

First Aid

Recommended Contents of First Aid Boxes & Kits as outlined in HAS Guidelines of First Aid Places of Work, July 1994

Materials	First Aid Travel Kit	1-5 Persons
Hypoallergenic Plasters	12	12
Sterile Eye Pads (Bandage attached)	2	4
Individually wrapped Triangular bandages	2	2
Safety pins	2	2
Medium individually Wrapped sterile unmedicated Wound dressing (approx. 10 x 8 cm)	6	6
Large individually wrapped Sterile unmedicated wound Dressing (approx 13 x 9 cm)	1	1
X-large individually wrapped Sterile unmedicated wound Dressing (approx 28 x 17.5 cm)	3	4
Individually wrapped wipes	8	8
Paramedic shears	1	1
Pairs of latex-free gloves	1	1
1 additional, where there is no Clear running water, sterile eye wash	1	1
Sachets of sterile water	10	10
Adhesive tape – 1 – 2cm	1	1
Crepe roller bandages: Finger 2.5cm / Hand 5cm / Arm 7.5-10cm / leg 10-15cm	1 of each 1 of each	1 of each 1 of each
Cotton wool (never directly on wound)	1 roll	1 roll
Gauze pads	4	4
Paraffin gauze	2	2
Tweezers	1	1
Plastic face shield (vent aid)	2	2

Additional First Aid Items

- Observation recording sheets / notepad & pen / incident forms
- Survival blanket (foil)
- Blanket
- Torch