

Anatomy of a First Aid Kit

Know where your first aid kits are located at work. Make sure it has all the items you may need. Check the kit regularly. Check expiration dates and replace any used or out-of-date contents. The Red Cross recommends that first aid kits include the following:

- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages (assorted sizes)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 5 antibiotic ointment packets (approximately 1 gram)
- 5 antiseptic wipe packets
- 2 packets of aspirin (81 mg each)
- 1 blanket (space blanket)
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress
- 2 pair of nonlatex gloves (size: large)
- 2 hydrocortisone ointment packets (approximately 1 gram each)
- Scissors
- 1 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- 5 sterile gauze pads (3 x 3 inches)
- 5 sterile gauze pads (4 x 4 inches)
- Oral thermometer (non-mercury/nonglass)
- 2 triangular bandages
- Tweezers
- First aid instruction booklet

You may need additional items based on your specific operation. In addition to a sufficient number of well-stocked first aid kits, make sure you have your Emergency Phone Numbers posted clearly in the same areas. Don't take for granted that everyone knows to call 9-1-1. Tell them!

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