



## Putting a First Aid kit together

All workplaces, Leisure centres, homes and cars should have a first-aid kit. The Kits for the workplace and leisure centres however must conform to legal requirements and in some cases these kits may be tailored to suit what is required such as adding additional equipment for a specific use. The first-aid kit should be clearly marked and easily accessible for the trained first aider. For the home or the car, a complete basic first-aid kit can be bought or you can assemble a kit yourself. If you decide to assemble your own kit use a clean waterproof container. Mark it clearly and store it in a dry place. Check your kit regularly and replace items as soon as possible after your kit has been used. If for any reason you carry ointments, creams, aspirin, paracetamol etc in your kit, always make sure that they are in date. A small flashlight or pen torch that can fit in your kit can be worth having as an add-on. For your car, a high visibility vest is a good purchase and should be kept within easy reach. The ideal place is under your seat. A current, pocket size first-aid book is also worth having as a reference. Acute Medical Training and supplies can supply you with first aid kits and books if required. A large range of courses from basic first aid to emergency first responder courses are also available. Check us out on our website or on Facebook as we post all our courses well in advance, or contact us if you want to run a course in your area.



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## Recommended Contents for First-Aid Boxes

Materials	Quantity 1-10 Persons	Quantity 11-25 Persons
Assorted Adhesive Plasters	20	40
Triangular Bandages	2	4
Sterile Eye Pads	2	4
Safety Pins	6	12
Medium Sterile Wound Dressings	6	12
Large Sterile Wound Dressings	4	6
Extra Large Sterile Wound Dressings	2	4
Non-alcoholic Cleaning Wipes	10	20
Crepe Roller Bandage	1	2
Pair of Disposable Latex Gloves	5	10
Sterile Eye Wash (500ml)	1	2
Tweezers	1	1
Pocket Mask or Disposable Face Shield	1	1
Paramedic Shears or good quality Scissors (Blunt Point)	1	1
Ice Pack	2	2
Adhesive Tape	1	1
Elasticised Roller Bandage	1	2
Small Burn Dressing	1	1
Large Burn Dressing	1	1
Gauze Pads (Small Pack)	1	1
Safety Glasses	1	1

## Other items you might consider

Flash light or Pen Torch	1	1
High Visibility Vest	1	1
Space Blanket	1	2
Thermometer	1	1
Small Notepad and Pen	1	1
Current Pocket size First Aid Book	1	1

**Note;** this list is only a guideline based on the minimum amount of supplies required for an average First Aid Box. You can use this as a building block when putting your own First Aid Kit together.

**Print off this First Aid sign for your First Aid box or Station**



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