaterStop bag

☎ To order call **0800 978 8301**
✉ email **info@sterosport.co.uk**
💻 or visit **www.sterosport.co.uk**



Sterosport **Activ** Expedition



Be prepared for outdoor and cycling expeditions off the beaten track with this high quality, comprehensive outdoor first aid kit

Sterosport **Activ**

Specialist first aid for cyclists

The exceptional quality **Activ** bag ensures contents are easily identifiable, accessible and organised.

Sterosport **Activ** Light



Ideal for bicycle races, road cycling and outdoor events as it is light and compact

Sterosport **Activ** Adventure



Perfect for longer and more challenging cycling and outdoor adventures

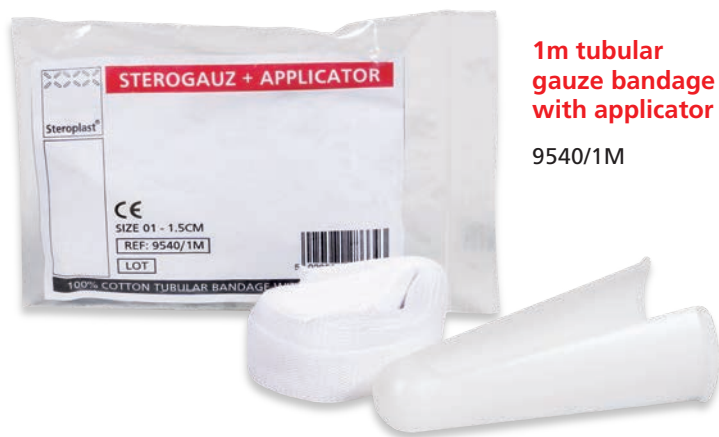
- The **Activ** range offers a comprehensive choice of first aid kits for cyclists
- Ideal kit to include in a backpack or larger bike bag
- The excellent **Activ** bag includes everything to be prepared for longer rides
- This kit has the essentials for treating injuries experienced whilst using a bike.



Description	Reference
Sterosport Activ Essentials	SSA0001
Sterosport Activ Commuter	SSA0002
Sterosport Activ Explorer	SSA0003
Sterosport Activ Light	SSA0004
Sterosport Activ Adventure	SSA0005
Sterosport Activ Expedition	SSA0006

☎ To order call **0800 978 8301**
 ✉ email **info@sterosport.co.uk**
 💻 or visit **www.sterosport.co.uk**





1m tubular gauze bandage with applicator

9540/1M

Sterogauz Tubular Bandage

The ideal tubular bandage for holding dressings in place on the body.

- Ideally suited to apply over areas of the body being treated with creams and ointments, as it prevents transfer onto clothing and bedding
- Has natural stretch which provides comfort and conformability around body contours
- A range of sizes suitable for the whole body



Description	Size	Pack	Ref
Sterogauz 20m - dispensing carton	00 (1cm)	1 x 6	9545
Tubular gauze bandage	01 (1.5cm)	1 x 6	9540
	12 (2.5cm)	1 x 6	9541
	34 (3.5cm)	1	9542
	56 (5cm)	1	9543
	78 (8cm)	1	9544
Plastic applicator		25	9551/25
Plastic applicator		100	9551/100
1m tubular gauze bandage with applicator	01 (1.5cm)	1	9540/1M

Roll-on Finger Bandage

Available in blue or white

- The finger bandage can be easily applied to either fingers or toes
- The unique rolled design removes the need for applicators
- Easy to use finger bandage and cots

Description	Colour	Pack	Ref
Finger bandage	White	1 x 6	3061WT
Finger bandage	Blue	1 x 6	3061BL



1. Put roll-on finger bandage on end of finger



2. Roll the bandage down finger



3. Then twist and roll down second layer of bandage



4. Finished application



Ref 9503



Sterogrip

Elasticated Tubular Support Bandage

Elasticated tubular bandage ranging in sizes to cover ankles, knees, thighs, wrists and elbow joints.

