



First Aid Kit

Requirements & Recommendations



Required Supplies

OSHA requires that adequate first aid supplies be readily available in the workplace. The contents of first aid kits should be based on workplace hazards and anticipated injuries. The following items represent a recommended minimum first aid kit inventory for most workplace settings.

	Quantity	Item	Size
☐	16	Adhesive Bandages (Band-Aids)	1"x3"
☐	1	Adhesive Tape	3/8" x 2.5 yd
☐	1	Absorbent Compress	4"x8"
☐	10	Antibiotic Treatment Packets	
☐	10	Antiseptic Treatment Packets	
☐	1	Breathing Barrier (Pocket Mask or Face Shield)	
☐	1	Burn Dressing	4"x4"
☐	10	Burn Treatment Packets	
☐	1	Instant Cold Pack	
☐	6	Hand Sanitizer Packets	
☐	1	Roller Bandage	2"x12'
☐	2	Sterile Pads	3"x3"
☐	2	Trauma Pads	5"x9"
☐	2	Triangular Bandages	
☐	2 pair	Medical Exam Gloves (Latex-Free)	
☐	2	Elastic Wraps	
☐	2	Eye Coverings	
☐	1	Eye Wash Solution	4 oz.
☐	1	Splint (Rigid or Flexible)	
☐	1	Tweezers	
☐	1	Scissors	
☐	1	Emergency Blanket	
☐	1	First Aid Instruction Guide	
☐		Emergency Contact and Emergency Assistance Information	

First Aid Kit Tips

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

- Residential Programs
- Community-Based Services
- Transportation Vehicles
- Day Programs and Classrooms
- Workshops and Manufacturing Areas
- Administrative Offices
- Outdoor Activity Areas

Recommended Additions to Your First Aid Kit

Additional supplies should be added based on the workplace, activities performed and identified hazards. Examples include:

- ☐ Digital Thermometer
- ☐ Finger Splint
- ☐ Arm Splint
- ☐ Additional Trauma Dressings
- ☐ Extra Gloves
- ☐ CPR Pocket Mask
- ☐ Flashlight
- ☐ Biohazard Waste Bags

First Aid Kit Maintenance Program

All kits should be inspected at least quarterly to ensure supplies are present, functional, and not expired.

- Assign a staff member to inspect and replenish supplies.
- Maintain a documented inspection log that includes:
 - » Date of inspection
 - » Inspector's name/signature
 - » Supplies replaced or reordered
- Replace expired, damaged, or contaminated items immediately.
- Customize kit contents for specific workplace hazards.
- Ensure all staff know the location of first aid kits and how to access them during emergencies.



Contact the ISA Risk Management Division today for more information on these and other risk management services and resources.

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