

**NEW  
2026  
EDITION**

## Sterosport Buyers Guide

# Your ultimate destination for Sports Medicine products, contacts, knowledge & information

**30 Years**  
working with  
physiotherapists  
and sports  
professionals

2026 | Version 6

Page 27

### Injury Rehab Network

Hosting unmissable events with BASRaT

Page 21

### Specialist Cyclist First Aid Kits

Take a look at our Sterosport Activ kits

Order Online 24/7

### Two Websites for More Choice

Visit [sterosport.co.uk](https://www.sterosport.co.uk) and [steroplast.co.uk](https://www.steroplast.co.uk)

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### Manchester FA First Aid Kit

Pitch-ready first aid kits for football injuries

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### Pharmaceutical Supplies

From an MHRA licensed supplier



Read the **NEW** Steroplast Buyers Guide



VIEW ONLINE

### Take a look at our 2-in-1 Catalogue for Professional Healthcare Buyers

- Features Workplace First Aid & Advanced Life Support Products
- Take the workplace First Aid Assessment to find out what you need
- View our extensive range of Emergency & Trauma supplies



A division of Steroplast Healthcare.

Call us to order direct or shop online  
at [www.sterosport.co.uk](https://www.sterosport.co.uk)

0161 902 3047 | [info@sterosport.co.uk](mailto:info@sterosport.co.uk)

★ Trustpilot ★★★★★ Rated "Excellent"

Keep up  
with the  
Injury Rehab  
Network  
on page 27

# We've spent over 30 years working with physiotherapists & sports professionals

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

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](http://www.sterosport.co.uk), or contact us on [info@sterosport.co.uk](mailto:info@sterosport.co.uk) or call 0161 902 3047

STEROSPORT is a division of Steroplast Healthcare Ltd.



A comprehensive range of advanced life support, pharmaceuticals and medical essentials  
[www.steroplast.co.uk](http://www.steroplast.co.uk)



Own label options on sports kits, plus a wide range of quality products for sports professionals  
[www.sterosport.co.uk](http://www.sterosport.co.uk)

## Which?

### #1 in the UK: Which? Recommended

Our Elastic Fabric Plaster (Page 14) was put through a series of tough tests by Which?, the 100% independent UK consumer champion, to find out which plaster from major UK brands was the most reliable and cost-effective.

Read more in our article online *"Steroplast Fabric Plasters Voted Best in the UK by Which?"*

## Why choose Sterosport?



### Trusted by professionals with decades of experience

Sterosport is the dedicated sports division of a long-established healthcare supplier with **30+ years of experience** working alongside physiotherapists, sports teams and rehabilitation practitioners.



### Comprehensive range of practical products

The range covers sports first aid, injury management and rehabilitation essentials that are practical, reliable and suited to everyday use in training rooms, clinics and pitch-side settings.



### Support beyond products

We connect our customers with ongoing education and professional development opportunities through our **Injury Rehab Network** events and **online taping courses**, bringing insights from experienced clinicians and experts in sports medicine.

## Premium sports brands we supply:



## ★ Trustpilot

Our customers say "Excellent"



Scan the QR code to read all Trustpilot reviews from our happy customers!



"Excellent customer service that goes hand in hand with their knowledge."



"Service was very quick, at a good price and well packaged. There was a lot of information on the website so I could make the right decision on my purchase."



"Had what I wanted and at a reasonable price. Easy to order and good delivery time."



"Easy to use website, and quick delivery of goods ordered. Very good service."

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# Bandages & Wound Dressings

**Developed for treating minor to major injuries with confidence and ease.**

Our range of wound dressings and bandages is massive, catering to at-home and professional use for a variety of wound types and healing stages. Suitable for use at home, pitch-side, and in club environments, these products match the standards relied upon by healthcare professionals.

## General Bandages

Available in multiple sizes and materials, these essential bandages provide effective support for everyday injuries and medical care.

### Steroply White Conforming Bandage

| SKU  | SIZE       | QTY      |
|------|------------|----------|
| 3051 | 5cm x 4m   | 12 Rolls |
| 3052 | 7.5cm x 4m | 12 Rolls |
| 3053 | 10cm x 4m  | 12 Rolls |
| 3054 | 15cm x 4m  | 12 Rolls |

### Sterocrepe Crepe Bandage

| SKU    | SIZE         | QTY     |
|--------|--------------|---------|
| 3056/6 | 5cm x 4.5m   | 6 Rolls |
| 3057/6 | 7.5cm x 4.5m | 6 Rolls |
| 3058/6 | 10cm x 4.5m  | 6 Rolls |
| 3059/6 | 15cm x 4.5m  | 6 Rolls |

### White Open Weave WOW Cotton Bandages

| SKU  | SIZE       | QTY      |
|------|------------|----------|
| 3048 | 5cm x 5m   | 12 Rolls |
| 3049 | 7.5cm x 5m | 12 Rolls |

### Steroban Premium Elastic Cohesive Bandage

| SKU    | SIZE         | QTY      |
|--------|--------------|----------|
| 1600LF | 2.5cm x 4.5m | 24 Rolls |
| 1606LF | 5cm x 4.5m   | 12 Rolls |
| 1612LF | 7.5cm x 4.5m | 12 Rolls |
| 1618LF | 10cm x 4.5m  | 30 Rolls |
| 2095W  | 10cm x 4.5m  | 12 Rolls |

Product details for White Elastic Cohesive Bandage. Also available in a range of colours. Please see website for details.

### Steroplast Elastic Adhesive Bandage (EAB)

| SKU   | SIZE         | QTY      |
|-------|--------------|----------|
| 2092W | 2.5cm x 4.5m | 60 Rolls |
| 2093W | 5cm x 4.5m   | 30 Rolls |
| 2094W | 7.5cm x 4.5m | 30 Rolls |
| 2095W | 10cm x 4.5m  | 30 Rolls |

Enquire for pricing and distributor rates



SKU: 1632LF



SKU: 9095W



Unique loose weave construction

SKU: 3049



High-quality woven stretch material

100% Cotton

High-quality fray resistant material

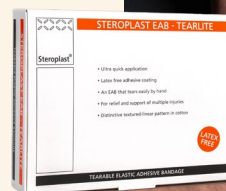
## Steroplast EAB Tearlite

**Tears easily by hand, perfect for sensitive skin**

| SKU    | COLOUR | SIZE         | PACK SIZE |
|--------|--------|--------------|-----------|
| 2082TL | White  | 2.5cm x 4.5m | 36        |
| 2083TL | White  | 5cm x 4.5m   | 12        |
| 2084TL | White  | 7.5cm x 4.5m | 12        |
| 2085TL | Black  | 5cm x 6.9m   | 12        |
| 2086TL | Black  | 7.5cm x 6.9m | 12        |

Now available in Black | 5cm or 7.5cm x 6.9m

- The tearlite quality allows for ultra quick application
- Latex free adhesive bandage
- Distinctive textured-linear pattern in cotton



Latex Free



Enquire for pricing and distributor rates



## Leukotape Foam

Leukotape Foam provides cushioning, support and protection around bony prominences. It can be used in conjunction with taping and bandaging.

- ✓ Helps to provide uniform pressure around bony prominences, creating a better level of comfort for your user
- ✓ Can be fixed to the skin with Tensospray
- ✓ Flexible and can be applied to strongly contoured body regions

| SKU      | SIZE              | PACK SIZE |
|----------|-------------------|-----------|
| WSTE0615 | 30cm x 20cm x 4mm | 10        |

Cut to size



Cut to size

## Hypafix Tape

Hypafix dressing tape is a highly adhesive fixation tape that can secure medical devices as well as dressings to the skin without painful removal.

- ✓ Permeable to air and water
- ✓ Flexible and stretchable material stays on joints that frequently move
- ✓ Radiotransparent - No need to remove for x-ray

| SKU  | SIZE       | PACK SIZE |
|------|------------|-----------|
| 6857 | 5cm x 10m  | 1         |
| 6858 | 10cm x 10m | 1         |

## Leukotape P Zinc Oxide Tape

This rayon-backed tape is ideal for patellofemoral and shoulder taping and features a strong adhesive.

- ✓ Rigid joint immobilisation provides extra strong support for sports injuries
- ✓ The porous adhesive maintains adhesion whilst allowing the skin to breathe
- ✓ **Combi pack available containing Fixomull Stretch fixation tape\***

| SKU                                | SKU        | SIZE          | PACK SIZE |
|------------------------------------|------------|---------------|-----------|
| Leukotape P Z.O Tape               | WSTE0613/1 | 3.8cm x 13.7m | 1         |
| Leukotape P Z.O Tape               | WSTE0613   | 3.8cm x 13.7m | 6         |
| *Combi Pack Leukotape P & Fixomull | 6902       | 3.8cm x 13.7m | 1         |

Hand Tearable



Combi Pack\*

## LightPlast Pro Elastic Adhesive Bandage

Experience enhanced support and durability with Lightplast Pro, the ultimate elastic adhesive bandage tailored for sports.

- ✓ Strong Adhesion stays secure during intense activity
- ✓ Lightweight and comfortable for unobtrusive support
- ✓ Suitable for multiple sports applications

| SKU    | SIZE         | PACK SIZE |
|--------|--------------|-----------|
| 1685/1 | 7.5cm x 6.8m | 1         |

Hand Tearable



## Tensoplast Elastic Adhesive Bandage

Trusted by sports professionals and athletes, this elastic adhesive bandage provides reliable support and compression for joints and soft tissues.

