



# SAMPLE FIRST AID KITS

## ▶ FIRST AID KIT CONTENTS

*At a minimum, a first aid kit must have the following items. First aid kits are to be accessible to Program.*

### SCISSORS

- ▶ 1 pair of universal scissors
- ▶ 1 pair of splinter tweezers

### BANDAGES/DRESSINGS/TAPE

- ▶ Adhesive bandages, individually wrapped (variety of sizes)
- ▶ 2 rolls of adhesive tape
- ▶ 12 rolls of 4cm (1.5") gauze bandage
- ▶ 48 sterile gauze pads
- ▶ 8 rolls of 8cm x 8cm (3"x3") gauze bandage
- ▶ 8 rolls of 10cm (4") gauze bandage individually wrapped
- ▶ 6 sterile surgical pads suitable for pressure dressings, individually wrapped
- ▶ 12 triangular bandages
- ▶ Splints of assorted sizes
- ▶ 2 rolls of splint padding
- ▶ 6 sterile strips (butterfly-wound closures)

### ICE

- ▶ 1 rubber ice bag or plastic bags and access to ice or a frozen gel pack

### OTHER

- ▶ 1 St. John Ambulance emergency first aid book (or equivalent)
- ▶ 15 antiseptic towelettes
- ▶ 24 safety pins (small and large)
- ▶ 1 basin, preferably stainless steel
- ▶ 6 pair disposable gloves (latex free)
- ▶ 2 5cm (2") tensors
- ▶ 2 10cm (4") tensors
- ▶ 1 blanket



## ▶ SAMPLE PORTABLE OFF-SITE KIT CONTENTS

### SCISSORS

- ▶ 1 pair universal scissors or 1 pair tweezers

### BANDAGES/DRESSINGS/TAPE

- ▶ 12 adhesive bandages
- ▶ 1 roll adhesive tape
- ▶ 1 roll gauze bandage
- ▶ 2 triangular bandages
- ▶ 1 sterile surgical pad suitable for pressure dressing, individually wrapped
- ▶ 3 sterile strips (butterfly-wound closures)

### ICE

- ▶ Access to ice and 1 plastic self-sealing bag or 4 cold packs

### OTHER

- ▶ 5 antiseptic towelettes
- ▶ 1 pocket first aid manual
- ▶ 1 5cm (2") tensor bandage
- ▶ 1 10cm (4") tensor bandage
- ▶ 2 pairs disposable gloves (latex free)
- ▶ Emergency phone numbers