- Designed to provide support following soft tissue injuries, dislocation and sprains. Its knitted fabric construction with interwoven elastic fibres ensures excellent support.
- The even support and pressure that Sterogrip provides make it ideal for sporting and general injuries
- Requested by the NHS specifically for its quality
- Stays in place without the need for tapes or pins
- Double layers are used for sprains, strains and over joints
- Reusable and washable
- 10 metre roll (or retail 1 metre lengths)
- Upper body sizes available on request



Retail
Sterogrip
1 metre
lengths

Supplied in 10m
rolls or retail
1m lengths

Description	Size	Length	Ref
Sterogrip A	5cm	1 x 10m	9500
Sterogrip B	6.25cm	1 x 10m	9501
Sterogrip C	6.75cm	1 x 10m	9502
Sterogrip D	7.5cm	1 x 10m	9503
Sterogrip E	8.75cm	1 x 10m	9504
Sterogrip F	10cm	1 x 10m	9505
Sterogrip G	12cm	1 x 10m	9506
Sterogrip L	30cm	1 x 10m	9513

Sterogrip sizes

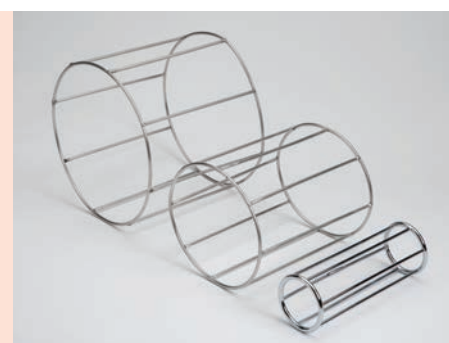
Also available in 1m
lengths - minimum order
10 x 1 metre

Limb size	Child limbs	Adult limbs	Adult ankle	Adult leg	Adult thighs	Adult body
Small	A	B	C	D	E	F
Medium	B	C	D	E	F	G
Large	C	D	E	F	G	L

Sterogrip Applicator

Allows easy application over bulky dressings
and double layering over painful joints.

Description	Item	Ref
Applicator (Small)	1	9537
Applicator (Medium)	1	9538
Applicator (Large)	1	9539



Airway Management

Having the right airway management equipment is essential for emergency workers. We offer a wide range of essential and advanced devices from:

- Intubation
- Resuscitation
- Oxygen Therapy
- Suction



Guedel Airways

Sterile, 9 sizes – colour coded, latex and phthalate-free, one piece.



Nasopharyngeal Airways

Sizes 4-9, clearly labelled, simple & effective airway with easy insertion.

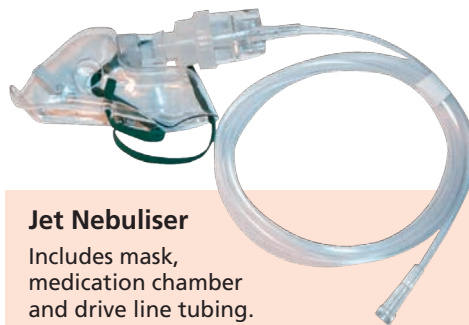


Ambu Spur II Disposable Resuscitator

Exceptional tactile and visual feedback during resuscitation.

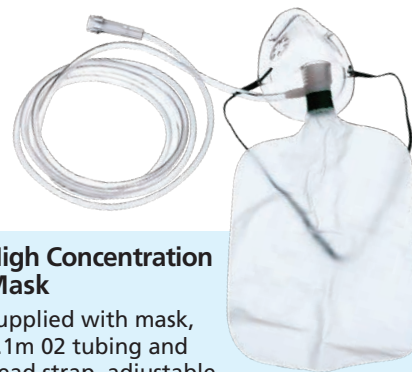
OptiLube

Sterile lubricating jelly, pH balanced and water soluble, easy open sachet.



Jet Nebuliser

Includes mask, medication chamber and drive line tubing.



High Concentration Mask

Supplied with mask, 2.1m O2 tubing and head strap, adjustable nose clip and soft seal for patient comfort.

Easy Cap End Tidal CO₂ Detector

Confirms correct endotracheal placement, responds to exhaled CO₂, visual feedback for up to 2 hrs.



Evac-S Suction Device

Sterile, single use, high volume suction with one handed operation, quick and effective suction.

