Suggested Minimum Content for a Workplace First Aid Kit

The figure below shows recommended contents for first aid kits for workplaces with no special risk:

This is a suggested contents list only, you may want to use equivalent but different items.
When you do your Needs Assessment you may identify a need for additional items. This could include, for example:

- Scissors
- Adhesive strips or band-aids for minor wound dressing
- Non-allergic adhesive tape
- Disposable aprons
- Forceps or tweezers to remove foreign bodies
- Individually wrapped moist wipes or saline solution
- Plastic bags for waste disposal
- Hand sanitiser

Ideally, these items are stored inside the first aid kit. But if necessary they may be stored separately as long as they are available for use as required.

**Remote Workers**

If you have workers in remote or isolated locations, you must provide them with a basic first aid kit (described on the previous page) as well as extra first aid equipment if required.

The figure below shows some extra contents for a first aid kit for remote or isolated workers. You may also want to consider including a small notebook and pen to record things such as dates, times, observations, equipment used. This is a suggestion only – the actual contents will depend on the nature of the work carried out and its risks.
WorkSafe’s First Aid for Workplaces – A Good Practice Guide

- Saline 15ml x 8
- Tweezers
- Scissors
- Safety pins at least 6
- 10cm crepe bandage
- 7.5cm width conforming cotton bandage x 3
- Large sterile burn dressing x 1
- 5cm width conforming cotton bandage x 3
- 7.5 x 10cm (medium) non-adherent dressing/pad x 3
- Wound cleaning wipe, single 1% Chlorhexidine x 10
- Adhesive dressing strips pack of 50
- 10 x 10cm (large) non-adherent dressing/pad x 2
- Instructions for providing first aid including cardiopulmonary resuscitation
- Whistle
- Disposable nitrile gloves x 2 pairs
- Rescue blanket x 1
- Resuscitation mask or face shield
- Triangular bandage x 2
- Non-stretch, hypoallergenic adhesive tape
- 2.5cm wide roll
- 5 x 5cm (small) non-adherent dressing/pad x 6

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