



How to Stock a First Aid Kit

Need to get a first aid kit, but don't know what to include? This guide will help you identify what you need and what to get.

Steps

1 Identify your needs

- Think about what you need your first aid kit for.
 - Is it for general work?
 - Is it for a hot work area (kitchen, barbecue pit)?
 - Is it for travel?

2 Conduct a risk assessment to identify some of the following factors:

- How many people is this kit for?
- Do you require burns equipment?
- Do you require Exposure equipment?
- What sort of injuries are more likely than others to occur?
- Do you require food safe materials?
- Do you require anti allergen equipment (Latex free gloves etc.)?
- Are you likely to have eye injuries?
- Are you likely to have to clean up biological accidents (large blood loss, vomit, urine and excrement)?

3 Having identified your needs, create a basic kit.

- Wallace Cameron advise a basic kit for 1-10 people to contain
 - Guidance Leaflet
 - 20 Sterile Plasters
 - 2 Eye pads
 - 4 Triangular Bandages
 - 6 Safety Pins
 - 6 Medium Dressings
 - 2 Large Dressings
 - 2 Sets of gloves

4 Personalise your kit to meet the exact needs of your workplace

- If you are dealing with a location likely to deal with burns then you will need some form of burns kit e.g.
 - Alcohol Free Wipes 4
 - Burn dressings 1
 - Burn gels 4
 - Small Conforming Bandage 5 centimeter (2.0 in) X 4.5M 1
 - Large Conforming Bandage 75 centimeter (2.0 in) X 4.5m 1
 - Cotton WOW Bandage 1
 - Finger Bandage 1
 - Gloves (pair) 2
 - Guidance leaflet 1

- Non Adherent dressings 3
- Saline mini pod 6
- If you require exposure equipment then add a few foil blankets
- Expand the basic kit by adding to it as required e.g.
 - Crush injuries more likely add additional large bandages
 - Finger injuries more likely add finger bobs and stalls
 - Small cuts and grazes add more cleaning wipes and plasters.
- If you require food safe equipment please ensure you purchase the correct types
 - In Britain for example foodsafe plasters are blue and have metal in them to make them easier to spot/detect via x-ray and prevent entering the food chain
- With anti-allergen equipment again please ensure that you purchase the correct type
- If eye injuries are likely invest in an eyewash kit.
 - It is recommended that different sizes of eyewash solution be provided,
- To clean up biological equipment invest in body fluid kits e.g.
 - Absorbent powder 1
 - Apron 1
 - Bonded wipes 2
 - Disinfectant Spray 1
 - Disinfectant wipes 1
 - Disposable bag 1
 - Gloves (pair) 1
 - Oversleeves 1
 - Scraper 1
 - Consider the distance that will be between each kit you don't want one central kit that can take 10 minutes to retrieve, several smaller kits are better and will allow faster response

5 You should now be able to go out and purchase your equipment sound in the knowledge you have accurately identified your needs

Tips

- E.g. A major retailer having 8 small kits 3 medium kits and 13 large kits 1 major incident kit (foil blankets large dressings should a crash occur in car park) 3 plaster kits 8 Body Fluid kits and 5 burns kits. for 450 employees
- Consider, if you work in a customer facing role, the possibility of dealing with a customer as an incident.
- Make sure your first aid staff are aware of where the kits are.
- If in doubt overestimate.
- Make sure that you have trained employees, the kit is no good if you don't know how to use it.
- Consider the provision of mouth guards for Mouth-to-mouth resuscitation
 - Several employers make use of 'resusaide kits' that allow the first aider to carry around a guard with them.

Warnings

- Once you have created your kit, make sure you keep it stocked up
- Be careful and do not waste your supplies.
- Never **EVER** use a first aid kit to store medication
- Nor should you ever administer medication to a first aid incident.

Sources and Citations

- <http://www.wallacecameron.com> - First Aid Equipment and Training supplier in the UK.