

First Aid Kit Checklist

First Aid kits should be checked on a regular basis by first aiders. It is the first aiders responsibility to ensure the First Aid Kit is fully stocked as per this checklist. Items should be checked for integrity and expiry dates (where applicable).

Qty	First Aid Kit Item	Qty	First Aid Kit Item
1	Trauma Dressing	5	Small non adherent dressings
2	Large dressings	5	Medium non adherent dressings
2	Medium dressings	1	2.5cm wide Micropore or Transpore Tape
2	Eye pad dressing	1	5cm wide Micropore or Transpore Tape
4	Triangular Bandages	20	Assorted plasters
6	Safety pins	1	Burnshield dressing (10x10)
10	Antiseptic wipes	2	Foil Blanket
5	Sterile Water 20ml	1	CPR face shield
1	Blunt / Sharp Scissors	1	Tuf Cut Trauma Shears
Qty	PPE	Qty	Documents
10	Gloves Large nitrile (non latex)	1	First Aid Guidance Leaflet
10	Gloves Medium nitrile (non latex)	5	RFU accident/incident report form
10	Gloves Small nitrile (non latex)	1	MADDOCKS Questions (laminated)
1	Hand Sanitiser (small)	1	SALTAPS assessment (laminated)
3	small clinical waste bags	1	Headcase info (laminated)
		1	First Aid Kit Checklist (laminated)
		1	First Aid Armband

If items are used or expire please email Steve Furnell (rugbymedic@icloud.com) listing your age group/team and the item & qty you require. Steve will arrange a suitable time and location for you to collect these. In emergencies you may be able to replenish equipment by speaking to a member of the medical team in the sports therapy hut.