

PERSONALISED FIRST AID KIT

<u>ITEM</u>	<u>No.(in kit)</u>	<u>Actual</u>	<u>Used</u>	
Emergency First Aid Guide	1	1		
Universal Dressings Large 91cms x 20cms	2	2		
20cm x 7.5cm Wound Dressing Non-Adherent	2	2		
10cm x 7.5cm Wound Dressing Non-Adherent	2	4		
Assorted Bandaids	50	70+		*
Assorted Knuckle plasters	10	9		*
Butterfly closures	10	50	including 12 Steristrip skin closures	*
Eye Pads	4	4		
Burns Dressing Non-adherent	1	1		
15cms Conforming Bandages	2	2		
10cms Conforming Bandages	2	2		
5cms Conforming Bandages	2	2		
2.5cms Conforming Bandages	2	2		
10cms Heavy Duty Crepe Bandage	1	1		
2.5 cms Adhesive Tape	1	2	replaced with Micropore hypo-allergenic tape	*
5cms Adhesive Tape	1	1	replaced with Kendall Curasilk adhesive tape	*
Triangular Bandages	4	4		
250mls antiseptic liquid	1	12+1	replaced with 12 Betadine wipes + Savlon Cream	**
Gauze Swabs 10cm x10cms x5	4	4		
Plastic forceps	2	2		
Kidney Dish	1	1		
Gallipot	1	1		
Cotton Buds 1 pkt (50)	1	1		
Antiseptic Soap	1	1	Solyptol Medicated Soap	
Disposable Towels	6	6		
Nailbrush	1	1		
5" Scissors Sharp Blunt	1	1		
Safety Pins in container	10	10		
Bottle Paracetamol Tablets 500mgs (50)	1	1	Replaced with pack of 24 Paracetamol Tablets 500mgs	
Emergency Shock Blanket	1	2		
Alco Preps	20	24	Replaced with Mediswabs	**
Disposable gloves (prs)	2	2	Large	
Pair Splinter Forceps	1	1		
Splinter Remover	1	1		

ITEM

ADDITIONAL IMPORTANT ITEMS

No.(in kit) Actual Used

Torch complete with batteries/spare bulb	1	
Pen/pencil/Notepad	1+1+1	self adhesive notelets
Waste bag polythene sealable	1	includes adhesive strip to attach to supporting surface.
Resuscitation Protection Mask (disposable)	1	

ADDITIONAL USEFUL ITEMS

Fever Gauge	3	Forehead/skin thermometer	
Kaltostat dressing (multi dose)	1	For haemostasis	
Soft Tissue Rub 50g	1	Deep Heat or similar/ or anti-inflammatory Voltaren or similar	*
Eye Bath	1		
1cm Hypo Allergenic adhesive tape	1	Durapor or Micropore or similar	*
Tubular Bandage finger size 5m roll	1		
Tubular Bandage applicator	1		
Chlorhexadine 0.05% Cetrimide 0.5% Aqueous Irrigation 30mls	1		
Saline irrigation and rinsing solution 15mls	5		
Tubular foam finger proctector	1		

Additional Items - personal preference.

Foreign Body Probe	1		
6" Scissors sharp blunt angled blades	1	Clothing removal	
Forceps toothed 5"	1		
Needle point forceps 4"	1		
Artery forceps/needle holder 6"	1		
Selection of Sutures	4		**
Tegaderm transparent adhesive film 10cm x 12 cm	4		*
Paraffin gauze dressings 10cm x 10 cm	6	Unitulle	
Non-stick absorbent dressing 10cm x 10cm	4	Melolin	
Non-stick absorbent dressing 7.5cm x 5cm	9	Melolite	
Roll white adhesive insulation tape	1	Sealing plastic bags, temporary repairs to clothing etc.	
To be added:			
Suncream - 50g SPF30 or higher.			**
Insect bite/sting relief cream or lotion.			**

* Adhesives deteriorate over time and need to be checked regularly - probably every 3 months

** These items either become less effective over time or their sterility cannot be taken for granted.

May be replaced at expiry date or used knowing possible shortcomings.