

Human First Aid Kit Suggestions

THE “GOLDEN RULE” FOR FIRST AID KITS:

The contents are for emergency use only!

When used, they should be immediately replaced!

- Sturdy Card the With Phone Number of Emergency Services (usually 911)
- Everything should be kept in sealed Ziplock bags
- Small Note Book with pencil (to keep notes for ambulance if necessary)
- First Aid Instruction Booklet
- Flashlight (with extra batteries)
- Oral Thermometer
- Sharp Scissors
- Tweezers
- Breathing Barrier (for CPR)
- Hand Sanitizer
- Non-Latex Gloves
- Antiseptic Wipes
- Absorbent Compress Dressings
- Non-adhesive Dressings (Telfa)
- Adhesive Bandages (assorted sizes)
- Adhesive Cloth Tape
- Lightplast (Elastic Adhesive Bandage)
- Gauze Bandages
- Gauze Pads (assorted sizes)
- Triangle Bandages
- Paper Towels (or clean towels)
- Instant Cold Compress
- Eye Wash
- Antibiotic Ointment (check expiry dates regularly)
- Aspirin (81 mg)
- Blanket
- Arm Sling