- ✓ Distinctive yellow central guideline for precision application
- ✓ Engineered with a high-twist cotton fabric and a porous zinc-oxide adhesive

| SKU    | SIZE         | PACK SIZE |
|--------|--------------|-----------|
| 4595/1 | 2.5cm x 4.5m | 1         |
| 4596/1 | 5cm x 4.5m   | 1         |
| 4597/1 | 7.5cm x 4.5m | 1         |

Cut to size



## Finger Bandages

Tubular and triangular bandages provide essential support and protection for various injuries. Elasticated tubular bandages offer uniform compression, making them ideal for sprains, strains, and wound dressing, while breathable gauze bandages securely hold dressings in place with ease. Available in different widths and with optional applicators, they ensure simple and effective application.

### Steroban White Finger Bob Bandage

| SKU       | COLOUR | QTY        |
|-----------|--------|------------|
| 3061WH/10 | White  | Pack of 10 |
| 3061BL/10 | Blue   | Pack of 10 |

### Steropax Finger Wound Dressings

| SKU      | SIZE          | QTY         |
|----------|---------------|-------------|
| 1915B/12 | 3.5cm x 3.5cm | Pack of 12  |
| 1915B    | 3.5cm x 3.5cm | Pack of 100 |

Enquire for pricing and distributor rates



SKU: 3061WH/10

One size fits all



SKU: 1915B

## Low Adherent & Absorbent Dressings

Wound dressings play a vital role in managing various injuries, offering protection, absorption, and comfort. Designed for different levels of exudation, they include sterile, non-adherent, and cushioned options to support effective healing. Supplied in a range of sizes and pack formats, they are well suited to sports first aid kits, changing rooms, gym environments, and pitch-side use.

### Opsite Plus Dressing



| SKU      | SIZE        | QTY        |
|----------|-------------|------------|
| WSTE0313 | 6.5cm x 5cm | Pack of 25 |

### Melolin Cushioned Dressing Pads



| SKU  | SIZE        | QTY         |
|------|-------------|-------------|
| 1269 | 5cm x 5cm   | Pack of 5   |
| 1267 | 5cm x 5cm   | Pack of 100 |
| 1270 | 10cm x 10cm | Pack of 5   |
| 1268 | 10cm x 10cm | Pack of 100 |



SKU: WSTE0313



SKU: 1268

### Zetuvit® E High Absorbent Dressing Pads

| SKU  | SIZE        | QTY        |
|------|-------------|------------|
| 6821 | 10cm x 20cm | Pack of 25 |
| 6820 | 10cm x 10cm | Pack of 25 |

Super absorbent



SKU: 6821

### Steropad Non-Adhesive Wound Dressings

| SKU      | SIZE      | QTY          |
|----------|-----------|--------------|
| 3006FC/6 | 5cm x 5cm | 6 Packs of 5 |



SKU: 3006FC/6

### Steropax Plus Sterile Wound Dressings

| SKU      | SIZE        | QTY        |
|----------|-------------|------------|
| 4703B/12 | 18cm x 18cm | Pack of 12 |
| 4702B/12 | 12cm x 12cm | Pack of 12 |



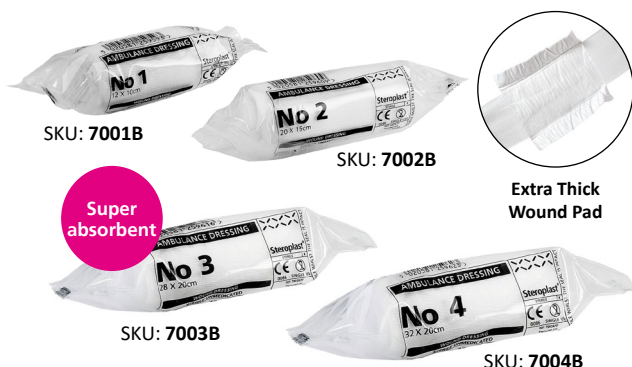
SKU: 4703B/12

SKU: 4702B/12

Enquire for pricing and distributor rates

### Ambulance Dressings

| SKU      | SIZE                   | NO.  | QTY        |
|----------|------------------------|------|------------|
| 7000B/12 | Small (5.2cm x 6.0cm)  | No.7 | Pack of 25 |
| 7001B/12 | Medium (12cm x 10cm)   | No.1 | Pack of 12 |
| 7001B    | Medium (12cm x 10cm)   | No.1 | Pack of 72 |
| 7002B/12 | Large (20cm x 15cm)    | No.2 | Pack of 12 |
| 7002B    | Large (20cm x 15cm)    | No.2 | Pack of 48 |
| 7003B/12 | X Large (28cm x 20cm)  | No.3 | Pack of 12 |
| 7003B    | X Large (28cm x 20cm)  | No.3 | Pack of 30 |
| 7004B/12 | XX Large (32cm x 20cm) | No.4 | Pack of 12 |
| 7004B    | XX Large (32cm x 20cm) | No.4 | Pack of 24 |



SKU: 7001B

SKU: 7002B

Extra Thick Wound Pad

SKU: 7003B

SKU: 7004B

## Wound Care Essentials

Wound care essentials are designed to protect, clean, and support healing in various situations, from minor injuries to medical procedures. Available in different pack sizes to suit various needs.



### Wound Care Procedure Pack

| SKU  | QTY    | QTY |
|------|--------|-----|
| 1893 | 1 Pack |     |

### Mueller Dermal Pad

| SKU  | SIZE                | QTY    |
|------|---------------------|--------|
| 1680 | 1.2cm x 10cm x 10cm | Single |

### Steroswab Gauze Swabs

| SKU  | SIZE        | QTY           |
|------|-------------|---------------|
| 1903 | 5 x 5cm     | 25 Packs of 5 |
| 1904 | 7.5 x 7.5cm | 25 Packs of 5 |
| 1905 | 10 x 10cm   | 25 Packs of 5 |

Enquire for pricing and distributor rates

## Plasters & Suturing Products

Our adhesive and suturing products provide effective solutions for wound closure, protection, and injury stabilisation. Designed for medical, sports, and at-home use. With strong, hypoallergenic adhesives, washproof and sterile options, and various sizes available, these products ensure reliable, long-lasting support for recovery and protection.

### Steropore Plasters

| SKU      | QTY       | SIZE     |
|----------|-----------|----------|
| 6810/WAL | Pack of 4 | Assorted |

### Sterostrip Sutures — Wound Skin Closures

| SKU  | SIZE | QTY               |
|------|------|-------------------|
| 7858 | 3mm  | 10 x Pouches of 5 |
| 7859 | 6mm  | 10 x Pouches of 3 |



## Sterostrip Ultra – The Clear, Protective ‘Second Skin’ Dressing

An ultra-thin dressing that covers a larger wound area, completely sealing it off. Ideal for recovering surgical wounds and similar minor wounds.

- ☑ Comfortable and breathable film promotes natural healing
- ☑ Each dressing is sterile and individually wrapped
- ☑ Sticks to the skin but not the wound, it's suitable for all skin types, including sensitive and young skin

### Sterostrip Ultra Transparent Film Dressing

| SKU    | SIZE        | QTY       |
|--------|-------------|-----------|
| 7675/7 | 6cm x 7cm   | Pack of 7 |
| 7676/7 | 8cm x 10cm  | Pack of 7 |
| 7677/7 | 10cm x 12cm | Pack of 7 |

Enquire for pricing and distributor rates





## Triangular & Tubular Bandages

Tubular and triangular bandages provide essential support and protection for various injuries. Elasticated tubular bandages offer uniform compression, making them ideal for sprains, strains, and wound dressing, while breathable gauze bandages securely hold dressings in place with ease. Available in different widths and with optional applicators, they ensure simple and effective application.

### Triangular Bandages—Calico

| SKU    | TYPE   | QTY        |
|--------|--------|------------|
| 9562/1 | Calico | Single     |
| 9562   | Calico | Pack of 50 |

### Triangular Bandages—Non-woven

| SKU     | TYPE      | QTY        |
|---------|-----------|------------|
| 9560/10 | Non-woven | Pack of 10 |
| 9560    | Non-woven | Pack of 50 |

### Sterogauz Tubular Gauze Bandages

| SKU    | SIZE  | QTY          |
|--------|-------|--------------|
| 9545/1 | 1cm   | 1 x 20m Roll |
| 9540/1 | 1.5cm | 1 x 20m Roll |
| 9541/1 | 2.5cm | 1 x 20m Roll |
| 9542   | 3.5cm | 1 x 20m Roll |
| 9543   | 5cm   | 1 x 20m Roll |
| 9544   | 8cm   | 1 x 20m Roll |

Enquire for pricing and distributor rates



## Steroplast® STEROGRIP Elasticated Tubular Bandage

A stretchy tubular bandage providing uniform compression and support. A go-to for sprains, strains, and wound dressing. Ranging in size to cover ankles, knees, thighs, wrists and elbow joints.

- ✓ Made from a combination of a cotton rib-stockinette and covered latex rubber
- ✓ Apply in multiple layers for tailored support
- ✓ Re-usable and washable
- ✓ Cut to the size required

| SKU    | SIZE                 |
|--------|----------------------|
| 9520/1 | Size B - 6.25cm x 1m |
| 9521/1 | Size C - 6.75cm x 1m |
| 9522/1 | Size D - 7.5cm x 1m  |
| 9523/1 | Size E - 8.75cm x 1m |
| 9524/1 | Size F - 10cm x 1m   |
| 9525/1 | Size G - 12cm x 1m   |

Enquire for pricing and distributor rates



In a retail pouch with instruction card included

Applicator sold separately



# Hot & Cold Therapy

## Effective relief for pain, swelling, and muscle recovery.

Our range caters to at-home first aid, sports injury therapy, and everyday use—deep heat rubs for sore muscles, hot and cold packs for menstrual cramps, and purpose-made cooling bandages for soft tissue injuries—these products form a dependable selection for recovery and injury management before, during, and after activity.

