

List of Contents of First Aid Boxes for the Workplace

Required under the Health and Safety at Work etc Act 1974 and the Health and Safety (First Aid) Regulations 1981.

- **Regulation 3** - Duty of employer to make provision for first aid.

An employer shall provide, or ensure that there are provided, such equipment and facilities as are appropriate in the circumstances for enabling first aid to be rendered to his employees if they are injured or become ill at work. In deciding what equipment and facilities and what numbers and what types of personnel are needed the employer should have regard to the following criteria:

- Number of employees;
 - The nature of the undertaking;
 - The size of the establishment and the distribution of employees and
 - The location of the establishment and the locations to which employees go in the course of their work.
- **First Aid Equipment and Requisites** - in a suitable box or container marked with a white cross on a green background.

Item	Number of Employees					Travel Kit
	1-5	6-10	11-50	51-100	101-150	
Guidance card	1	1	1	1	1	1
Individually wrapped sterile adhesive dressings (assorted sizes)	10	20	40	40	40	6
Sterile eye pads, with attachment	1	2	4	6	8	
Individually wrapped triangular bandages	1	2	4	6	8	1
Sterile coverings for serious wounds (where applicable)	1	2	4	6	8	
Safety pins	6	6	12	12	12	6
Medium sized sterile individually wrapped unmedicated dressing	3	6	8	10	12	1
Large sterile individually wrapped unmedicated dressings	1	2	4	6	10	
Extra large sterile individually wrapped unmedicated dressings	1	2	4	6	8	
Individually wrapped moist cleaning wipes	10	20	30	30	30	

Where sterile water or sterile normal saline in disposable containers needs to be kept near the first aid box because tap water is not available; at least the following quantities should be kept:

Number of employees

	1-10	11-50	51-100	101-150
Sterile water or saline in disposable containers	1	3	6	6

First aid boxes/containers should be waterproof and air tight as far as possible and identified with a white cross on a green background. They should contain only the above items and nothing else except where special items are included under the special regulations relating to the work process. Carrying equipment, blankets and any necessary protective clothing may be stored alongside these.

It may be considered advisable to keep, separate from the above, extra triangular bandages (for immobilisation of major fractures), several 25gm packs of cotton wool (for padding), scissors and tweezers.