



# First aid fact sheet

## First aid kit

**A first aid kit is an essential item for the home, workplace and vehicles.**

Check the contents of your kit regularly, and ensure that:

- ☐ items have been cleaned
- ☐ packets are properly sealed
- ☐ items have not exceeded expiry dates
- ☐ previously used items have been replaced
- ☐ everybody knows where the first aid kit is kept!

### Basic first aid kit items

- |   |  |
|---|--|
| <input type="checkbox"/> non-stick wound dressings        | <input type="checkbox"/> saline solution           |
| <input type="checkbox"/> adhesive strips (e.g. Band-aids) | <input type="checkbox"/> safety pins               |
| <input type="checkbox"/> combine dressings                | <input type="checkbox"/> plastic bags              |
| <input type="checkbox"/> eye pads                         | <input type="checkbox"/> stainless steel tweezers  |
| <input type="checkbox"/> gauze swabs                      | <input type="checkbox"/> thermo/shock blanket      |
| <input type="checkbox"/> alcohol & antiseptic swabs       | <input type="checkbox"/> notepad & pencil          |
| <input type="checkbox"/> triangular bandages              | <input type="checkbox"/> disposable nitrile gloves |
| <input type="checkbox"/> crepe bandages                   | <input type="checkbox"/> antiseptic spray or cream |
| <input type="checkbox"/> disposable hand towels           | <input type="checkbox"/> cold pack (disposable)    |
| <input type="checkbox"/> stainless steel scissors         | <input type="checkbox"/> CPR protection mask.      |
| <input type="checkbox"/> blunt-nosed shears               |  |

### Additional products

If you want to personalise your first aid kit, you can consider additional items purchased from a pharmacy or supermarket.

It is advised that each individual carries their medications in their personal first aid kit.

### [shop.stjohn.org.au](https://shop.stjohn.org.au)

All kit contents can be purchased from the St John online shop. Or call 1300 956 625 for kit content advice or restocking.

**In a medical emergency call Triple Zero (000)**

**DRSABCD** Danger ► Response ► Send for help ► Airway ► Breathing ► CPR ► Defibrillation

You could save a life with first aid training • [www.stjohn.org.au](https://www.stjohn.org.au) • **1300 360 455**

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