**First Aid Kit Contents**

**(from Approved Code of Practice for First Aid in the Workplace)**

For most workplaces, a first aid kit should include the following items:

| **Kit contents** | **Quantity** |
| --- | --- |
| Instructions for providing first aid – including Cardio-Pulmonary Resuscitation (CPR)flow chart | 1 |
| Note book and pen | 1 |
| Resuscitation face mask or face shield  | 1 |
| Disposable nitrile examination gloves  | 5 pairs |
| Gauze pieces 7.5 x 7.5 cm, sterile (3 per pack)  | 5 packs |
| Saline (15 ml)  | 8 |
| Wound cleaning wipe (single 1% Cetrimide BP)  | 10 |
| Adhesive dressing strips – plastic or fabric (packet of 50)  | 1 |
| Splinter probes (single use, disposable)  | 10 |
| Tweezers/forceps  | 1 |
| Antiseptic liquid/spray (50 ml)  | 1 |
| Non-adherent wound dressing/pad 5 x 5 cm (small)  | 6 |
| Non-adherent wound dressing/pad 7.5 x 10 cm (medium)  | 3 |
| Non-adherent wound dressing/pad 10 x 10 cm (large)  | 1 |
| Conforming cotton bandage, 5 cm width  | 3 |
| Conforming cotton bandage, 7.5 cm width  | 3 |
| Crepe bandage 10 cm (for serious bleeding and pressure application)  | 1 |
| Scissors  | 1 |
| Non-stretch, hypoallergenic adhesive tape – 2.5 cm wide roll  | 1 |
| Safety pins (packet of 6)  | 1 |
| BPC wound dressings No. 14, medium  | 1 |
| BPC wound dressings No. 15, large  | 1 |
| Dressing – Combine Pad 9 x 20 cm  | 1 |
| Plastic bags - clip seal  | 1 |
| Triangular bandage (calico or cotton minimum width 90 cm)  | 2 |
| Emergency rescue blanket (for shock or hypothermia)  | 1 |
| Eye pad (single use) | 4 |
| Access to 20 minutes of clean running water or (if this is not available) hydro gel (3.5 gm sachets) | 5 |
| Instant ice pack (eg for treatment of soft tissue injuries and some stings) | 1 |

If hazardous chemicals are stored/used at this workplace location. Access to first aid information on the Safety Data Sheet(s) must be available. Each area must decide how this information will be made available and provide information in or adjacent to the first aid kit or instruction on how to access the information