

FIRST AID KITS [Approved Code of Practice for First Aid in the Workplace p21]

FIRST AID KIT CONTENTS SHOULD INCLUDE THE FOLLOWING ITEMS

Minimum contents	Standard Workplace Kit	
	Standard	Additional *
The First Aid instruction Booklet including Cardio-Pulmonary Resuscitation (CPR) flow chart	1	
Register of injuries (note book) and black pen	1	
Adhesive dressing strips (plastic or fabric (packet of 50)	1	
Antiseptic liquid/spray 50ml	1	
BPC wound dressings No 14 medium	1	
BPC wound dressings No 15, large	1	
Conforming cotton bandage, 5cm width	3	
Conforming cotton bandage, 7.5cm width	3	
Crepe bandage, 10cm for serious bleeding and pressure application)	1	
Disposable, nitrile examination gloves	5 pairs	
Dressing – combine pad 9 x 20 cm	1	
Emergency Rescue Blanket (for shock or hypothermia)	1	
Eye pad (single use)	4	
Gauze Pieces 7.5cm x 7.5 cm, sterile (3 pieces per pack)	5 packs	
Ice pack (e.g. for treatment of soft tissue injuries and some stings)	1	
Non-adherent wound dressing/pad 5cm x 5cm (small)	6	
Non-adherent wound dressing/pad 7.5cm x 10cm (medium)	3	
Non-adherent wound dressing/pad 10cm x 10cm (large)	1	
Non-stretch, hypoallergenic adhesive tape – 2.5cm wide roll	1	
Plastic Bags – clip seal	1	
Resuscitation Face Mask or Face Shield	1	
Safety pins (packet of 6)	1	
Saline (15mls)	8	
Scissors	1	
Splinter probes – single use, disposable)	10	
Triangular bandage (calico or cotton minimum width 90cm)	2	
Tweezers/forceps	1	
Water - Access to 20 minutes of clean running water or (if this is not available) hydro gel 3.5gm sachets	5	
Wound cleaning wipe (single 1% Cetrimide BP)	10	
Dressing Combine Pad 9x20cm	1	
Additional items		

The “Additional” column is provided for items identified as high turnover and therefore more stock is needed in addition to minimum requirements.

Note:

If Hazardous Chemicals are stored/used at this workplace location/area, access to the first aid information on the Safety Data Sheet is to be available. Each area is to assess how this information will be made accessible and provide appropriate information in/adjacent to the First Aid kit or brief instruction on how to access the information.

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FIRST AID KITS [Continued]

Some types of workplaces may require additional items to treat specific types of injuries or illnesses. In addition to first aid kits, you should consider whether any other first aid equipment is necessary to treat the injuries or illnesses that could occur as a result of a hazard at your workplace.

SHOWER FACILITIES AND EYE WASH EQUIPMENT

Eye wash equipment should be provided where there is a risk of hazardous chemicals or infectious substances causing eye injuries.

Immediate access should be provided to shower equipment in workplaces where there is a risk of:

- exposure to hazardous chemicals resulting in skin absorption or contamination from infectious substances
- serious burns to a large area of the face or body (including chemical or electrical burns or burns that are deep, in sensitive areas or greater than a 20 cent piece).

Shower facilities can consist of:

- an appropriate deluge facility
- a permanently rigged hand-held shower hose
- a portable plastic or rubber shower hose that is designed to be easily attached to a tap spout—for small, relatively low risk workplaces where a fixed deluge facility would not be reasonably practicable but the risk of serious burns is still foreseeable (for example, a fish and chip shop).

Portable, self-contained eye wash or shower units have their own flushing fluid which needs to be refilled or replaced after use.

OUTDOOR WORK

If work is performed outside and there is a risk of insect or plant stings or snake bites, assess whether the following items should also be included in the first aid kit:

- a heavy duty crepe bandage
- sting relief cream, gel or spray.

REMOTE WORK

Where people work in remote locations, a first aid kit should include:

- a heavy duty crepe bandage 10 cm (for snake bites)
- large clean sheeting (for covering burns)
- thermal blanket (for treating shock)
- whistle (for attracting attention)
- torch/flashlight.

The appropriate contents will vary according to the nature of the work and its associated risks.

BURN INJURIES

If your workers are at risk of receiving burns, you should include the following items:

- burn treatment instructions on two water-proof instruction cards: one for the first aid kit and the other to be located on the wall next to the emergency shower or water supply
- hydro gel (8 × 3.5 gram sachets) and hydro gel dressings
- clean polythene sheets (small, medium and large)
- 7.5cm cotton conforming bandage.

DESIGN OF KITS

First aid kits may be of any size, shape or type, but each kit should:

- Be large enough to house all the required contents and be able to be securely closed;
- Contain a list of all the required contents for that kit;
- Have a white cross on green background prominently displayed on the outside;
- Be made of material that will protect the contents from dust, moisture and contamination; and
- Be portable.

PARACETAMOL

Paracetamol, like many drugs, can be dangerous if not taken in accordance with the manufacturer's instructions and/or advice from a doctor or pharmacist. For this reason it is not recommended for inclusion in first aid kits. [SafeWork SA, Information Sheet #4 , August 2010). Workers are to manage their own supply of paracetamol and/or other analgesic (pain relievers).

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