

University Occupational Health and Safety Information Sheet

CONTENTS OF A FIRST AID BOX

Suggested Contents	Size of Kit			Travel
	Small	Medium	Large	
First Aid Guidance Leaflet	1	1	1	1
Individually wrapped medium sterile un-medicated wound dressing	4	6	8	1
Individually wrapped large sterile un-medicated wound dressing	1	2	2	1
Triangular bandage	2	3	4	2
Safety pins	12	12	23	12
Sterile eye pads	2	3	4	1
Adhesive plasters	40	60	100	20
Individually wrapped wipes	20	30	40	4
Microporous tape	1	1	1	1
Pair of disposable nitrile gloves	6	9	12	1
Scissors	1	1	1	1
Sterile eyewash 250 ml	1	1	1	1
Hazard / number of employees	Minimum number of kits required			
Low / less than 25	1			
Low / 25-100		1		
Low / 100 +			1	
High / less than 5	1			
High / 5-25		1		
High / 25 +			1	