

All businesses are required to ensure they have adequate provision for first aid, even those that operate in low risk working environments.

The term “adequate provision” is very much dependent on the working environment and the numbers of people that operate within that environment, therefore an assessment of first aid needs must be conducted. For further or specific advice please call us on 0191 5022515.



As a basic guide, HSF Training Ltd has prepared a suggested tick list of what could be included within a basic first aid kit. The list provided is based on the British Standards Institute workplace First Aid Kit for a low risk environment with 25 or less employees.

Why not use this print out to aid you in keeping an inventory of your first aid box? Do remember to replace used items and check expiry dates regularly.

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Item	Quantity
Guidance leaflet	1
Contents list	1
Medium dressing (individually wrapped, sterile)	4
Medium dressing (individually wrapped, sterile)	1
Triangular bandage	2
Safety pins	6
Eye pads	2
Plasters (individually wrapped, variety of sizes, sterile) (hypoallergenic, if assessed that these are required)	40
Wipes (individually wrapped, sterile)	20
Adhesive tape (hypoallergenic, if assessed that this are required)	1
Nitrile gloves (pairs)	6
Finger dressing	2
Resus face shield	1
Foil blanket	1
Eyewash (250ml)	0
Burn dressing	1
Safety shears	1
Conforming bandage	1

Disclaimer: This is a sample document. No organisation or person involved in the creation of this publication accepts responsibility for any inaccuracies omissions or failure by the business to implement correctly, however caused.