

First Aid Kit Contents

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. More information can be found on the Health and Safety Executive’s guidance page <https://www.hse.gov.uk/simple-health-safety/firstaid/what-to-put-in-your-first-aid-kit.htm>

As a guide, we have prepared a suggested tick list of what could be included within a kit, based on the British Standards Institute’s standard BS 8599-1:2019 for small medium and large workplace first aid kits. Why not use this to aid you in keeping an inventory of your first aid box? Do remember to replace used items and check expiry dates regularly.

Item	Quantity			Included
	Small kit	Medium kit	Large kit	
Guidance leaflet	1	1	1	
Medium sterile dressing	2	4	6	
Large sterile dressing	2	3	4	
Triangular bandage	2	3	4	
Eye pad dressing	2	3	4	
Adhesive dressing	40	60	100	
Sterile wipes	20	30	40	
Microporous tape	1	2	3	
Nitrile gloves (pairs)	6	9	12	
Face shield	1	2	3	
Foil blanket	1	2	3	
Burn dressing (10x10cm)	1	2	3	
Scissors	1	1	1	
Conforming bandage	1	2	2	
Finger dressing	2	3	4	
Sterile eyewash 250 ml	1	1	1	