

First Aid Kit

Equipment

# F		# R		# D		# Stickers
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Minimum Standards list as per Safe work

Australia for Sydney Branch Club Gear Inspection 2015-2016

P = Pass / **F** = Fair / **R** = Re-inspect / **D**= Discard

Item	Kit contents			
		Quantity	Kit 1	Kit 2
Instructions for providing first aid – including Cardio-Pulmonary Resuscitation (CPR) flow chart	1			
Note book and pen	1			
Resuscitation face mask or face shield	1			
Disposable nitrile examination gloves	5 pairs			
Gauze pieces 7.5 x 7.5 cm, sterile (3 per pack)	5 packs			
Saline (15 ml)	8			
Wound cleaning wipe (single 1% Cetrimide BP)	10			
Adhesive dressing strips – plastic or fabric (packet of 50)	1			
Splinter probes (single use, disposable)	10			
Tweezers/forceps	1			
Antiseptic liquid/spray (50 ml)	1			
Non-adherent wound dressing/pad 5 x 5 cm (small)	6			
Non-adherent wound dressing/pad 7.5 x 10 cm (medium)	3			
Non-adherent wound dressing/pad 10 x 10 cm (large)	1			
Conforming cotton bandage, 5 cm width	3			
Conforming cotton bandage, 7.5 cm width	3			
Crepe bandage 10 cm (for serious bleeding and pressure application)	1			
Scissors	1			
Non-stretch, hypoallergenic adhesive tape – 2.5 cm wide roll	1			
Safety pins (packet of 6)	1			
BPC wound dressings No. 14, medium	1			
BPC wound dressings No. 15, large	1			
Dressing – Combine Pad 9 x 20 cm	1			
Plastic bags - clip seal	1			
Triangular bandage (calico or cotton minimum width 90 cm)	2			
Emergency rescue blanket (for shock or hypothermia)	1			
Eye pad (single use)	4			
Access to 20 minutes of clean running water or (if this is not available) hydro gel (3.5 gm sachets)	5			
Instant ice pack (e.g. for treatment of soft tissue injuries and some stings).	1			

Signed : _____ Date : _____