

Contents of first aid boxes

Minimum requirements for small first aid box for up to 10 persons:

1. Guidance Card: noting the most important emergency procedures.
2. Contents list.
3. 40 Individually Wrapped Sterile Adhesive Dressings (Assorted sizes): for protecting small cuts or other breaks in the skin. Waterproof dressings must be used if the casualty works as a food/drink handler. Blue waterproof dressings should be used in a food preparation area.
4. 2 Sterile Eye Pads: sterile pad with a bandage attached to it to use over the eye following eye injuries.
5. 2 Individually Wrapped Triangular Bandages (preferably sterile): can be used as a pad to stop bleeding, as a sterile covering for large injuries as a bandage, or to make a sling.
6. 6 Safety Pins: may be necessary to secure bandages.
7. 4 Medium Wound Dressings: a sterile unmedicated dressing pad with a bandage attached to it. (Approx. 12 cm. x 12 cm.) (No.8)
8. 1 Large Wound Dressing: sterile unmedicated dressing pad with a bandage attached to it. (Approx. 18 cm. x 18 cm.) (No.9)
9. 1 finger sterile dressing.
10. 6 Pairs Disposable Gloves: gloves to be worn at all times when dealing with blood or body fluids.
11. Face Shield for Resuscitation: to prevent contamination by casualty's vomit, blood or other body fluids.
12. 20 Sterile Saline cleansing wipes.
13. Sterile eyewash solution (2 x 500 ml): only necessary where the work process presents an increased risk of eye injury and there is no running water available.
14. 1 roll of adhesive tape.
15. Foil blanket. (Emergency)
16. Burn dressing.
17. First aid shears.(able to cut through clothing)
18. Conforming bandage.

Tablets or other medication must NOT be kept in the First Aid box.

Medium (up to 50 employees) and large (up to 100 employees) boxes are also available. They will contain a bigger quantity of the same items.

It is advisable to have small boxes at various sites instead of one large one.

Purchasing

First aid boxes can be purchased via People and Money from various outlets including Qualsafe and St John Supplies.

First aid boxes and refills are also available from the Pharmacy, Richard Verney Health Centre, 6 Bristo Square, Ext. 50 2525.