Suctionlite Suction Pump

One handed operation, ziplock bag for storage and disposal of bio-hazard fluid, portable & light.



Thomas Tube Holder

Comfortable velcro strap, protects patients teeth and gums whilst tubing, for multiple size ET tubes.



i-gel Supraglottic Airway

Works in harmony with the patient's anatomy so that compression and displacement trauma are significantly reduced or eliminated.



Intersurgical Clear Guard Midi Low Breathing Filter with Leur Port

For breathing and anaesthetic systems.

Diagnostics

Our high-quality, durable diagnostic products are ultra-reliable, accurate and easy to use.

- Defibrillators
- Stethoscopes
- Sphygmomanometers
- Pulse Oximeters
- Blood/Glucose Monitors



Ipad SP1 Defibrillator

Simple voice prompts, easy switch from adult to child – no need to change pads, 10 year warranty.

Defibsafe 2 External Lockable Cabinet

Superior strength offers protection for defibrillators kept outside.



Digital Thermometer

Accurate & easy to use, simple for use on children.



Emerald Aneroid Sphygmomanometer

Latex free blood pressure monitor with separate bellows & gauge tube allowing for two handed operation.

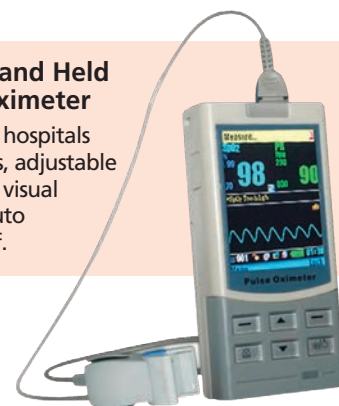
C19 Finger Tip Pulse Oximeter

Compact & durable, one colour LED display, both adult & paediatric, 30 hours continuous use.



300M Hand Held Pulse Oximeter

For use in hospitals and clinics, adjustable volume & visual alarms, auto power off.



Accu-chek Blood Glucose Monitor

For the measurement of blood glucose, easy to use, replacement testing strips also available.



Non Contact Thermometer

Reliable, accurate, safe & hygienic, 1 second reading, smart fever alarm.

Scian Delux Digital Blood Pressure Monitor

Fully automatic, 120 reading memory, automatic power off.



Twin Tube Sprague Rappaport Stethoscope

Two tubes connecting the chest piece to the head frame, available in 6 colours.



Digital Ear Thermometer

Compact, ergonomic digital thermometer with a 1 second measurement response time.



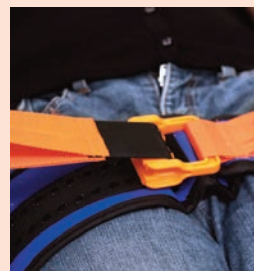
Disposable Pen Torch

Pupil size gauge on the side. Pack of 6.

Evacuation/ Immobilisation

Our wide range of fully compliant specialist equipment gives you the peace of mind of knowing that, in an emergency, you have everything you need to help people who can't help themselves.

- Stretchers
- Splints
- Immobilisation
- Extrication Devices



Ferno Scoop Stretcher

Splits in to 2 sections for easy access in to awkward spaces.



Spencer Basket Stretcher

For a wide range of rescue operations, ideal for mines, caves & water rescue.



SAM Splint

Offering a range of sizes, versatile, reusable and easy to clean.



Ferno Frac Immobilisers

Ingenious, durable & the ultimate in patient stability, suitable for x-rays, supplied with pump.



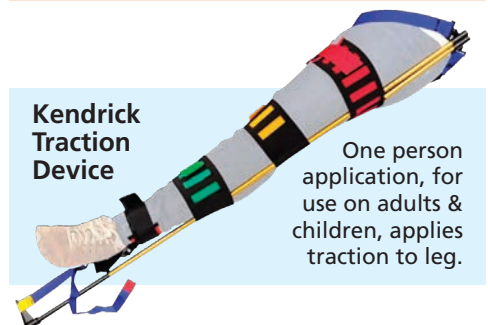
Multi Grip Disposable Head Immobiliser

Head and chin straps included, ideal for water rescue, light and compact.



