

## 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 low adherent dressings (7.5x7.5cms) |
| 2   | Large dressings (18x18cms)        | 5   | Medium low adherent dressings (10x10cms)  |
| 2   | Medium dressings (12x12cms)       | 1   | 2.5cm wide Micropore or Transpore Tape    |
| 2   | Eye pad dressing (7.5x5.5cms)     | 1   | 5cm wide Micropore or Transpore Tape      |
| 4   | Triangular Bandages               | 20  | Assorted plasters                         |
| 6   | Safety pins                       | 1   | Burnshield dressing (10x10cms)            |
| 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) | 1   | MADDOCKS Questions (laminated)            |
| 10  | Gloves Small nitrile (non latex)  | 1   | SALTAPS assessment (laminated)            |
| 1   | Hand Sanitiser (small)            | 1   | Headcase info (laminated)                 |
| 3   | small clinical waste bags         | 1   | First Aid Kit Checklist (laminated)       |
|     |                                   | 1   | First Aid Armband                         |

If items are used or expire please visit [https://www.surveymonkey.com/r/SERFC\\_FirstAid\\_Items\\_Resupply\\_Form](https://www.surveymonkey.com/r/SERFC_FirstAid_Items_Resupply_Form). Here you can list your age group/team and the item & qty you require. The medical team will arrange a suitable time and location for you to collect these items. In emergencies you may be able to replenish equipment by speaking to a member of the medical team in the sports therapy hut.