

5 Minute First Aid Kit Checklist

Use this checklist and make sure your first aid kit is up to date, it only takes 5 minutes.

A first aid kit is an essential item for the home, workplace and vehicles.

Check the contents of your kit regularly, and ensure that:

- ☐ items have been cleaned
- ☐ packets are properly sealed
- ☐ items have not exceeded expiry dates
- ☐ previously used items have been replaced
- ☐ everybody knows where the first aid kit is kept!

Basic first aid kit items

- | | |
|---|--|
| ☐ non-stick wound dressings | ☐ saline solution |
| ☐ adhesive strips (e.g. Band-aids) | ☐ safety pins |
| ☐ combine dressings | ☐ plastic bags |
| ☐ eye pads | ☐ stainless steel tweezers |
| ☐ gauze swabs | ☐ thermo/shock blanket |
| ☐ alcohol & antiseptic swabs | ☐ notepad & pencil |
| ☐ triangular bandages | ☐ disposable nitrile gloves |
| ☐ crepe bandages | ☐ antiseptic spray or cream |
| ☐ disposable hand towels | ☐ cold pack (disposable) |
| ☐ stainless steel scissors | ☐ CPR protection mask. |
| ☐ blunt-nosed shears | |

Additional products

If you want to personalise your first aid kit, you can consider additional items purchased from a pharmacy or supermarket.

It is advised that each individual carries their medications in their personal first aid kit.