

# Appendix E—Example of contents for first aid kits

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

Item	Quantity
Instructions for providing first aid—including cardiopulmonary resuscitation (CPR) flow chart	1
Note book and pen	1
Resuscitation face mask or face shield	1
Disposable nitrile examination gloves (nitrile is a latex-free rubber suitable for people with latex allergies)	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

<b>Item</b>	<b>Quantity</b>
Crepe bandage, 10 cm, for serious bleeding and pressure application	<b>1</b>
Scissors	<b>1</b>
Non-stretch, hypoallergenic adhesive tape—2.5 cm wide roll	<b>1</b>
Safety pins, packet of 6	<b>1</b>
BPC wound dressings No. 14, medium	<b>1</b>
BPC wound dressings No. 15, large	<b>1</b>
Dressing—Combine Pad 9 x 20 cm	<b>1</b>
Plastic bags—clip seal	<b>1</b>
Triangular bandage, calico or cotton minimum width 90 cm	<b>2</b>
Emergency rescue blanket for shock or hypothermia	<b>1</b>
Eye pad, single use	<b>4</b>
Access to 20 minutes of clean running water or, if this is not available, hydrogel 3.5 gm sachets	<b>5 sachets</b>
Instant ice pack for treatment of soft tissue injuries and some stings	<b>1</b>