### Ice Bags & Ice Packs

| SKU    | PRODUCT                                       | QTY        |
|--------|-----------------------------------------------|------------|
| 9640   | Reusable Ice Pack                             | Single     |
| 9612/1 | Reusable Hot and Cold Pack                    | Single     |
| 9612/3 | Reusable Hot and Cold Pack                    | Pack of 3  |
| 9612   | Reusable Hot and Cold Pack                    | Pack of 14 |
| 9660   | Reusable Hot and Cold Pack — Nylon Sleeve     | Single     |
| 9667   | Reusable Hot and Cold Pack — Non-Woven Sleeve | Single     |
| 9612/1 | Reusable Hot and Cold Pack                    | Single     |
| 9630   | Sterofreeze Instant Ice Pack — Long           | Single     |
| 9592/5 | Sterofreeze Instant Ice Pack — Short          | Pack of 5  |
| 9592   | Sterofreeze Instant Ice Pack — Short          | Pack of 25 |



SKU: 9612/1



SKU: 9640



SKU: 9592

SKU: 9630

### Deep Heat Range

| SKU     | PRODUCT         | SIZE   |
|---------|-----------------|--------|
| GSL0741 | Deep Heat Rub   | 35g    |
| 9614/DH | Deep Heat Spray | 72.5ml |



SKU: 9614/DH

SKU: GSL0741



SKU: 9613

### Sterofreeze Spray

| SKU  | PRODUCT                          | SIZE  |
|------|----------------------------------|-------|
| 9613 | Sterofreeze Instant Freeze Spray | 150ml |

### Physicool Cooling Bandages



| SKU    | PRODUCT                        | SIZE      |
|--------|--------------------------------|-----------|
| PHY001 | Physicool Cooling Bandage A    | 10cm x 2m |
| PHY004 | Physicool Cooling Bandage B    | 12cm x 3m |
| PHY005 | Physicool Cooling Knee Support | One Size  |
| PHY003 | Physicool Coolant Recharge     | 500ml     |

Enquire for pricing and distributor rates



SKU: PHY005



SKU: PHY001



SKU: PHY003



## PhysioWrap® Sport

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!
- ✓ The translucent film allows clear observation of the injured area
- ✓ Contributing to effective R.I.C.E treatment

| SKU        | TYPE             | PACK                  |
|------------|------------------|-----------------------|
| PHYWRAP001 | PhysioWrap SPORT | 1 Dispenser, 1 Roll   |
| PHYWRAP002 | Refill Pack      | 2 Rolls               |
| PHYWRAP003 | Team Pack        | 2 Dispensers, 6 Rolls |



**Did you know that Steroplast can supply all your pharmaceuticals and medicines?**

Steroplast stocks everything from GLS products to P-Meds and POM supplies.

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

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

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

Our high quality and safety standards extend to everyone who has access to our products, and it's paramount that we uphold this responsibility to our clients.



Medicines and Healthcare products Regulatory Agency



**Scan the QR code** to complete our Pharmaceuticals Qualification Form online. A member of our team will review your details and be back in touch with further instructions.

**Alternatively, fill out the physical version of the form on the next page**  
Send the completed form to our postal address:

Steroplast Healthcare Ltd,  
Unit 2, Alpha Point,  
Bradnor Road, Manchester, M22 4TE



[www.steroplast.co.uk/our-products/pharmaceuticals.html](http://www.steroplast.co.uk/our-products/pharmaceuticals.html)





# Steroplast Healthcare Limited

## Customer Qualification / Re-Qualification Form

**Customer MUST complete where applicable\***

*Please photocopy for multiple uses.*

**Form-004**

Version No.  
**03**

### CUSTOMER QUALIFICATION / RE-QUALIFICATION

|                                           |                                                                                                                                                                                                                                                                        |
|-------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Customer Name*                            |                                                                                                                                                                                                                                                                        |
| Corporate/Invoice Address*                |                                                                                                                                                                                                                                                                        |
| Delivery Address*                         |                                                                                                                                                                                                                                                                        |
| Contact Person (Name, Contact Details):*  |                                                                                                                                                                                                                                                                        |
| Customer Type:*                           | <input type="checkbox"/> Hospital <input type="checkbox"/> Pharmacy <input type="checkbox"/> Wholesale Distributor<br><input type="checkbox"/> Healthcare Professional <input type="checkbox"/> Other (Specify):<br><input type="checkbox"/> Pre-wholesale Distributor |
| Product Categories / Service Authorised:* | <input type="checkbox"/> GSL (4.2) <input type="checkbox"/> POM (4.1) <input type="checkbox"/> Pharmacy (4.4)<br><input type="checkbox"/> Medical Devices<br><input type="checkbox"/> Other:                                                                           |

|                          |                        |
|--------------------------|------------------------|
| Pin/Registration Number* | Nurse / Paramedic DOB* |
| Expiry Date*             | Specimen Signature*    |
| Qualification*           |                        |

|                      |                   |
|----------------------|-------------------|
| <b>AUTHORISATION</b> | GMC / GDC Number* |
| Surname*             | Signature*        |
| First Name*          |                   |

### QUALIFICATION STATUS - for office use only

|                                    |                                                            |                                                 |
|------------------------------------|------------------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Qualified | <input type="checkbox"/> Conditionally Qualified (Reason): | <input type="checkbox"/> Disqualified (Reason): |
|------------------------------------|------------------------------------------------------------|-------------------------------------------------|

### APPROVALS - for office use only

|                                                           |                                                                            |       |  |
|-----------------------------------------------------------|----------------------------------------------------------------------------|-------|--|
| QA Personnel (Name and Signature):                        |                                                                            | Date: |  |
| Re-Qualification Due Date                                 |                                                                            |       |  |
| Added to Approved Customer Index                          | <input type="checkbox"/> Yes      Comments:<br><input type="checkbox"/> No | Date: |  |
| Added to Approved Customer Index By (Name and Signature): |                                                                            |       |  |
| Customer Type                                             |                                                                            |       |  |

# Tapes & Strappings

**A practical selection of widths, lengths & colours for sports injury management and first aid needs.**

Browse our wide range of sports and medical tape designed to support injury prevention, treatment, and recovery during training and competition. Find tape to fix dressings in place, specialist sports tapes like Kinesiology Tape, and general-purpose first aid favourites like Zinc Oxide Tape.

## Medical Tapes

Medical tapes provide secure adhesion for dressings, medical devices, and tubing while catering to different needs, from gentle skin-friendly options to strong, long-lasting support. Many of our options are hypoallergenic and easy to tear by hand.

### Sterotape Clear Adhesive Surgical Tape

| SKU    | QUANTITY    | SIZE          |
|--------|-------------|---------------|
| 6864/1 | Single roll | 1.25cm x 9.1m |
| 6864   | Pack of 12  | 1.25cm x 9.1m |
| 6865/1 | Single roll | 2.5cm x 9.1m  |
| 6865   | Pack of 12  | 2.5cm x 9.1m  |

### Sterotape Silk — Medical Surgical Tape

| SKU    | QUANTITY    | SIZE        |
|--------|-------------|-------------|
| 4581/1 | Single Roll | 1.25cm x 5m |
| 4581   | Pack of 24  | 1.25cm x 5m |
| 4582/1 | Single Roll | 2.5cm x 5m  |
| 4582   | Pack of 12  | 2.5cm x 5m  |
| 4583/1 | Single Roll | 5cm x 5m    |
| 4583   | Pack of 6   | 5cm x 5m    |

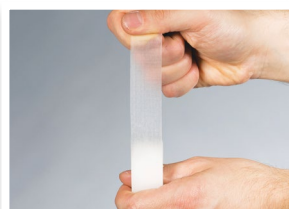
### Sterofix Dressing Retention Tape

| SKU  | QUANTITY    | SIZE        |
|------|-------------|-------------|
| 6854 | Pack of 4   | 2.5cm x 10m |
| 6855 | Pack of 2   | 5cm x 10m   |
| 6856 | Single roll | 10cm x 10m  |

### Sterotape Microporous White Medical Tape

| SKU  | QUANTITY   | SIZE         |
|------|------------|--------------|
| 6874 | Pack of 24 | 1.25cm x 5m  |
| 6871 | Pack of 24 | 1.25cm x 10m |
| 6873 | Pack of 12 | 2.5cm x 5m   |
| 6872 | Pack of 12 | 2.5cm x 10m  |
| 6875 | Pack of 6  | 5cm x 10m    |

Enquire for pricing and distributor rates



SKU: 6856



SKU: 4581



SKU: 6874

### Microporous Tape

Multi-functional premium fabric strapping tape wound onto a simple-to-use spool with a handy cap. Trusted in hospitals across the UK and supplied in an easy to use spool & cap.

| SKU      | SIZE       | QTY        |
|----------|------------|------------|
| 8105FC/1 | 2.5cm x 5m | Pack of 12 |



Spool & Cap

Enquire for pricing and distributor rates

## Taping Accessories

Taping accessories enhance the effectiveness and comfort of taping, providing better adhesion, easier removal, and added protection. Many products are lightweight, fast-drying, and skin-friendly, catering to professional and personal needs.



