

First Aid Kit



Keep one at home in case of emergencies



Contents of First Aid Kit

Sterile dressings and plasters:



Plasters: for small cuts and grazes.



Sterile Pad: for cushioning wounds; used with plasters/bandages. Any clean, non-fluffy material (e.g. cloth scarf) can be used as a substitute.



Sterile wound dressing: for larger wounds; used to apply pressure to stop bleeding.

Bandages:



Roller bandages: comes in rolls; used for binding wounds, supporting joints, holding dressings, providing pressure to stop bleeding/reduce swelling.



Triangular bandages: can be folded and used as a bandage/sling. Do not use for dressing large wounds and burns unless sterilised.

Protective Items:



Disposable gloves: reduce infection risk when dressing wounds or dealing with any body fluids or waste.



Face shields or pocket masks: for rescue breaths – prevent cross infection.

Other Items:



Cleansing wipes: for cleaning the area around the wound.



Gauze: used for padding or to swab wounds when cleaning them.

Adhesive tape: for taping up dressings.

Antiseptic solution: for cleaning wounds; helps prevent infection



Pins/clips: for holding bandages in place.



Scissors, shears and tweezers: for cutting the right length or cutting clothing to expose wounds



First Aid Kit Manual

Rachel S Tattersall



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