

First Aid Kit Checklist



First Aid refers to the initial treatment or emergency care provided to one who is ill or injured prior to receiving professional medical assistance. An appropriate number of first aid kits are to be maintained and all workers advised where they can be located. Where there are separate work areas, it may be appropriate to locate first aid facilities centrally and provide portable first aid kits in each work area, including motor vehicles. [Click here to access the first aid Code of Practice.](#)

The QLD First Aid Code of Practice 2004 states that a First Aid Kit should contain at least the following:

- Adhesive strips (assorted sizes) for minor wound dressing
- Non-allergenic adhesive tape for securing dressings and strapping
- Eye pads for emergency eye cover
- Triangular bandage for slings, support and/or padding
- Hospital crepe or conforming bandage to hold dressings in place
- Wound/combine dressings to control bleeding and for covering wounds
- Non-adhesive dressings for wound dressing
- Safety pins to secure bandages and slings
- Scissors for cutting dressings or clothing
- Kidney dish for holding dressings and instruments
- Small dressings' bowl for holding liquids
- Re-usable ice-pack for the management of strains, sprains and bruises
- Forceps/tweezers for removing foreign bodies
- Disposable latex or vinyl gloves for infection control
- Sharps disposal container for infection control and disposal purposes
- Sterile saline solution or sterile water for emergency eye wash or for irrigating eye wounds. This saline solution must be discarded after opening
- Resuscitation mask to be used by qualified personnel for resuscitation purposes
- Antiseptic solution for cleaning wounds and skin
- Plastic bags for waste disposal
- Note pad and pen/pencil for recording the injured or ill person's condition and treatment given
- Re-usable ice-pack for the management of strains, sprains and bruises

NOTE: First aid kits should not contain medication, including painkillers such as paracetamol and aspirin because of their potential to cause adverse health effects in some people including pregnant women and people with medical conditions.

For further information contact our specialist Workplace Advisors on 1800 RETAIL (738 245).