Protective Padding

### Self Adhesive Soft Wool Orthopaedic Felt

Provides soft protection for feet and joints when treating sports injuries. Simply cut to size and stick to the required area. 97% minimum wool content.

| SKU      | SIZE                  |
|----------|-----------------------|
| WSTE0565 | 22.5cm x 22.5cm x 5mm |
| WSTE0541 | 22.5cm x 45cm x 5mm   |
| WSTE0722 | 22.5cm x 45cm x 10mm  |



Protective Padding

### Hapla Swanfoam Foam Padding

SKU: WSTE0660



### Steroban-U Underwrap Foam Pre-Tape

SKU: 3075/6



### Mueller Economy Tape Cutter

SKU: 1289



### Zoff Adhesive Remover Wipes

SKU: 9639



### Mueller Tuffner® Pre-Tape Quick Drying Adherent Spray

SKU: 9648/1



### Tensospray Pre Tape Adhesive Protector

SKU: 9645



### Mueller Tape & Tuffner Adhesive Remover

SKU: 9638/1

118ml Pump Spray



### Mueller Tape & Tuffner Adhesive Remover

SKU: 9631/1

283g Aerosol Spray



## Sports Tapes

The consistent unrivalled quality and excellent performance of our tapes and strappings are the reasons why professional athletes and physios always choose the Steroplast brand. Our simple to apply tapes stay put during the most competitive of sports, throughout the most extreme environments.

### PVC Sports Tape — “Sock Tape”

| SKU        | COLOUR | QTY      |
|------------|--------|----------|
| 1673BLK/48 | Black  | 48 Rolls |
| 1673BLU/48 | Blue   | 48 Rolls |
| 1673GRE/48 | Green  | 48 Rolls |
| 1673ORA/48 | Orange | 48 Rolls |
| 1673RED/48 | Red    | 48 Rolls |
| 1673WHI/48 | White  | 48 Rolls |
| 1673YEL/48 | Yellow | 48 Rolls |



SKU: 4160/1



### Sterotape Premium Sports Tape

| SKU     | COLOUR | SIZE          | QTY      |
|---------|--------|---------------|----------|
| 4160/1  | Tan    | 3.8cm x 10m   | Single   |
| 4160/7  | Tan    | 3.8cm x 10m   | 7 Rolls  |
| 4160/30 | Tan    | 3.8cm x 10m   | 10 Rolls |
| 4154/10 | White  | 2.5cm x 13.7m | 10 Rolls |
| 4154    | White  | 2.5cm x 13.7m | 40 Rolls |



Latex Free



SKU: WSTE0669

### Dynamic Tape Eco

| SKU      | SIZE       | QTY         |
|----------|------------|-------------|
| WSTE0669 | 7.5cm x 5m | Single Roll |

### Sterotape-Z.O. Zinc Oxide Tape

| SKU  | SIZE         | QTY        |
|------|--------------|------------|
| 4051 | 1.25cm x 5m  | Pack of 24 |
| 4056 | 1.25cm x 10m | Pack of 24 |
| 4052 | 2.5cm x 5m   | Pack of 12 |
| 4057 | 2.5cm x 10m  | Pack of 12 |
| 4052 | 2.5cm x 5m   | Pack of 12 |
| 4050 | 4cm x 5m     | Pack of 8  |
| 4058 | 4cm x 10m    | Pack of 8  |
| 4053 | 5cm x 5m     | Pack of 6  |
| 4059 | 5cm x 10m    | Pack of 6  |

SKU: 3010



Latex Free



SKU: 4051

Latex Free

### Strappal Zinc Oxide Tape

| SKU  | SIZE         | QTY        |
|------|--------------|------------|
| 4063 | 2.5cm x 10m  | Pack of 36 |
| 4064 | 1.25cm x 10m | Pack of 36 |
| 4066 | 5cm x 10m    | Pack of 18 |

SKU: 4066



### Protek Kinesiology Tape

Designed for active use, this tape is flexible, breathable, and waterproof – helping athletes maintain movement while reducing strain.

It provides targeted support for muscles & joints during training, competition & recovery.

| SKU    | SIZE     | COLOUR |
|--------|----------|--------|
| 3016/1 | 5cm x 5m | Black  |
| 3019/1 | 5cm x 5m | Beige  |

### Sterotape-K Kinesiology Tape

| SKU  | COLOUR | QTY         |
|------|--------|-------------|
| 3010 | Blue   | Single Roll |

Enquire for pricing and distributor rates

## Steroban Cohesive Riplite

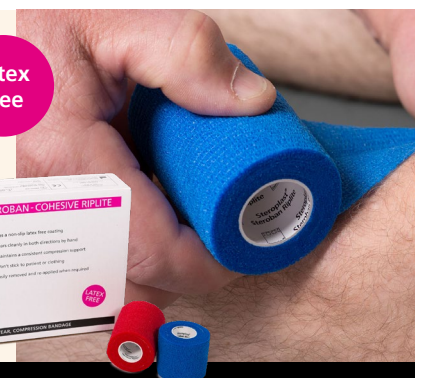
Tears easily, support and compression of soft tissue injuries

| SKU    | COLOUR | SIZE         | PACK SIZE |
|--------|--------|--------------|-----------|
| 1661RL | Blue   | 5cm x 4.5m   | 12        |
| 1662RL | Blue   | 7.5cm x 4.5m | 12        |
| 1671RL | Red    | 5cm x 4.5m   | 12        |
| 1672RL | Red    | 7.5cm x 4.5m | 12        |
| 1660RL | Tan    | 7.5cm x 4.5m | 12        |

- Blood spill tape
- No.1 choice of sports physios
- Underwrap not required



Latex Free



Enquire for pricing and distributor rates

# Plasters & Dressing Strips

**Developed over 30 years.**

These plasters and dressing strips are designed to manage minor sports injuries with reliable hold and skin comfort. Suitable for cuts, grazes, and blisters picked up during training or competition, they stay securely in place through movement while remaining gentle on the skin. Our plasters have been developed over 30 years of market research to bring you the best performance: gentle on skin, complete protection, and superior stick. In fact, our adhesive is so effective we won an award.

## Blister Plasters

Blister plasters provide cushioning, protection, and a moist healing environment to reduce discomfort and support recovery. Available in gel, foam, hydrocolloid, and hydrogel options, they help prevent friction and soothe existing blisters.



**Two sizes available**

SKU: 6050/6

SKU: 8056FC/6

SKU: 8046FC/1

SKU: 7600

CE MARKED

INDIVIDUALLY WRAPPED

### 6 Blister Cushions

| SKU      | QUANTITY       | SIZE          |
|----------|----------------|---------------|
| 8046FC/1 | 1 x 6 Plasters | 6.8cm x 4.3cm |
| 8046FC/6 | 6 x 6 Plasters | 6.8cm x 4.3cm |

### 10 Blister Foam Plasters

| SKU    | QUANTITY        | SIZE          |
|--------|-----------------|---------------|
| 6050/1 | 1 x 10 Plasters | 7.5cm x 2.5cm |
| 6050/6 | 6 x 10 Plasters | 7.5cm x 2.5cm |

### 16 Hydrocolloid Plasters

| SKU      | QUANTITY        | SIZE          |
|----------|-----------------|---------------|
| 8056FC/6 | 6 x 16 Plasters | 7.2cm x 1.9cm |

### 2Toms® Skin-On-Skin Soothing Dressings

| SKU  | QUANTITY   | SIZE           |
|------|------------|----------------|
| 7600 | Tub of 200 | 2.5cm (Square) |
| 7601 | Tub of 48  | 7.5cm (Circle) |

Enquire for pricing and distributor rates

## Fabric Plasters

Fabric plasters provide flexible, durable wound protection for everyday cuts and scrapes. Available in assorted sizes or as cut-to-size strips, they offer strong adhesion and comfort while allowing movement. Tested and recommended by independent consumer experts, they are a reliable choice for personal and professional use.



SKU: 8002/6

SKU: 8008FC/6

SKU: 8032FC/1



## Which?

**#1 in the UK: Which? Recommended**

Our Elastic Fabric Plaster was put through a series of tough tests by Which?, the 100% independent UK consumer champion, to find out which plaster from major UK brands was the most reliable and cost-effective.

### Fabric Adhesive Dressing Wound Strip

| SKU    | QUANTITY             | SIZE         |
|--------|----------------------|--------------|
| 8002/6 | 6 x 1 Dressing Strip | 50cm x 7.5cm |

### Fabric Assorted Plasters

| SKU      | QUANTITY        | SIZE     |
|----------|-----------------|----------|
| 8008FC/6 | 6 x 16 Plasters | Assorted |

### Clear & Fabric Plasters

| SKU      | QUANTITY        | SIZE     |
|----------|-----------------|----------|
| 8032FC/1 | 6 x 64 Plasters | Assorted |

Enquire for pricing and distributor rates



# Support & Rehab Products

## Designed for faster recovery and injury prevention.

Whether you're recovering from an injury, managing a chronic condition, or simply looking for extra support during daily activities or sports, our range of support and rehabilitation products is designed to help you stay active and comfortable. From ergonomic joint supports that provide stability and pain relief to protective padding that reduces friction and pressure, these products are essential for injury prevention and recovery.

