



PLEASE ENTER NAME OF CHURCH OR ORGANISATION

First Aid Checklist

For up to date information on First Aid Kit information visit <http://www.stjohn.org.au>

The following is a suggested First Aid Kit list¹. It is not intended as an exhaustive list. Please review your activities to determine if this list is adequate for your needs.

Add other items required to meet your First Aid needs to the bottom of the list.

Please ensure that your First Aid Officer monitors the use of materials and re-stocks the First Aid Kit on a regular basis.

Quantity	Description	Use	✓
2	Antiseptic swabs	Aid wound cleaning/ dressing	
1	Adhesive strips - 25 pack	Cover minor wound	
1	Tape – Hypoallergenic	Retain dressing	
2	Thick gauze pad – 10cm x 20cm	Control bleeding	
2	Bandage – 7.5cm crepe	Secure dressing	
2	Bandage – 10cm crepe	Secure dressing	
2	Bandage – 110cm triangular	For slings, padding	
4	Saline steritube – 30ml	Eye/wound irrigation	
1	Gloves – disposable – large – 50 pack	Hygiene	
1	Instant cold pack	Reduce swelling and pain	
2	Emergency shock blankets	Retain warmth	
1	Burns sheets, small 70 x 75cm	Non stick burns cover	
2	Eye pads	Emergency eye cover	
2	Universal dressing 91 x 20cm	Control heavy bleeding	
1	Scissors 12.5cm	Cut clothing/bandages	
1	Pocket mask	Aid in performing EAR	
1	Resuscitation face shield	Prevent body fluid exchange	
1	Wound closure strips – 5 pack	Secure dressings	
1	Tweezers	Remove splinters	

¹ Adapted from **Caring for Kids**, 2007, Salvation Army, Australia Eastern Territory, Used with permission.