# FIRST AID KIT- CONTENTS CHECKLIST AND EXPIRY DATES

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| 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 |  |  |  |  |  |  |

Version 2.0 May 2018