



Guideline: First Aid Room & Kit Contents

Facilities and Typical Equipment in the First Aid Room

(check with local Regulatory requirements)

- Examination couches x 1 – waterproof surface, pillow and blankets
- First aid suppliers – First Aid Kit Type A
- Portable “trauma” kit – First Aid Kit Type B as minimum
- Oxygen equipment – used by trained staff only
- Entonox equipment – used by trained staff only
- Stretchers x 2 – one of which is rescue type
- Access door wide enough for stretcher
- Sink with hot and cold water
- Supply of soap and disposable towels
- Means of boiling water
- Refuse container for soiled dressings – fitted with disposable bag or liner
- Container for “sharps” disposal
- Workbench or dressing trolley
- Storage cabinets
- Seating – minimum two chairs, more available
- Occupational first aid test – reference purpose
- Book to record treatment
- First aid handbook
- Telephone

First Aid Kit Contents

There are generally three types of first aid kits (A, B and C). In any work place the total number of total number of workers at any time determines the content of the required kit. As a guide;

Kit A	more than 100 employed
Kit B	less than 100 but more than 10
Kit C	Less than 10 and company vehicles

First Aid Kit minimum contents (when the contents fall below the levels of the contents list inside the Kit, the Kit needs updating).



Content of First Aid Kits	Kit A	Kit B	Kit C
Adhesive plastic dressing strips, sterile, packets of 50	2	1	1
Adhesive dressing tape - 2.5cm 5cm	1	1	1
Bags, plastic, for amputate parts:			
Small	2	1	1
Medium	2	1	1
Large	2	1	-
Dressing, non-adherent, sterile – 7.5cm 7.5cm	5	2	-
Eye pads, sterile	5	2	-
Gauze bandages:			
5cm	3	3	3
10cm	3	1	1
Gloves, disposable, single	10	4	2
Rescue blanket, silver space	1	1	-
Safety pins, packets	1	1	-
Scissors, blunt/short nosed, minimum length 12.5cm	1	1	-
Splinter forceps, stainless steel	1	1	-
Sterile eyewash solution, 10ml single use ampules or sachets	12	6	-
Swabs, prepacked, antiseptic, packs of 10	1	1	-
Triangular bandages, minimum 90cm	8	4	1
Wound dressings, sterile, non-medicated, large	10	3	1
First aid pamphlet as approved by WorkCover	1	1	1
Resuscitation Face Mask (Laerdal)	1	1	1
Burns Card (AIP)	1	1	1