## Massagers

Massage tools are designed to relieve muscle tension, improve circulation, and support recovery. Available in different firmness levels and designs, they are ideal for home use, gym sessions, or on-the-go relief.



### Trigger Point Massage Ball Set

| SKU    | SIZE | QTY            |
|--------|------|----------------|
| REH043 | 6cm  | Set of 3 Balls |

### Spikey Self-Massage Balls

| SKU    | SIZE  | QTY            |
|--------|-------|----------------|
| REH029 | 6.5cm | Set of 3 Balls |

### Atom Massage Stick

| SKU    | SIZE | QTY    |
|--------|------|--------|
| REH028 | 40cm | Single |

## Supports

Designed to provide stability, pain relief, and comfort for joints and muscles, helping to maintain mobility during daily activities. Made with breathable materials and ergonomic designs, they offer targeted support where needed.



### Actimove® Everyday Elbow Supports

| SKU    | TYPE          | SIZE                      |
|--------|---------------|---------------------------|
| REH045 | Elbow Support | Small (20cm - 23cm)       |
| REH046 | Elbow Support | Medium (23cm - 26cm)      |
| REH047 | Elbow Support | Large (26cm - 29cm)       |
| REH048 | Elbow Support | Extra Large (29cm - 32cm) |

### Actimove® Everyday Back Supports

| SKU    | TYPE         | SIZE                       |
|--------|--------------|----------------------------|
| REH049 | Back Support | Small/Medium (74cm-94cm)   |
| REH050 | Back Support | Large/X Large (94cm-114cm) |

### Actimove® Everyday Knee Supports

| SKU    | TYPE           | SIZE                      |
|--------|----------------|---------------------------|
| REH051 | Closed Patella | Small (31cm - 36cm)       |
| REH052 | Closed Patella | Medium (36cm - 41cm)      |
| REH053 | Closed Patella | Large (41cm - 46cm)       |
| REH054 | Closed Patella | Extra Large (46cm - 52cm) |

### Actimove® Everyday Knee Supports, 2 Stays

| SKU    | TYPE           | SIZE                      |
|--------|----------------|---------------------------|
| REH055 | Closed Patella | Small (31cm - 36cm)       |
| REH056 | Closed Patella | Medium (36cm - 41cm)      |
| REH057 | Closed Patella | Large (41cm - 46cm)       |
| REH058 | Closed Patella | Extra Large (46cm - 52cm) |

### Actimove® Everyday Knee Supports, 4 Stays

| SKU    | TYPE         | SIZE                      |
|--------|--------------|---------------------------|
| REH059 | Open Patella | Small (31cm - 36cm)       |
| REH060 | Open Patella | Medium (36cm - 41cm)      |
| REH061 | Open Patella | Large (41cm - 46cm)       |
| REH062 | Open Patella | Extra Large (46cm - 52cm) |

### Actimove® Everyday Ankle Supports

| SKU    | TYPE          | SIZE                      |
|--------|---------------|---------------------------|
| REH063 | Ankle Support | Small (18cm - 21cm)       |
| REH064 | Ankle Support | Medium (21cm - 24cm)      |
| REH065 | Ankle Support | Large (24cm - 27cm)       |
| REH066 | Ankle Support | Extra Large (27cm - 30cm) |



# Resistance Training & Exercise Tools

**Improve strength, stability, and flexibility with our range of resistance training and exercise tools.**

Whether you're looking to build muscle, improve mobility, or aid recovery, our selection caters to all fitness levels. From versatile resistance bands and squat loops to durable foam rollers and grip strengtheners, these essential tools are designed for effective training at home, in the gym, or on the go.

Perfect for personal fitness, rehabilitation, and professional use, each product is crafted for durability and performance, helping you achieve your fitness goals with ease.

## Mini Power Loops

| SKU    | SIZE | QTY       |
|--------|------|-----------|
| REH030 | 35cm | Pack of 5 |

## Resistance Bands

| SKU    | STRENGTH | COLOUR |
|--------|----------|--------|
| REH035 | Light    | Red    |
| REH036 | Medium   | Blue   |
| REH037 | Strong   | Black  |



## Resistance Squat Bands

| SKU    | STRENGTH | SIZE |
|--------|----------|------|
| REH034 | Light    | 76cm |
| REH032 | Medium   | 76cm |
| REH031 | Strong   | 76cm |



## Safety Resistance Trainer Studio Pro

| SKU    | STRENGTH     | COLOUR |
|--------|--------------|--------|
| REH039 | Light        | Green  |
| REH040 | Medium       | Blue   |
| REH041 | Strong       | Red    |
| REH038 | Extra Strong | Black  |

## Strong Grip Hand & Wrist Exerciser

| SKU    | STRENGTH | COLOUR |
|--------|----------|--------|
| REH020 | Light    | Pink   |
| REH021 | Medium   | Purple |
| REH022 | Strong   | Green  |



## Hand Grip Pro Power Aluminium Exerciser

| SKU    | STRENGTH     | COLOUR |
|--------|--------------|--------|
| REH025 | Light        | Blue   |
| REH026 | Medium       | Green  |
| REH027 | Strong       | Purple |
| REH024 | Extra Strong | Black  |

Enquire for pricing and distributor rates

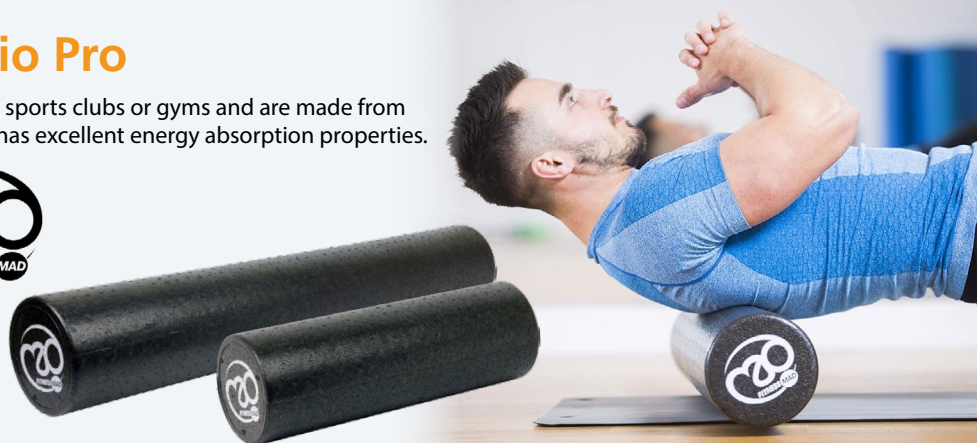
## Foam Roller Studio Pro

These foam rollers are ideal for studios, sports clubs or gyms and are made from Expanded Polypropylene (EPP), which has excellent energy absorption properties.

- ✓ Superior durability
- ✓ Extremely lightweight
- ✓ Recyclable
- ✓ Available in two widths



| SKU    | SIZE | QTY    |
|--------|------|--------|
| REH014 | 45cm | Single |
| REH015 | 90cm | Single |



Enquire for pricing and distributor rates

# Yoga, Pilates, Strength, & Stability Training

**Strength, stability, and flexibility for every workout.**

Build strength, improve stability flexibility with this range of fitness essentials. From durable yoga mats and sliding discs to balance cushions and neoprene dumbbells, each item is designed to help get the most out of your workouts—at home, in the gym, or in a studio.

## Yoga & Pilates Equipment

To equip gyms, yoga and pilates studios or for at-home use.

### Fitness Core Plus Mat

| SKU    | SIZE | COLOUR |
|--------|------|--------|
| REH010 | 15mm | Blue   |

### Fitness Warrior Yoga II Mat

| SKU    | SIZE | COLOUR    |
|--------|------|-----------|
| REH011 | 4mm  | Dark Blue |
| REH012 | 4mm  | Graphite  |

### Gym Swiss Ball

| SKU    | SIZE | COLOUR    |
|--------|------|-----------|
| REH016 | 55cm | Dark Blue |
| REH017 | 65cm | Graphite  |
| REH018 | 75cm | Graphite  |



SKU: REH010



SKU: REH017

Pump sold separately



SKU: REH011

## Strength & Stability Equipment

Essential training equipment for building strength and stability.

### Sliding Fitness Discs

| SKU    | SIZE              | QTY      |
|--------|-------------------|----------|
| REH042 | 17.5cm (Diameter) | One Pair |

### Stability Grey PVC Cushion

| SKU    | SIZE            | QTY    |
|--------|-----------------|--------|
| REH002 | 35cm (Diameter) | Single |

### Oval Blue Balance Pads

| SKU    | SIZE                | QTY      |
|--------|---------------------|----------|
| REH001 | 5.5cm x 18cm x 30cm | One Pair |

### Neoprene Hand Weight Dumbbells

| SKU    | WEIGHT | COLOUR |
|--------|--------|--------|
| REH003 | 0.5kg  | Pink   |
| REH005 | 1kg    | Purple |
| REH004 | 1.5kg  | Green  |
| REH006 | 2kg    | Blue   |
| REH007 | 3kg    | Orange |
| REH008 | 4kg    | Red    |
| REH009 | 5kg    | Black  |



SKU: REH042



SKU: REH002

With Pump



SKU: REH001



SKU: REH003



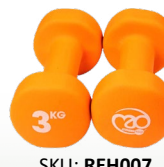
SKU: REH005



SKU: REH004



SKU: REH006



SKU: REH007



SKU: REH008



SKU: REH009



## Acupuncture Needles

**Ideal for sports therapists and practitioners.**

Acupuncture is increasingly used in sports recovery and injury management, helping athletes and active individuals relieve muscle tension, improve circulation, and support faster healing.

