

Gloucester City Council

Environmental Health Factsheet

FIRST AID KITS

Regulations made under the Health and Safety at Work Act 1974 require employers and the self-employed to provide and maintain adequate **FIRST AID** facilities.

The most basic provision is a **FIRST AID KIT** which should be easily available at all workplaces and for people travelling and working away from their place of employment.

An Approved Code of Practice issued by the Health and Safety Executive gives a list of items which must be provided. **FIRST AID KITS** which meet the requirements of the Code of Practice are readily available from chemists, safety suppliers and other reputable stockists.

For most small and medium-sized businesses every **FIRST AID KIT** should contain the following:

Item	First Aid Boxes	Travelling First Aid kits
Guidance card	1	1
Individually wrapped sterile adhesive dressings (assorted sizes)	20	6
Sterile eye pads, with attachment	2	
Individually wrapped triangular bandages	6	2
Safety pins	6	2
Medium sized individually wrapped sterile unmedicated wound dressings (approx. 10cm x 8cm)	6	
Large sterile individually wrapped unmedicated wound dressings (approx. 13cm x 9 cm)	2	1
Extra large sterile individually wrapped unmedicated wound dressings (approx. 28cm x 17.5cm)	3	
Individually wrapped moist cleaning wipes (suggested minimum number)		6



ENVIRONMENTAL HEALTH

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Where tap water is not readily available for eye irrigation, sterile water or sterile normal saline in sealed disposable containers should be provided. Each container should hold at least 300ml and at least 900ml should be provided.

In any **FOOD BUSINESS** the adhesive dressings (plasters) **MUST BE WATERPROOF**. It is recommended that they should be blue in colour to make them more easily visible. Companies which use metal detectors can also obtain waterproof dressings with a thin metal strip as a further precaution.

PLEASE NOTE - A FIRST AID KIT should contain **ONLY** the items listed. The use of antiseptics is not necessary for the **FIRST AID** treatment of wounds (including burns).

FURTHER ADVICE on **FIRST AID** is available from Local Authority Environmental Health Departments and the Health & Safety Executive. A leaflet '*First Aid Needs In Your Workplace*' is available free of charge and an Approved Code of Practice (COP42) '*First Aid At Work*' can be bought from HMSO for £2.00 (ISBN 0 11 885536 0).