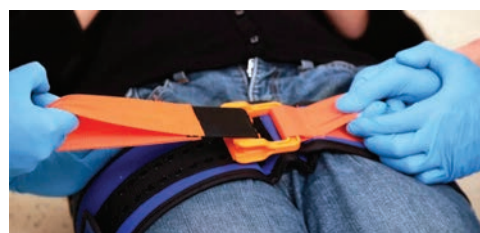
Laerdal Stifneck Collars

Stabilise spinal patients with these stifneck collars that come with 4 different sizing options to fit everyone.



Kendrick Traction Device

One person application, for use on adults & children, applies traction to leg.



Sam Pelvic Sling II

Stabilise pelvic fractures, quick and easy to fasten, can be cleaned and re-used.

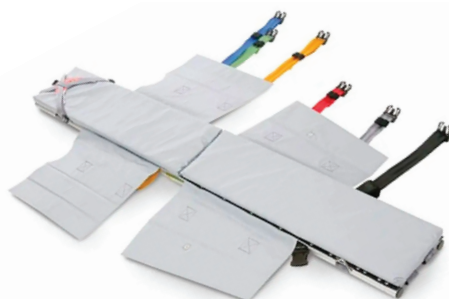
Ferno Compact 1 Carry Chair

Durable, stainless steel, suitable for a number of environments, folds for storage.



Wrasfer Patient Transfer Sheet

Dispoable wrap & transfer sheet, absorbs up to 3.5 ltrs of liquid, for patients up to 150kg.



Paraguard Excel Rescue Stretcher

Ideal for confined spaces & underground rescue, quick and easy to use.



C-Spine Not Cleared Lanyard

Advises paramedics and hospital staff that the C-spine has not been cleared.

Injection/ Infusion

Everything you need for fast, easy and safe injections.

- Needles
- Syringes
- Cannulae
- Procedure Packs



Leur Slip Tip Syringe

Sterile, latex free, push slip, clear barrel, available in a range of sizes.



Hypodermic Needle

Sterile, single use needle, available in a range of sizes.



Tournibutton Tourniquet

latex free single-use disposable tourniquet.



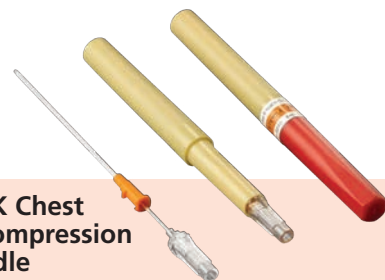
Quick Release Tourniquet

Cost effective, durable tourniquet. Available in a range of colours.



Bone Injection Gun

Rapid, safe and easy intravascular access through the bone marrow, rapid infusion of liquid and drugs.



TPAK Chest Decompression Needle

For treating a tension pneumothorax. Gives secure placement of a catheter for continuous relief during needle thoracostomy.

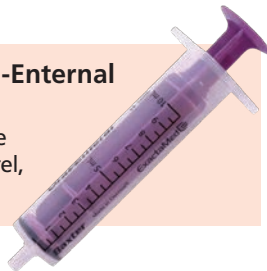
Medical 3-Way Stopcock with Luer Lock

3 way flow, stopcock handle open and closes the line.



ExactaMed Oral-External Dispenser

Sterile oral medicine dispenser, clear barrel, single patient use.



Alcohol Prep Pad

Pre-injection alcohol wipe to clean skin prior to injection.



IV Cannula

Disposable, single use with injection port, valve and snap cap, range of sizes available.



IV Dressing

Latex free, gentle on skin, secure dressing, waterproof.

IV Dressing Pack

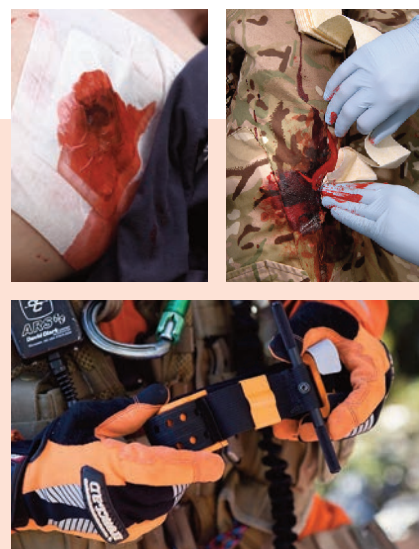
Latex free, for dressing cannula and infusion lines.