### Classic Plus Acupuncture Needles

| SKU      | SIZE         | QTY         |
|----------|--------------|-------------|
| WSTE0641 | 40mm x 0.3mm | Pack of 100 |
| WSTE0668 | 70mm x 0.3mm | Pack of 100 |



SKU: WSTE0641

## Creams, Lotions, Oils & Gels

**Designed for the treatment and rehabilitation of sports injuries.**

From muscle relief to skin protection, our range of creams and topical solutions is designed to support athletes, fitness enthusiasts, and professionals alike. Whether you're looking for deep tissue massage wax, fast-absorbing recovery gels, or heat-activating muscle relief, we've got you covered.

Our selection includes trusted brands like NAQI® and Wintergreen, offering high-quality formulas for warming up, cooling down, and post-exercise recovery. With options for sensitive skin, professional massage therapy, and all-weather performance, our creams ensure you're prepared for every stage of training, competition, and recovery.

### Petroleum Jelly

| SKU  | SIZE | QTY        |
|------|------|------------|
| 9604 | 226g | Single tub |



SKU: 9604

### Sunscreen Lotion

| SKU         | SIZE      | QTY        |
|-------------|-----------|------------|
| BD555600/10 | 10ml Tube | Pack of 10 |



SKU: BD555600/10



SKU: 3041/1

### Songbird Sports Massage Wax

| SKU    | SIZE | QTY        |
|--------|------|------------|
| 3041/1 | 550g | Single Tub |

### NAQI® Recovery Gel

| SKU     | SIZE  | QTY           |
|---------|-------|---------------|
| NAQI009 | 100ml | Single Bottle |



SKU: NAQI009

### NAQI® Warming Up Competition 2

| SKU     | SIZE  | QTY         |
|---------|-------|-------------|
| NAQI001 | 500ml | Single Tube |



SKU: NAQI001

### NAQI® Massage Lotion 500ml

| SKU     | TYPE       | QTY           |
|---------|------------|---------------|
| NAQI002 | Sport      | Single Bottle |
| NAQI008 | Ultra      | Single Bottle |
| NAQI007 | Ultra Plus | Single Bottle |



SKU: NAQI008



SKU: NAQI002



SKU: NAQI007

Also Available in 5L

Enquire for pricing and distributor rates



## Ultrasound Gel

**Premium viscous gel for diagnosis & therapeutic medical ultrasound**

- ✓ Hypoallergenic, non-sensitising and non-irritant
- ✓ It doesn't stain clothing or damage transducers
- ✓ Acoustically correct for the broad range of frequencies used
- ✓ Recommended by leading manufacturers of medical ultrasound equipment

| SKU  | TYPE    |
|------|---------|
| 9632 | 250ml   |
| 9635 | 5 Litre |



# WINTERGREEN®

## Creams, Lotions & Oils

Recovery is an essential part of any exercise routine, giving the body time to repair and adapt, which helps maintain performance and lowers the chance of injury. Whilst warming up properly prepares the muscles and joints, increasing flexibility and reducing strain.

Trusted by sports professionals, the Wintergreen Sports Products range includes recovery solutions and muscle relief products formulated to help athletes and sports enthusiasts recover faster and perform better.

### WINTERGREEN® Grip Enhancers

Improves grip and reduces slip, making it useful for sports requiring enhanced ball or boot control.

| SKU                | PRODUCT          | SIZE  |
|--------------------|------------------|-------|
| <b>A</b> WINT004/1 | Ultra Grip Spray | 150ml |

### WINTERGREEN® Recovery Products

These products help to reduce inflammation, relieve joint aches, and relax muscles.

| SKU                | PRODUCT             | SIZE  |
|--------------------|---------------------|-------|
| <b>B</b> WINT009/1 | Hot Mustard Soak    | 1kg   |
| <b>C</b> WINT010/1 | Arnica Massage Oil  | 100ml |
| <b>D</b> WINT011/1 | Arnica Massage Balm | 500ml |

### WINTERGREEN® Heat Therapy Products

Warming gels and heat creams designed to relieve muscle cramps and strains.

| SKU                | PRODUCT                   | SIZE  |
|--------------------|---------------------------|-------|
| <b>E</b> WINT001/1 | Warmup Ultra              | 500ml |
| <b>F</b> WINT002/1 | Muscle Relief Menthol Gel | 500ml |
| <b>G</b> WINT003/1 | Muscle Relief Heat Cream  | 500ml |

### WINTERGREEN® Magnesium Range

Replenish magnesium lost through sweat, easing muscle cramps and soreness with these body gels, lotions, sprays, and soaks.

| SKU                | PRODUCT               | SIZE  |
|--------------------|-----------------------|-------|
| <b>H</b> WINT005/1 | Magnesium Body Gel    | 100ml |
| <b>I</b> WINT006/1 | Magnesium Body Lotion | 250ml |
| <b>J</b> WINT007/1 | Magnesium Body Spray  | 100ml |
| <b>K</b> WINT008/1 | Magnesium Body Soak   | 1kg   |

Enquire for pricing and distributor rates



# Manchester Football Association First Aid Kit



**GREATER MANCHESTER FOOTBALL**

This kit has been put together by healthcare professionals to equip football players with all the first-aid essentials they need to treat minor injuries fast and effectively.

- ✓ Contents meet FA first aid guidelines
- ✓ Comprehensive contents for treatment of football injuries
- ✓ Treat various injuries including wounds, swelling, fractures, cuts and shock symptoms
- ✓ Simple and quick identification of products
- ✓ Treat minor injuries at the scene fast
- ✓ Provide CPR safely



Contents recommended by Manchester Football Association

| SKU       | PRODUCT                         | QTY |
|-----------|---------------------------------|-----|
| 9675      | Blue Activ Series First Aid Bag | 1   |
| 1997      | Nitrile Gloves (Pair)           | 2   |
| 9582      | Resusciate Face Shield          | 1   |
| -         | Plasters (Assorted)             | 20  |
| 1511      | Scissors (Paramedic) 6"         | 1   |
| 1516/1    | Tweezers                        | 1   |
| 2092      | Tape (EAB) 2.5cm                | 1   |
| 1904      | Gauze Swabs (sterile) 7.5cm     | 10  |
| 9592      | Instant Ice Packs               | 2   |
| 3057      | Crepe Bandage 7.5cm             | 2   |
| 9560      | Triangular Bandage              | 1   |
| 8021      | Alcohol Free Wipes              | 5   |
| 1910B     | Wound Dressing (Sterile) Large  | 1   |
| 1911B     | Wound Dressing (Sterile) Medium | 1   |
| 1915B     | Wound Dressing (Sterile) Finger | 1   |
| 1972/200  | Clinical Waste Bags             | 2   |
| 1805      | Foil Blanket                    | 2   |
| 1400W     | Eye/ Wound Wash Pods 20ml       | 2   |
| 1912B     | Eyepad Wound Dressing (Sterile) | 1   |
| LEAFIR007 | First Aid Guidance Leaflet      | 1   |
| 4051      | Tape - Zinc Oxide 1.25cm x 5m   | 1   |
| -         | Packet of Sugar                 | 2   |

## Sports First Aid Kits

**Be prepared for anything the game throws at you with our range of Sports First Aid Kits.**

Whether you're managing a grassroots team, coaching elite athletes, or cycling through rugged terrain, having the right medical supplies on hand is essential. Our expertly designed kits cover everything from minor cuts and sprains to more serious injuries, ensuring quick and effective treatment when it matters most.

With options tailored for team sports, cycling, and outdoor adventures, you can find the perfect kit to suit your needs—whether it's for match day, training, or long-distance expeditions. Stay prepared and keep the game going with our high-quality sports medical kits.

### Pitch Side Sports First Aid Kit

| SKU    | PRODUCT    |
|--------|------------|
| 8275   | Full Kit   |
| 8275RP | Kit Refill |

### Sports First Aid Kit

| SKU    | SIZE       |
|--------|------------|
| 8090   | Full Kit   |
| 8090RP | Kit Refill |

### Hockey First Aid Kit

| SKU  | SIZE     |
|------|----------|
| 8285 | Full Kit |

Enquire for pricing and distributor rates



OWN  
BRANDING  
AVAILABLE



REFILLS  
AVAILABLE

Compact  
Bag



SKU: 8285



SKU: 8090



SKU: 8275

Includes  
81 items





Scan the QR code to view our full range of sports first aid kits online.

VIEW ONLINE

# //STEROSPORT **ACTIV** Specialist First Aid Kits

Compact first aid kits designed for a range of outdoor adventures.

We developed these alongside cycling and sports first aid specialists to make them the most comprehensive first aid kits for all types of cyclists. Each kit contains Steroplast's premium first aid supplies, expertly selected and wrapped in an intuitive, compact kit bag.



**Pocket Kit**



**Essentials First Aid Kit**  
SKU: SSA0001



**Commuter First Aid Kit**  
SKU: SSA0002



**Explorer First Aid Kit**  
SKU: SSA0003



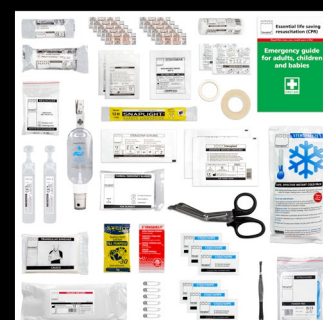
**Travel Pouch**



**Light Outdoor First Aid Kit**  
SKU: SSA0004



**Adventurer First Aid Kit**  
SKU: SSA0005



**Expedition First Aid Kit**  
SKU: SSA0006





# Emergency Bags

**Keep your gear safe for when you need it most.**

Bags designed to withstand the harshest weather conditions and be carried through extreme terrains, protecting vital first aid equipment. Our range of reflective water-resistant backpacks and emergency bags is used by not only emergency responders but also survivalists, extreme outdoors adventurers, and medics on wilderness courses or tours.

