

# CHECKLIST | FIRST-AID KIT

Presented by Case Insurance Brokers Inc.

Date:

Review conducted by:

The materials listed below should be adequate for a small worksite's first aid kit. Larger or multiple operations should consider the need for additional first aid kits, additional types of first aid equipment and first aid supplies in larger quantities. You may want to refer to local fire and rescue departments, medical professionals or your first aid supplier for assistance in putting together a first aid kit which suits the unique needs of your workplace.

CORE RECOMMENDATIONS FOR WORKPLACE FIRST AID KITS AND SUPPLIES	
1 roll-up splint	<input type="checkbox"/>
50 adhesive dressings individually wrapped	<input type="checkbox"/>
12 sterile gauze pads, 7.6 centimetres square	<input type="checkbox"/>
4 rolls of 5-centimetre gauze bandage	<input type="checkbox"/>
4 rolls of 10-centimetre gauze bandage	<input type="checkbox"/>
Burn treatment, 1/32 ounce application	<input type="checkbox"/>
Current edition of a standard St. John Ambulance First Aid Manual or some equivalent	<input type="checkbox"/>
Pairs of personal protective equipment (Medical exam gloves and CPR masks)	<input type="checkbox"/>
2 rolls of splint padding	<input type="checkbox"/>
6 triangular bandages	<input type="checkbox"/>
Safety pins	<input type="checkbox"/>
Wound and hand cleansing towelettes	<input type="checkbox"/>
Bandage scissors or equivalent	<input type="checkbox"/>
Set of instructions detailing first aid reporting procedures	<input type="checkbox"/>
Cotton tip applicators	<input type="checkbox"/>
Pressure, abdominal and gauze dressings	<input type="checkbox"/>

*This checklist is merely a guideline. It is neither meant to be exhaustive nor meant to be construed as legal advice. It does not address all potential compliance issues with federal, provincial or local standards. Consult your licenced commercial property and casualty representative at Case Insurance Brokers Inc. or legal counsel to address possible compliance requirements. © 2017 Zywave, Inc. All rights reserved.*

All items in a first aid kit should be sterile. Requirements for first aid kits vary by province and by size of employer. Always ensure you are in compliance with requirements applicable to your workplace. Other items that may help address specific hazards in your work environment include:

- Analgesic (not containing ingredients known to cause drowsiness)
- Antibiotic treatments and antiseptic
- Steel forceps
- Bandage compresses in sizes five centimetres by five centimetres, 7.6 centimetres by 7.6 centimetres or 10 centimetres by 10 centimetres
- Breathing barrier for cardiopulmonary resuscitation (CPR)
- Burn dressing(s) at least 30 square centimetres
- Cold packs at least 10 centimetres by 13 centimetres
- Eye coverings
- Eye or skin wash, 4 fluid ounces
- Hand sanitizer with a minimum of 61 per cent ethyl alcohol
- Roller bandages at least five centimetres wide and 3.7 metres long, unstretched and individually packaged.

Each workplace should also evaluate the need for an automated external defibrillator (AED).