

# First Aid Kit

You should ensure that you have a Level 1 first aid kit readily available in the workshop kitchen. You can buy one from St. John's Ambulance (<http://www.shopsja.ca/>) or from a local supplier in your area. Another option would be to put one together yourself using the list below and putting the contents into a waterproof container.

The Occupational Health and Safety Regulation issued by WorkSafe BC lists the following contents for a Level One First Aid Kit. View the Occupational First Aid Guidelines at <http://www2.worksafebc.com/topics/firstaid/RegulationAndGuidelines.asp>

- 3 blankets
- 24 - 14 cm x 19 cm wound cleaning towelettes, individually packaged
- 60 hand cleansing towelettes, individually packaged
- 100 sterile adhesive dressings, assorted sizes, individually packaged
- 12 - 10 cm x 10 cm sterile gauze dressings, individually packaged
- 4 - 10 cm x 16.5 cm sterile pressure dressings with crepe ties
- 2 - 7.5 cm x 4.5 m crepe roller bandages
- 1 - 2.5 cm x 4.5 m adhesive tape
- 4 - 20 cm x 25 cm sterile abdominal dressings, individually packaged
- 6 cotton triangular bandages, minimum length of base 1.25 m
- 4 safety pins
- 1 - 14 cm stainless steel bandage scissors or universal scissors
- 1 - 11.5 cm stainless steel sliver forceps
- 12 cotton tip applicators
- 1 pocket mask with a one-way valve and oxygen inlet
- 6 pairs of medical gloves (preferably non-latex)
- first aid records and pen (i.e. incident report forms)

## **In addition, Fresh Choice Kitchens recommends adding:**

- latex finger cots (which can be purchased from the Pharmacy dept of your local drugstore)
- assorted sizes of non-latex, powder free gloves
- an inventory to be completed each time people use items in the kit (this will help you keep track of items that need to be replenished)
- water soluble burn cream/pain relieving gel (for use only on first degree burns)
- different sized band-aids (e.g. finger band-aids, knuckle band-aids, small band-aid)