A leading brand, WaterStop bags are made for medics and military personnel. Their high-spec design appeals to professional and enthusiast survivalists and sports people. They feature a Teflon shield with WaterStop technology to completely repel dirt and liquid, keeping their vivid colours highly visible. We also offer modules to help with better organisation inside, so you don't need to waste any time finding what you need.



## WaterStop® Bags

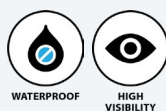
Heavy duty emergency WaterStop® Bags with modular compartments and varying in size and design. Each bag features Teflon shield and WaterStop® technology to repel dirt and liquid.

### WaterStop® Emergency Bags

| SKU       | TYPE                          |
|-----------|-------------------------------|
| PARBAG005 | WaterStop ULTRA Emergency Bag |
| PARBAG004 | WaterStop MULTI Emergency Bag |
| PARBAG008 | WaterStop FREE Emergency Bag  |

High strength  
PVC  
exterior

SKU: PARBAG005



SKU: PARBAG008

SKU: PARBAG004

## Emergency Backpacks

Designed for durability, organisation, and ease of use in demanding conditions. Made from reinforced, wipe-clean materials like PVC and tarpaulin, they offer water-resistant protection and long-lasting performance.

Features include ergonomic carrying options, full-zip openings for quick access, and modular compartments for organised storage. Each bag has reflective strips for visibility, dust-proof materials, and secure water-sealing zips ensuring reliability in emergency situations.

### WaterStop® PRO Emergency Backpacks

| SKU            | MATERIAL | COLOUR |
|----------------|----------|--------|
| PARBAG001/BLU  | PVC      | Blue   |
| PARBAG001/YEL  | PVC      | Yellow |
| PARBAG001      | PVC      | Red    |
| PARBAG001/F    | Fabric   | Red    |
| PARBAG001F/BLK | Fabric   | Black  |

### Premier Emergency Backpack

| SKU           | MATERIAL      | COLOUR |
|---------------|---------------|--------|
| PARBAG007/GRE | PVC tarpaulin | Green  |
| PARBAG007/YEL | PVC tarpaulin | Yellow |
| PARBAG007     | PVC tarpaulin | Red    |

Enquire for pricing and distributor rates

SKU: PARBAG007

Fabric  
& PVC  
options

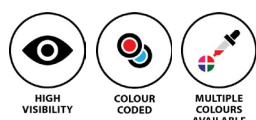
SKU:  
PARBAG001/BLU

SKU: PARBAG001/YEL

SKU: PARBAG001F/BLK

### Modular Bags

We offer a variety of WaterStop Module Bags, which allow medical staff and emergency services to organise and transport critical medical equipment.



SKU: PARBAG014/RED



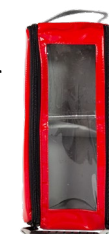
SKU: PARBAG014/YEL



SKU: PARBAG009/GRE



SKU: PARBAG009/BLU



SKU: PARBAG009/RED



SKU: PARBAG009/YEL



# Splints & Stretchers

Ideal for trauma situations where immediate action is crucial, these immobilisation and evacuation solutions are trusted globally for their reliability and effectiveness.

## SAM® Splints

A leading brand for dedicated teams in emergency services to rugged outdoor adventurers and esteemed organisations such as the US military and NASA—the SAM® Splint stands out for its revolutionary design.

Intelligently designed to easily fit in backpacks and mouldable to any curve, it's perfect for stabilising injuries in unpredictable environments, creating multiple different splints for a range of body parts.



**SAM® Splint 4" Finger**  
SKU: 1384

**SAM® Splint 18" Junior Flat**  
SKU: 1382

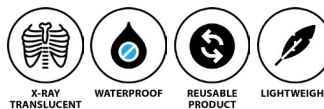
**SAM® Splint 36" Standard Flatfold**  
SKU: 1380

**SAM® Splint 36" Flatfold XL**  
SKU: 1383

**SAM® Splint 36" Standard Roll**  
SKU: 1381

| SKU  | PRODUCT                           | SIZE            |
|------|-----------------------------------|-----------------|
| 1380 | SAM® Splint 36" Standard Flatfold | 91.4cm x 10.8cm |
| 1381 | SAM® Splint 36" Standard Roll     | 91.4cm x 10.8cm |
| 1382 | SAM® Splint 18" Junior Flat       | 45.7cm x 10.8cm |
| 1383 | SAM® Splint 36" Flatfold XL       | 91.4cm x 14cm   |
| 1384 | SAM® Splint 4" Finger             | 9.4cm x 4.6cm   |

Enquire for pricing and distributor rates



**SAM**  
MEDICAL



## Scoop Stretcher

This stretcher is ideal for transporting patients with potential spinal injuries, ensuring immobility of the injured area to avoid further trauma.

SKU  
WSTE0622

- X-ray translucent
- Comes with 3 safety straps
- Easy to clean



## Spencer Basket Stretcher

The universal basket stretcher is designed to deal with almost all rescue operations, including the most difficult emergency situations.

SKU  
WSTE0311

- 280kg Load capacity
- 12 Handles
- CE Marked

Visit our

## Trauma Supplies Online Buying Guide

Explore our user-friendly Trauma Guide page for a breakdown of our advanced trauma supplies.

- ✓ Learn more about **Martyn's Law & the Care Gap** to find out how your business can be better prepared
- ✓ Find detailed information and specifications to meet your needs
- ✓ Refine your search
- ✓ Intuitive page navigation
- ✓ Related videos & articles
- ✓ Compare products side by side

Scan the QR code  
to visit our online guide



ONLINE GUIDE



## Or, download our Advanced Life Support Price Guide

Browse our catalogue of advanced life support products, complete with end-user prices. Check out top emergency brands and distributor opportunities.

- ✓ Includes product details and order codes
- ✓ End-user prices
- ✓ Updated regularly

Scan the QR code  
to view our price guide



PRICE GUIDE

# Bleed Control & Trauma

## Support for serious injuries in high-risk sporting environments.

Clotting haemostatic agents for severe blood loss, specially selected trauma dressings and a range of different tourniquets—all easy to use in a crisis. Bleed control supplies are ideal for those in high-risk situations like extreme sports and survival conditions.

Extreme sports and survivalist missions require a step above the standard first aid kit. We stock professionally assembled critical injury first aid kits designed to help handle more serious injuries out in the wild.



## Tourniquets

Designed for rapid application, they feature a range of mechanisms, including windlass systems, stretch-wrap designs, and quick-release buckles, ensuring ease of use even in high-pressure situations.



**Tactical Mechanical Tourniquet™ (TMT)**  
SKU: WSTE0678



**SOF Tactical Tourniquet**  
SKU: WSTE0401



**STAT Tourniquet**  
SKU: 1146



**C-A-T Combat Application Tourniquet**  
SKU: 1143



**SWAT-T Tourniquet**  
SKU: 1141

Enquire for pricing and distributor rates

## Haemostatic Agents

Ideal for trauma situations where immediate action is crucial, these haemostatic solutions are trusted globally for their reliability and effectiveness.

### Celox Haemostats



| SKU  | APPLICATION              | SIZE          |
|------|--------------------------|---------------|
| 6837 | Haemostatic Granules     | 15g           |
| 6850 | Z-Fold Haemostatic Gauze | 1.5m x 7.6cm  |
| 6832 | Rapid Z Fold Gauze       | 7.6cm x 152cm |
| 6833 | Pre-filled Applicator    | 6g            |



SKU: 6850



SKU: 6833



SKU: 6837

### ChitoSAM™ 100 Haemostatic Dressing



| SKU  | PRODUCT              | SIZE        |
|------|----------------------|-------------|
| 1357 | Haemostatic Dressing | 10cm x 10cm |



SKU: 6832

### Prometheus ChitoGauze XR Pro



| SKU     | PRODUCT           | SIZE        |
|---------|-------------------|-------------|
| PROM006 | Haemostatic Gauze | 10cm x 3.7m |



SKU: 1357



SKU: PROM006



Enquire for pricing and distributor rates

## Bleed & Trauma First Aid Kits

Backed by our mighty first aid and critical injury comprehension, our kits are designed to offer the support you need, trained or untrained, in a crisis.

| SKU    | PRODUCT                       |
|--------|-------------------------------|
| 6824   | Sterostop Bleed Control Kit   |
| 8599-C | Critical Injury First Aid Kit |

Visit page 16  
for all  
First Aid Kits



Enquire for pricing and distributor rates



## Chest Seals

Our selection of chest seals are vital for managing open chest wounds, preventing air from being drawn into the pleural cavity while allowing trapped air to escape. Trusted by medical professionals, they provide reliable protection in emergency situations.

