

## First Aid Kit List

Below is a list of required items that Headway Gippsland requires to be stored in their first aid kits, if an item is used from the first aid kit you are to notify your manager when an item has been used and requires to be replaced.

This Form can be stored in all Headway First Aid kits.

<b><u>Office First Aid Kit</u></b>	<b><u>Qty.</u></b>	<b><u>Qty:</u></b>	<b><u>Expiry Dates:</u></b>
Access to 20 Minutes of clean running water or (if this is not available) hydrogel (3.5gm sachets)	5		
Adhesive dressing strips – plastic or fabric (packet of 25)	1		
Antiseptic liquid/spray (50ml)	1		
BPC wound dressings No. 14, Medium	1		
BPC wound Dressings No. 15, Large	1		
Conforming cotton bandage, 5cm width	2		
Crepe bandage 10cm (for severe bleeding and pressure application)	1		
Disposable nitrile examination gloves	5 pairs		
Dressing – Combine Pad 9 x 20 cm	1		
Emergency rescue blanket (for shock or hypothermia)	1		
Eye pad (single use)	2		
Gauze pieces 7.5 cm x 7.5cm, sterile (3 per pack)	1 pack		
Instant ice pack (e.g., for soft tissue injuries and some stings).	1		
Instruction for Providing first aid – Including Cardio-Pulmonary Resuscitation (CPR) flow chart	1		
Non-adherent wound dressing/pad 10 x 10cm (large)	1		
Non-stretch, hypoallergenic adhesive tape – 2.5 cm wide roll	1		
Note Book/ Pen	1		
Plastic bags – clip seal	1		
Resuscitation face mask or face shield	1		
Safety pins (packet of 6)	1		
Saline (15ml)	4		
Scissors	1		
Splinter probes (single-use, disposable)	10		
Triangular bandage (calico or cotton minimum width 90cm)	1		
Tweezers/forceps	1		
Wound cleaning wipe (single 1% Cetrimide BP)	10		

## First Aid Kit List

<b><u>Car First Aid Kit</u></b>	<b><u>Qty.</u></b>	<b><u>Qty:</u></b>	<b><u>Expiry Dates:</u></b>
Adhesive dressing strips – plastic or fabric (packet of 25)	1		
Antiseptic liquid/spray (50ml)	1		
BPC wound Dressings No. 15, Large	1		
Disposable nitrile examination gloves	3 pairs		
Dressing – Combine Pad 9 x 20 cm	1		
Emergency rescue blanket (for shock or hypothermia)	1		
hydro gel (3.5gm sachets)	1		
Instant ice pack (e.g., for soft tissue injuries and some stings).	1		
Instruction for Providing first aid – Including Cardio-Pulmonary Resuscitation (CPR) flow chart	1		
Non-adherent wound dressing/pad 10 x 10cm (large)	1		
Non-stretch, hypoallergenic adhesive tape – 2.5 cm wide roll	1		
Note Book/ Pen	1		
Plastic bags – clip seal	1		
Resuscitation face mask or face shield	1		
Safety pins (packet of 6)	1		
Triangular bandage (calico or cotton minimum width 90cm)	1		
Tweezers/forceps	1		