

Essentials for First Aid Kit

<u>What's Needed</u>	<u>Amount</u>	<u>What we have</u>
Medium first aid dressing, 12 x 12cm - sterile	6	5
HSE SJA Branded 18cm x 18cm - sterile	2	1
Disposable triangular bandage, 90 x 90 x 130cm - non-sterile	3	5
Finger dressing, 3.5 x 3.5cm - sterile	3	
Conforming bandage, 7.5cm x 4.5m - single	2	
Safety pins assorted sizes - 6 pack	2	Some!
Eye pad first aid dressing - sterile	3	3
Washproof plasters, standard clear, assorted sizes - pack of 10	6	Some – need to check dates
Sterile Cleansing Wipes (pk 10)	3	Few – need more
Microporous tape, 2.25cm x 10m - single	1	none
Gloves	9	3 pairs
Resusiate (for mouth to mouth)	1	3
Disposable heat retaining adult foil blanket	2	none
Burnshield® dressing - 10x10cm	2	none
Scissors (green)	1	1
Ice Packs	2	1
First Aid Book	1	Simple sheet in box

We have:

Sterile gauze swabs

Adhesive wound dressings (x2)

Gel pads (x2)

This is the list recommended by St John's Ambulance for the Workplace.

Health and Safety Committee, May 2017
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