

# First-Aid Kits



When was the last time you needed a first-aid kit? Do you have one (that includes at home)? Did you have a hard time finding it? Did you have to ask where it was stored? Did it contain all of the items that you needed? What condition were the items in (shelf life of the items)?

We don't think much about first aid supplies until we need them and fortunately we don't need them too often. Hopefully the questions above should alert you to take the time to ensure *you have, know the location and are confident with the condition of first-aid kit contents.*

## **First-Aid Kit Locations:**

1. Central areas in workplaces with signage to indicate where they are stored
2. Kitchens and garages where the majority of home injuries happen.
3. Avoid blocking their accessibility (high reach or behind lockable doors).

## **Suggested Contents in First-Aid Kits:**

**Adhesive Strips (Band-Aids)**

**Gauze Pads & Rolls**

**Multi-Shape Bandages**

**Ace Bandages**

**Adhesive tape**

**Scissors**

**Antiseptic Spray**

**Peroxide**

**Eye wash solution**

**Chemical Cold Pack**

**Antiseptic Wipes**

**Insect Sting Swabs**

**Latex Gloves**

**Cotton Tip Applicators**

**NOTE:** These are only suggested items, ensure kits include items that can treat injuries particular to your workplace.