### SAM Chest Seal 2.0

| SKU      | QUANTITY | SIZE            |
|----------|----------|-----------------|
| WSTE0392 | Single   | 22.9cm x 19.1cm |

### Russell Chest Seal

| SKU      | QUANTITY | SIZE        |
|----------|----------|-------------|
| WSTE0380 | Single   | 20cm x 15cm |

### Celox Foxseal Chest Seal

| SKU  | QUANTITY  | SIZE          |
|------|-----------|---------------|
| 6834 | Pack of 2 | 13cm x 13.3cm |

### Corius Seal Wound Dressing

| SKU     | QUANTITY | SIZE        |
|---------|----------|-------------|
| PROM009 | Single   | 20cm x 15cm |



SKU: WSTE0392



SKU: WSTE0380



SKU: 6834



SKU: PROM009



## Trauma Dressings

Designed to control moderate to severe bleeding, offering secure compression and high absorbency for effective wound management. With options ranging from standard trauma dressings to extra-large bandages for extensive injuries, they provide reliable support in critical situations.

### Prometheus Trauma Dressing

| SKU     | QUANTITY | SIZE        |
|---------|----------|-------------|
| PROM011 | Single   | 17cm x 10cm |



SKU: 6830

### The Emergency Bandage

| SKU  | QUANTITY | SIZE   |
|------|----------|--------|
| 6844 | Single   | 6 inch |



SKU: 6844



SKU: PROM003

### Steroplast Medium Trauma Dressing

| SKU  | QUANTITY | SIZE        |
|------|----------|-------------|
| 6830 | Single   | 10cm x 18cm |

### TacMed Solutions Tactical Blast Bandage

| SKU     | QUANTITY | SIZE        |
|---------|----------|-------------|
| PROM003 | Single   | 50cm x 50cm |



SKU: PROM011



Enquire for pricing and distributor rates

## Additional Considerations: Add these to your kit...

These practical, cost-effective supplies are great additions to any first aid kit or survival pack.



### H&H Compressed Gauze

Compressed gauze is ultra-compact and vacuum-sealed, perfect for wound packing and controlling bleeding.

| SKU  | SIZE            |
|------|-----------------|
| 6835 | 11.43cm x 3.75m |



### Rhino Pinch Nasal Clip

The Rhino-Pinch Nasal Clip provides a reusable, adjustable option for stopping nosebleeds quickly and comfortably.

| SKU  | QTY       |
|------|-----------|
| 3039 | Box of 30 |



### LiquiBand® Wound Closure Glue

Offers a quick-setting, water-resistant seal with an anti-microbial barrier, ideal for small wound protection.

| SKU      | SIZE |
|----------|------|
| WSTE0526 | 0.5g |

## Blizzard Survival

Blizzard survival bags, blankets, and jackets used by mountain rescue teams, made with Reflexcell™ material for unparalleled thermal protection during survival sports and rescue missions.



Revolutionary thermal protection for extreme cold conditions designed to save casualties in critical conditions in the cold, and packed in backpacks just in case.

Equipment in this range is waterproof and wind-proof, offering high-performance defence against the elements.

| SKU     | SIZE                                          |
|---------|-----------------------------------------------|
| BLIZ001 | Blizzard Blankets Compact Blanket 2 Layer     |
| BLIZ002 | Blizzard Blanket - EMS Blanket                |
| BLIZ004 | Blizzard 3 Layer Survival Bag                 |
| BLIZ006 | Blizzard 2 Layer Active Range Survival Jacket |
| BLIZ011 | Blizzard IFAK Emergency Blanket               |

Enquire for pricing and distributor rates



SKU: BLIZ001



SKU: BLIZ006



SKU: BLIZ002



SKU: BLIZ004



SKU: BLIZ011

### ? About Reflexcell™

The effectiveness of Reflexcell™ has been confirmed through rigorous in-house testing and external trials by the US Army Institute of Surgical Research. As a result, the Blizzard Survival Blanket, made from Reflexcell™, is endorsed by the US Army Medical Center Directorate of Combat and Doctrine Development and is used exclusively in training Army medics for treating hypothermia.

## Blankets & Bedding

Practical and hygienic bedding options are critical to effective patient care.

Blankets and bedding supplies to supplement your first aid range or assist with at-home patient care. We also stock disposable bed pads, ideal for pets, children, those with continence difficulties, and mothers recovering from labour.



SKU:  
1805/25



SKU: 1806



SKU: WSTE0039



SKU: MW1002

| SKU      | TYPE                                           | QTY         |
|----------|------------------------------------------------|-------------|
| 1805/25  | Foil Blanket                                   | Pack of 25  |
| MW1002   | Mediwrap High Protection Thermal Blanket       | Single      |
| WSTE0039 | Disposable Incontinence Bed Pads — 60cm x 40cm | Pack of 100 |
| WSTE0035 | Disposable Incontinence Bed Pads — 90cm x 60cm | Pack of 100 |
| 1806     | Cellular Ambulance Blanket — Red               | Single      |
| 1806/BL  | Cellular Ambulance Blanket — Blue              | Single      |

Enquire for pricing and distributor rates



Keep up with the

# Injury Rehab Network

**Unmissable Events  
& Presentations  
from World-Class,  
Expert Guest Speakers**

In partnership  
with BASRaT



Online &  
face-to-face  
events!

## What is the Injury Rehab Network?

In 2019, Sterosport established the Injury Rehab Network as a means for people to network, share ideas and collaborate on how to prevent, treat, and recover from injury. It includes:

- Presentations from world-class speakers
- Insightful discussions
- Workshops
- Unmissable networking events
- Post-event blogs

## How do I get involved?

We frequently update our website with upcoming Injury Rehab Network events, where you can sign up and book your place. You can also sign up for the Sterosport newsletter to stay up to date on future Injury Rehab Network events. We'll make sure you don't miss a thing.

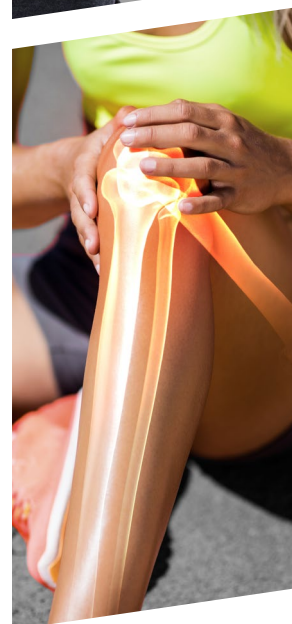


Why not join the **Injury Rehab Network LinkedIn group** too? The LinkedIn group is a place where all participants in the network can keep in touch and stay up to date.

If you still have questions about the Injury Rehab Network, we'd love to speak to you.

Contact Andrew Watson on:

**andrew@steroplast.co.uk** or call **+44(0)161 902 3047**



Scan the QR code to learn more and see all  
upcoming Injury Rehab Network Events

Or visit [sterosport.co.uk/injury-rehab-network/](https://sterosport.co.uk/injury-rehab-network/)



## Beast Stronger Smelling Salts

NEW

A mid-level ammonia-based stimulant designed to boost focus and performance during intense training or competitions.

| Description                         | Pack | Reference |
|-------------------------------------|------|-----------|
| Beast Stronger Smelling Salts - 25g | 1    | 9820      |



## Pro D3 Sport 20,000iu Vitamin D

Support bone strength, muscle function & immune health

- ✓ Trusted by elite athletes
- ✓ Safe, effective supplementation for peak performance

NEW

| Description                                          | Pack | Reference |
|------------------------------------------------------|------|-----------|
| Pro D3 Sport 20,000iu Vitamin D - 30 Weekly Capsules | 1    | WSTE0723  |



One Per Week

## Kinesiology Tape — Blue (Wide)

Professional-grade rehabilitative tape designed for physiotherapists and clinics

- ✓ 100mm x 5m wider roll is perfect for taping larger areas

| Description                       | Pack | Reference |
|-----------------------------------|------|-----------|
| Kinesiology Tape (Wide Roll) Blue | 1    | 3013      |



NEW

## Sterotape Premium



Ultra strong athletic training tape, breathable adhesive

- ✓ CE Marked
- ✓ Completely rigid for total support

| Description | Pack | Reference |
|-------------|------|-----------|
| 5cm x 13.7m | 20   | 4151/20   |

NEW

## Affinity Marlin Portable Massage Couch

NEW

Available in navy or white

- ✓ Ideal for therapists on the move
- ✓ Offers height adjustability
- ✓ Lightweight portability



Incl. Carry Case

| Description                                | Colour | Reference    |
|--------------------------------------------|--------|--------------|
| 25" Affinity Marlin Portable Massage Couch | Navy   | WSTE0716     |
|                                            | White  | WSTE0716/WHI |

## Affinity Rolling Stool

Offers exceptional comfort and durability with its generous therafoam padding

- ✓ Adjustable height from 48cm - 61cm
- ✓ 40cm seat diameter

NEW

| Description   | Colour | Reference |
|---------------|--------|-----------|
| Rolling Stool | Navy   | WSTE0714  |



## Self Adhesive Soft Wool Orthopaedic Felt

22.5cm x 45cm x 10mm sheet of Orthopaedic Felt

- ✓ Medical grade 10mm semi compressed pure wool adhesive felt
- ✓ Simply cut to size and stick to the required area
- ✓ Used by medical and sports injury professionals

NEW

Ref WSTE0722



## Get your FREE Club-Branded Sports First Aid Kit

Spend over £40\* on sterosport.co.uk and we'll include a FREE sports first aid kit, customised with your club or team logo. Perfect for match days and training sessions.

Contact Andrew to request yours:

0161 902 3047 | andrew@sterosport.co.uk

Limited to one kit per club. Custom label subject to artwork approval. \*Minimum £40 spend excl. VAT.



STEROSPORT

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