

# What should I have in my First Aid Kit?

First Aid kits need to be easily accessible. There should be a kit at every work site.

We recommend the following items be included in each kit;



1 x leaflet giving guidance on first aid practices

20 x plasters or appropriate sizes suitable to the type of work carried out e.g. blue plasters for those handling food



2 x sterile eye pads

4 x triangular bandages, preferably wrapped and sterile



6 x safety pins

6 x medium wound dressings, wrapped and sterile

2 x large wound dressings

1 x disposable gloves

Additional items suggested but not necessarily essential;



Scissors, tape, moist wipes.



If mains water is not readily available then at least 1 litre of sterile water or 'saline' should be provided in a sealed disposable container for eye irrigation.