

Table 1: Recommended Contents of Occupational First-Aid Boxes and Kits¹

Materials	First Travel Kit Contents	First Aid Box Contents		
		1-10 Persons	11-25 Persons	26-50 Persons ²
Individually wrapped sterile plasters of assorted sizes	20	20	20	40
Sterile Eye Pads (No. 16) (bandage attached)	2	2	2	4
Individually Wrapped Triangular Bandage	2	2	6	6
Individually Wrapped Sterile Unmedicated Wound Dressings Medium (No. 8) (10 x 8cms)	1	2	2	4
Individually Wrapped Sterile Unmedicated Wound Dressings Large (No. 9) (13 x 9cms)	1	2	6	8
Individually Wrapped Sterile Unmedicated Wound Dressings Extra Large (No. 3) (28 x 17.5cms)	1	2	3	4
Individually Wrapped Disinfectant Wipes	10	10	20	40
Paramedic Shears	1	1	1	1
Disposable Examination Gloves Pairs (Latex-free gloves should be worn where possible as some people are allergic to latex).	3	5	10	10
Sterile water where there is no clear running water ³	2x20mls	1x500mls	2x500mls	2x500mls
Water Based Burns Dressing Small (10x10cm)	1	1	1	1
Water Based Burns Dressing Large ⁴	1	1	1	1
Crepe Bandage (7cm)	1	1	2	3
Foil Blanket ⁵	1	1	1	1
Vomit bag	2	2	2	2
Hazardous waste bag	1	1	1	1
Mouth shield for CPR (CPR pocket mask or flat face shield)	1	1	1	1
Pen torch ⁶	1	1	1	1

1. Table 1 provides a general guide on the recommended contents of occupational first-aid boxes and kits based on numbers employed. Quantities indicated in Table 1 are minimum numbers and can be increased.
2. Occasionally, the quantities indicated in Table 1 will be insufficient and the actual amounts required should be based on a risk assessment. An obvious example is that for drivers of dangerous goods vehicles it is recommended a quantity of 2x 500mls of sterile water for eye irrigation is in their travel kits due to the risk of contact with hazardous chemicals and this is mandatory in certain dangerous goods vehicles (ADR 8.1.5).
3. Where more than 50 persons are employed, pro rata provision should be made. Where mains tap water is not readily available for eye irrigation, sterile water or sterile normal saline (0.9%) in sealed disposable containers should be provided. Each container should hold at least 20ml and should be discarded once the seal is broken. Eye bath/eye cups/refillable containers should not be used for eye irrigation due to risk of cross infection. The container should be CE marked.
4. Where mains tap water is not readily available for cooling burnt area. The container should be CE marked.
5. To accompany the first-aid kit a standard blanket should be made available where possible.
6. Any site with ATEX (Explosive Atmospheres at Work) zoned areas must be aware of the requirement for intrinsically safe/ATEX rated torches for use in these areas.