



# First Aid Kit

## Requirements & Recommendations



### Required Supplies

OSHA standard 1910 requires that adequate first aid supplies be readily available at the workplace. The minimum requirements, as of June 17, 2018, as stated by the American National Standards Institute include the following:

- ☐ 16 Adhesive Bandages, 1 X 3"
- ☐ 1 Adhesive Tape, 3/8" x 2.5 yd
- ☐ 1 Absorbent Compress, 4" x 8"
- ☐ 10 Antibiotic Treatments, 0.14 fl oz application
- ☐ 10 Antiseptics, 0.14 fl oz application
- ☐ 1 Individual Breathing Barrier
- ☐ 1 Burn Dressing, 4" x 4"
- ☐ 10 Burn Treatments, 1/32 oz application
- ☐ 1 Cold Pack, 4" x 5", single use
- ☐ 6 - 1/32 oz Hand Sanitizer
- ☐ 1 Roller Bandage, 2" x 12'
- ☐ 2 Sterile Pads, 3" x 3"
- ☐ 1 Triangular Bandage, 40" x 40" x 56"
- ☐ 2 Trauma Pads, 5" x 9"
- ☐ 2 Pair Medical Exam Gloves - latex free
- ☐ 2 Eye Covering, 2.9 sq in. per eye and thickness of at least ¼ in.
- ☐ 1 Eye/Skin Wash, 4 fl oz of a sterile, isotonic, buffered solution, individual application of at least 0.5 fl oz
- ☐ 1 First Aid Guide - minimum information required (see attachment)
- ☐ 1 Scissors

### First Aid Kit tips

Kits should be available for use in different settings such as:

- Residential
- Vans/Outings
- Day Programs/Classrooms
- Workshops/Manufacturing

Have a list of emergency phone numbers in each kit

### Recommended Additions to Your Kit

Additional supplies should be added dependent upon the types of injuries that are likely to occur in that setting. Examples of additional supplies are:

- |   |  |
|---|--|
| <input type="checkbox"/> Disposable Thermometer | <input type="checkbox"/> Finger Splint |
| <input type="checkbox"/> 1 Tweezers             | <input type="checkbox"/> Arm Splint    |
| <input type="checkbox"/> 1 Blanket              |  |

### First Aid Kit Maintenance Program

All kits should be inspected every three months to check for depleted and expired supplies. Any other supplies that are not in working order should also be replaced.

- Assign a staff member to be responsible for checking kits and replenishing supplies on a scheduled basis
- A log should be kept of these checks including staff's signature and any actions taken
- Maintain an accurate supply list that can be used to order additional supplies
- Additional supplies should be added as needed to address the hazards of a particular work environment
- Ensure that all staff know the location of the kit

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