

Summer Safety: First Aid Kits

Got a trip away planned for the bank holiday weekend? In the last of our Summer Safety articles here's some general advice on first aid kits if you're planning to go away.



(1) Remember to **take a first aid kit with you!** You never know when you might need it so make sure it's **easily accessible**



(2) **Check the contents** of your kit before you pack it.



A basic domestic first aid kit **may contain:**

Plasters in a variety of different sizes and shapes	
Small, medium and large sterile gauze dressings	
Sterile eye dressings (at least 2)	
Triangular bandages	
Crêpe rolled bandages	
Safety pins	
Disposable sterile gloves	
Tweezers	
Scissors	
Alcohol-free cleansing wipes	
Sticky tape	
Thermometer	
Cream/spray for relief of insect bites/stings	
Antiseptic cream	
painkillers e.g. paracetamol (or infant paracetamol for children), aspirin (not to be given to children under 16), or ibuprofen	
Cough medicine	
Antihistamine tablets	
Distilled water for cleaning wounds	
Eye wash and eye bath	

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(3) You may want to keep a **basic first aid manual** with your first aid kit. Need a book? Drop us a line and we'll get one to you.

(4) You might also want to pack:

Sunscreen	
Sunburn treatment	
Insect repellent	
Blister plasters	
Medication for pre-existing medical conditions	

Medicines should be checked regularly to make sure they're within their use-by dates.

Contact us if you have any other questions about First Aid Kits.