

First Aid Kit Contents Checklist

The items and quantities listed are the minimum standard required for a 'basic' first aid kit, that is in the NSW Code of Practice First Aid in the Workplace.

First aid kit contents should be dictated by a risk assessment to ensure the quantities and items meet the needs of the specific workplace.

Mandatory Contents of a BASIC First Aid Kit

Quantity and item			Comments
1	First Aid and CPR guide, notebook & pencil	<input type="checkbox"/> Yes <input type="checkbox"/> No	
1	Disposable or pocket resuscitation mask	<input type="checkbox"/> Yes <input type="checkbox"/> No	
5	Pairs of disposable nitrile gloves	<input type="checkbox"/> Yes <input type="checkbox"/> No	
5	Packs of 3 gauze sterile swabs 7.5cm x 7.5cm	<input type="checkbox"/> Yes <input type="checkbox"/> No	
8	15ml Ampoules of saline eye wash	<input type="checkbox"/> Yes <input type="checkbox"/> No	
10	Skin cleaning wipes	<input type="checkbox"/> Yes <input type="checkbox"/> No	
50	Fabric or plastic adhesive band aides	<input type="checkbox"/> Yes <input type="checkbox"/> No	
10	Single use splinter probes	<input type="checkbox"/> Yes <input type="checkbox"/> No	
1	Pair of tweezers (steel, needle point)	<input type="checkbox"/> Yes <input type="checkbox"/> No	
1	50ml bottle of antibacterial spray or liquid	<input type="checkbox"/> Yes <input type="checkbox"/> No	
6	Non-adherent dressing 5cm x 5cm	<input type="checkbox"/> Yes <input type="checkbox"/> No	
1	Combine wound dressing 10cm x 10cms	<input type="checkbox"/> Yes <input type="checkbox"/> No	
3	Conforming bandages 5cm	<input type="checkbox"/> Yes <input type="checkbox"/> No	
3	Conforming bandage 7.5cm	<input type="checkbox"/> Yes <input type="checkbox"/> No	
1	Roll of hypoallergenic adhesive tape	<input type="checkbox"/> Yes <input type="checkbox"/> No	
1	Crepe bandage 10cm	<input type="checkbox"/> Yes <input type="checkbox"/> No	
1	Scissors sharp/blunt stainless steel	<input type="checkbox"/> Yes <input type="checkbox"/> No	
1	Medium wound dressing	<input type="checkbox"/> Yes <input type="checkbox"/> No	

Quantity and item			Comments
1	Large wound dressing	<input type="checkbox"/> Yes <input type="checkbox"/> No	
1	Combine dressing pad - 10 x 20cms	<input type="checkbox"/> Yes <input type="checkbox"/> No	
1	Packet of safety pins	<input type="checkbox"/> Yes <input type="checkbox"/> No	
1	Plastic amputated parts bag	<input type="checkbox"/> Yes <input type="checkbox"/> No	
2	Triangular bandages	<input type="checkbox"/> Yes <input type="checkbox"/> No	
1	Emergency rescue blanket	<input type="checkbox"/> Yes <input type="checkbox"/> No	
4	Single use eye pads	<input type="checkbox"/> Yes <input type="checkbox"/> No	
1	Instant ice pack	<input type="checkbox"/> Yes <input type="checkbox"/> No	

Additional Contents for Consideration

Quantity and item			Comments
10	Adhesive knuckle dressings	<input type="checkbox"/> Yes <input type="checkbox"/> No	
1	Pack of wound closure strips	<input type="checkbox"/> Yes <input type="checkbox"/> No	
1	Roll of fabric strip 7.5cm wide	<input type="checkbox"/> Yes <input type="checkbox"/> No	
6	Non-adherent dressing 5cm x 7.5cm	<input type="checkbox"/> Yes <input type="checkbox"/> No	
3	Non-adherent dressing 7.5 x 10cm	<input type="checkbox"/> Yes <input type="checkbox"/> No	
1	Non-adherent dressing 10 x 10cm	<input type="checkbox"/> Yes <input type="checkbox"/> No	
1	Non-adherent dressing 10cm x 20cm	<input type="checkbox"/> Yes <input type="checkbox"/> No	
2	Pack of 3 gauze swabs 10cm x 10cm	<input type="checkbox"/> Yes <input type="checkbox"/> No	
2	Burn aid gel dressing sheet 10 x 10cm	<input type="checkbox"/> Yes <input type="checkbox"/> No	
2	Burn aid gel dressing sheet 20 x 20cm	<input type="checkbox"/> Yes <input type="checkbox"/> No	

Location

Checked by

Date (DD/MM/YYYY)

This information was sourced and adapted from a variety of resources from industry associations and safety regulators. The content has been developed for general guidance and information purposes only. While reasonable care is taken to keep the content updated, icare makes no warranties of any kind about its accuracy, currency or suitability for any particular purpose. icare will not be liable for loss or damage that results from the use of this content.