

## **First Aid Kits**

- (a) Employers shall perform a health risk assessment to determine the number and contents of the first aid kits.
- (b) First aid kits shall be placed in all worksite vehicles.
- (c) First aid kits shall be placed in all office buildings (minimum one on each floor) and throughout the worksite as needed and be secured in a suitably secured container / cupboard / facility that can be accessed easily and quickly in case of emergency.
- (d) Contents of the first aid kits shall be based on the health risk assessment, but at a minimum shall have the contents listed in Appendix 1. If more stringent regulations exist, those regulations shall take precedence.
- (e) Employers shall ensure that first aid kits/medical supplies are inspected by a competent person at least once per month to ensure the required contents are available, including replenishing necessary items and replacing expired items.
- (f) A first aid registry shall be provided with the first aid kit to be completed by the first aider and be provided to the OSH responsible person after administering any form of first aid.

## **Minimum First Aid Requirements/Content Checklist**

Item #	Product Description	Item Quantity (by size of kit)			
		Small	Medium	Large	Travel
<b>Required</b>					
1	Pocket First Aid Guide	1	1	1	1
2	Contents list	1	1	1	1
3	Disposable gloves, latex free, powder-free, different sizes (small/medium/large), pairs	2/2/2	3/3/3	4/4/4/	1/1/1
4	Laerdal pocket mask or resuscitation face shield	1	1	2	1
5	Adhesive plasters, water resistant, low allergy, assorted sizes	40	60	10 0	10
6	Medium sterile dressing (12 x 12 cm)	4	6	8	1
7	Large sterile dressing (18 x 18 cm)	1	2	2	1
8	Eye pad sterile dressing	2	3	4	1
9	Finger sterile dressing	2	3	4	0
10	Burns sterile dressing (preferably water gel)	1	2	2	1
11	Triangular bandage	2	3	4	1
12	Conforming bandage	1	2	2	1
13	Alcohol free moist cleansing wipes	20	30	40	4
14	Safety pins, assorted sizes	6	12	24	2
15	Adhesive tape, preferably hypo-allergenic	1	1	1	1
16	Sterile eye wash	0	0	0	1

17	First Aid scissors – Tough cut type with skin protective leading edge	1	1	1	1
18	Roller bandages, 50 mm/100 mm wide	2/2	4/4	8/8	2/2
19	Skin disinfectant (spray)	1	1	1	1
20	Medical Waste disposal bag	1	2	4	1
<b>Optional: Based on first aid needs assessment</b>					
21	Splints for limbs fracture, small & large	1/1	2/2	3/3	1/1
22	Paper stitches (e.g. Steri-Strip™), packets	1	2	4	1
23	Pair of forceps or splinter tweezers	1	1	1	1
24	Hand sanitizer (min. 61.% ethyl alcohol)	1	1	1	1
25	Emergency blanket (foil blanket)	1	2	3	1
26	Torch, preferably kinetic	1	1	1	1
27	Epinephrine auto-injector	1	1	1	1
28	Analgesic tablets	2	4	8	2
29	Rapid Nasal packing	1	2	3	1
30	Cold packs (mind. 10 x 12.5 cm)	1	2	3	1

<b>Size of Kit</b>	<b>Small</b>	<b>Medium</b>	<b>Large</b>	<b>Travel</b>
Lower risk, e.g. offices, shops, libraries	Less than 25 employees	25-100 employees	More than 100 employees	Per vehicle
Higher risk, e.g. food processing, assembly work, engineering, construction, manufacturing etc.	Less than 5 employees	5-25 employees	More than 25 employees	Per vehicle

Ref.: BS-8599 (UK, 2011), ANSI Z308.1 (USA, 2009), DIN 13157-C/DIN 13169 (Germany, 2009), Ministry of Human Resources and Emiratization Guide to Preventative Occupational Health Services, (UAE).

### **Recommended CPR/AED Equipment list**

<b>CPR / AED Equipment</b>		
<b>Item #</b>	<b>Product Description</b>	<b>Item Quantity</b>
1	CPR mouth pieces	2
2	Adult AED with adult pads	1
3	Child AED with child pads (optional)	1
4	AED accessories (towel, razor, etc.)	1
5	Spare batteries for AED	1
6	1-way valve Adult mask	1
7	1-way valve Pediatric mask (optional)	1
8	Face shield	1