

# FIRST AID KIT- CONTENTS CHECKLIST AND EXPIRY DATES

ITEMS	Term 1	Term 2	Term 3	Term 4	Expiry Dates	Comments
Basic First Aid Instructions/Manual						
Emergency Services phone numbers & addresses						
Resuscitation chart & Resuscitation Mask						
Medicine cup						
Disposable gloves						
Scissors						
Tweezers						
Small safety pins						
Blanket						
Individually wrapped sterile adhesive dressings (bandaids)						
Elastoplast (25-30mm wide)						
Non allergenic tape						
Crepe bandage (50mm & 75mm)						
Triangular bandage						
Sterile gauze						
Cotton squares & bandages of various sizes						
Sterile eye pads						
Sterile saline for wound irrigation						
Sterile covering for serious wounds						
Small, medium & large sterile wound dressings						
Steri-strips						
Ventolin & Spacer & Mask						
Epipen Junior (optional depending on location/circumstances)						
Plastic bags for disposal						