



SUGGESTED MINIMUM CONTENTS FOR A WORKPLACE FIRST AID KIT

Here is a list of recommended contents for first aid kits for workplaces with no special risk:

- a manual giving general guidance on first aid
- individually wrapped moist wipes or saline solution
- 20 individually wrapped sterile adhesive dressings (assorted sizes), appropriate to the type of work (dressings may be of a detectable type for food handlers)
- two sterile eye pads
- two individually wrapped triangular bandages (sterile)
- clasps or safety pins to tie bandages
- two stretch bandages
- six medium sized, individually wrapped unmedicated wound dressings – approximately 12cm x 12 cm
- two large sterile individually wrapped unmedicated wound dressings – approximately 18cm x 18cm
- two pairs of disposable gloves
- one resuscitation mask.

This is a suggested contents list only, you may want to use equivalent but different items.

When you do your Needs Assessment you may identify a need for additional items. This could include, for example:

- scissors
- adhesive strips or band-aids for minor wound dressing
- non-allergic adhesive tape
- disposable aprons
- forceps or tweezers to remove foreign bodies
- individually wrapped moist wipes or saline solution
- plastic bags for waste disposal
- hand sanitiser.

Ideally, these items are stored inside the first aid kit. But if necessary they may be stored separately as long as they are available for use as required.