



First Aid Kit Contents

You can buy First Aid Kits ready made. If you are making your own, these items are recommended as the minimum, more may be needed if very large centre.

Item	Quantity	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
Triangular bandages (2)	2												
Roller bandages- 50mm	1 roll												
Roller bandages- 75mm	1 roll												
Sterile gauze- 7.5 x 7.5 (2)	2												
Adhesive wound dressing- 6 cm wide x 1 metre long =	1 strip												
Plaster strip dressings	1 packet												
Adhesive tape- 25mm hypoallergenic	1 roll												
Sterile non-adhesive pads- small (2) and large (3)													
Sterile eye pad													
Eye wash container													
Sterile saline solution (for cleaning eyes/wounds)	2												
Antiseptic solution or swabs	4												
Safety pins (mix of sizes in a bag)													
Scissors/shears (1 pair)	1 pair												
Splinter forceps/tweezers (1 pair)	1 pair												
Disposable gloves (2 pairs)	3 pairs												
Accident register and pencil													
First Aid Manual													
CPR face shield	1												
Card listing local emergency numbers													
OPTIONAL													
Splinter probes - individual use. Sealed and sterile.													
sanitary items													
cold pack - stored in freezer													
arnica cream													
insect bite cream													
The first aid kit may also contain any Category (i) medicines providing the appropriate written authority has been gained from parents if they will not be ones administering this													
Healthline 0800 611 116													
National Poison centre 0800 764 766													

Source
 St John, Triple 1 Care
 First aid requirements for Criterion PF28

Version May 2018