



First aid fact sheet

First aid kit

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.

Basic first aid kit items

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

Additional products

- antiseptic cream
- laxatives
- analgesic tablets
- allergy preparations
- anti-nausea preparations
- anti-diarrhoea preparations
- sunscreen, sunburn-relief
- ear ache drops
- eye drops
- cotton buds
- finger stalls
- medicine measuring cup
- thermometer
- a blue asthma inhaler (if permitted).

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All kit contents can be purchased from the St John online shop. Or call 1300 956 625 for kit content advice or restocking.

In a medical emergency call Triple Zero (000)

DRSABCD Danger ▶ Response ▶ Send for help ▶ Airway ▶ Breathing ▶ CPR ▶ Defibrillation

You could save a life with first aid training • www.stjohn.org.au • **1300 360 455**

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