



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

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

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 • **1300 360 455**

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