

## 4.06b First Aid Kit Checklist

	<p>The first aid kit should provide basic equipment for administering first aid injuries including:</p> <ul style="list-style-type: none"> <li>• cuts, scratches, punctures, grazes, splinters</li> <li>• muscular sprains and strains</li> <li>• minor burns</li> <li>• amputations and/or major bleeding wounds</li> <li>• broken bones</li> <li>• eye injuries</li> <li>• shock</li> </ul> <p>The contents of first aid kits should be based on a risk assessment.</p> <p>For most workplaces a first aid kit should include the following items.</p> <p>(You may adapt this sample checklist to meet the needs of your workplace)</p>				
	Item	Quantity	Yes	No	Comment
1	Instructions for providing first aid-including Cardio-Pulmonary Resuscitation				
2	Notebook and pen				
3	Resuscitation face mask or shield				
4	Disposable nitrile examination gloves				
5	Gauze pieces 7.5X7.5 sterile (3 per pack)				
6	Saline (15ml)				
7	Wound cleaning wipe ( single 1% Cetrimide BP)				
8	Adhesive dressing strips –plastic or fabric (packet of 50)				
9	Splinter probe				
10	Tweezers forceps				
11	Antiseptic liquid/spray (50 ml)				
12	Non- adherent wound dressing /pad 5X5cm (small)				
13	Non- adherent wound dressing /pad 7.5X10cm (medium)				
14	Non- adherent wound dressing /pad 10X10 (large)				
15	Conforming cotton bandage 5cm width				
16	Conforming cotton bandage 7.5cm width				

17	Crepe bandage (10cm) for serious bleeding and pressure application				
18	Scissors				
19	Non- stretch, hypoallergenic adhesive tape – 2.5cm wide roll				
20	Safety pins (packet of 6)				
21	BPC wound dressings No 14 (medium)				
22	BPC wound dressings No 15 (large)				
23	Dressing- Combine pad 9X20cm				
24	Plastic bags – clip seal				
25	Triangular bandage (calico or cotton width 90cm)				
26	Emergency rescue blanket (for shock or hypothermia)				
27	Eye pad (single use)				
28	Access to 20 minutes of clean running water or (if this is not available) Hydro gel (3.5 gm sachets)				
29	Instant icepack (e.g. for treatment of soft tissue and some stings)				
<p>N.B. Some types of work areas (outdoor work, remote work, workplaces where workers are at risk of receiving eye or burn injuries) may require additional items to treat specific types of injuries or illness.</p>					