

Appendix H Recommended First Aid Kit Contents

Essential items

- At least nine sterile, cotton-gauze swabs, for cleaning wounds and placing over non-adherent burn dressings.
- At least three disposable hand towels or tissues, for general cleaning, other than wounds.
- 24 sterile, adhesive dressing strips in assorted widths, to cover small cuts, blisters and abrasions.
- One roll of low-allergenic adhesive strapping, at least 25 mm wide x 2.5 m long, to hold dressings in place.
- Two sterile, individually packed, non-adhesive dry dressings, 100 x 100 mm, to use for burns, abrasions, cuts, lacerations and weeping wounds.
- Three sterile wound dressings of different sizes, to protect wounds, use as an eyepad, or help control bleeding by applying pressure.
- Three rolls of stretch bandage, 50, 75 and 100 mm wide and at least 1.5 m long (and stretchable to twice that length), to hold dressings in place, support injured limbs or give first aid for poisonous bites.
- Two triangular calico bandages with at least 900 mm edge length each, to use as slings or dressings, or as bandages to hold large dressings or splints in place.
- At least five safety pins about 40 mm long, to hold bandages in place.
- One pair of rust-resistant scissors about 100 mm long, with at least one blunt point, to cut dressings and bandages, or to cut away clothing.
- One pair of rust-resistant pointed forceps, with accurately aligned tips and in a protective case, for removing splinters and stings.
- One pencil and notepad, to record times and details or for passing messages.
- At least three sealable plastic bags, about 150 x 200 mm, for carrying water, making ice packs, disposing of dirty dressings or carrying severed body parts.
- Disposable latex gloves and an approved resuscitation mask, for infection control.
- First aid information — books are available from St John Ambulance Australia, the Australian Red Cross and other expert ambulance services.

Optional items

- At least six individually wrapped isopropyl alcohol swabs, for cleaning areas around wounds.
- One sterile, thick and absorbent 'combine' dressing, 90 x 200 mm, to cover wounds.
- One plastic squeeze-bottle of saline solution, about 100 mL, clearly labelled with usage instructions and expiry date, to clean eyes, wounds and burns.
- One aluminium foil blanket, to keep a casualty warm.
- Sting relief treatment, 10 mL minimum, clearly labelled with its purpose and expiry date, to relieve discomfort from stings or bites.
- Hydrogel burn treatment, to treat burns if no cool water is available.

(Based on the Australian standard AS 2675-1983, Kit B)