Trauma

Whatever the type and size of the injury, we've got something that will help you treat it quickly and effectively in an emergency.

- Bleed Control Kits
- Tourniquets
- Trauma Dressings
- Haemostatic Dressings
- Chest Seals



Burnshield Dressings

For 1st, 2nd and 3rd degree burns and scalds.



Burnshield Emergency Rescue Kit

Contains different size dressings and hydrogel to treat burn effectively.



STAT Tourniquet

Simple to use, ideal for mass casualty, non medical trained use, with 60 minute timer.



SOF Tactical Tourniquet - Wide

Light, compact, robust, the medical professions choice.



Tactical Blast Bandage

For traumatic amputations, burns and large pattern wounds. Sterile.



Trauma Dressing

Quickly stems major bleeds, sterile, vacuum packed. Available in 2 sizes.



Celox

Offering the range of Celox haemostatic products to treat severe bleeding.



Chito Sam

A high performance haemostatic product to treat major bleed. Simple and easy to use.



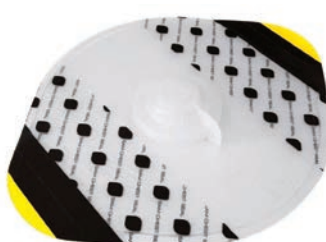
Corius Seal

Non sterile, adhesive hydrogel, covers and protects acute wounds, absorbs exudate.



Russell Chest Seal

Fast, easy to apply to cover chest wounds.



Sam Chest Seal with Valve

Treat, seal, and reseal open chest wound, sterile & latex free.



Fox Chest Seal

Occlusive dressing for the treatment of open chest wounds, Sterile and latex-free.

Did you know Steroplast can supply all your pharmaceuticals and medicines? You can **now** buy all your pharmaceuticals and medicines from one location saving you time and money.



Prescription Only Medicines (POM)



Pharmacy Medicines (P lines)



General Sales List (GSL)

We can supply POMs aka Prescription Only Medicines to holders of a valid Wholesale Dealer's Licence, OR on receipt of a 'POM Authorisation Form.

- 1) A POM authorisation form signed by a Doctor
- 2) Through a registered nurse authorised by a Doctor
- 3) Through a registered paramedic

For pharmaceuticals visit
www.steroplast.co.uk



Steroplast Healthcare is licensed by the MHRA to supply the following:

POM - Prescription Only Medicines

Any medicine classified as a **POM is restricted** for use under medical supervision on a prescription only.

P lines - Pharmacy medicines

Medicines classified as "**P**" lines are **restricted** for use under the supervision of a pharmacist.

GSL - General Sales List products

Available for sale in general retail outlets (**restricted by pack size**). These items are considered safe for use without medical supervision.

With excellent prices on offer, and an opportunity to save time and money, plus a wide range of new, unique and innovative products, calling Steroplast could be the best thing you do to-day! **T: 0161 902 3030 E: sales@steroplast.co.uk**

Online Courses

Sports Taping & Kinesiology Taping

Just
£50
per course

Learn and master the skills of sports taping and kinesiology taping with **Dr Allan Munro** and **Mike Carolan**.

Essential skills for all sports physios, rehabilitators, therapists, chiropractors, osteopaths, and massage therapists.

Online course includes:

- Introduction to different types of sports tape and their application
- Sports and kinesiology taping techniques for the lower limb, trunk and upper limb
- Resources
- Step by step videos
- Assessment questions
- Regular webinars (Q&A sessions) with course tutors and other participants
- Certificate of course completion
- Quality Steroplast sports taping pack (Free when booking onto both courses)



Sterosport Online Courses

Visit www.sterosport.co.uk/sports-taping-course

0800 978 8301 | info@sterosport.co.uk

