

SAFER - First Aid Kits



First Aid Kits

You can buy well-stocked first aid kits, but the following is a list of suggested contents:

- Individually wrapped antiseptic wipes or spray for cleaning cuts and grazes (alcohol free).
- Gauze squares to clean wounds.
- Non-sticky dressings, such as Melolin, for covering wounds.
- Waterproof adhesive plasters of various sizes (individually wrapped).
- A selection of individually wrapped wound dressings.
- A triangular bandage for making a sling.
- Crepe bandages for supporting a sprain.
- Surgical tape, such as Micropore, for holding a dressing in place.
- Scissors for cutting tape, plasters and bandages.
- Safety pins for securing bandages.
- Disposable gloves.
- Resuscitation face shield.
- Eyewash solution and sterile eye pads.
- A foil blanket for keeping someone warm.
- A first aid manual.
- 1 x Disposable Heat Retaining Blanket – metalised polyester film (210 x 160cm)
- An accident report book with forms