

First-Aid Kits

- A proper first-aid kit is an essential item for unexpected emergencies, and can serve as an interim resource until a medical professional can attend to the patient.
- First-Aid Kits can be bought pre-packaged or can be self-made.
- Always ensure that your kit is fully stocked and replace used or out-of-date contents.

First-Aid Kit Checklist

Preventative Care

- Sunscreen
- Lip balm
- Insect repellent

Personal Hygiene/Protection

- Antiseptic hand sanitizer - *To sterilize hands before treating wounds*
- Medical/surgical gloves (non-latex) - *To wear when working with open wounds*

Wound Cleaning

- Antiseptic wipes / Alcohol swabs - *To disinfect wounds*
- Antiseptic wound cleaner (liquid) - *To disinfect wounds*
- Sterile cotton wool swabs - *To clean wounds*
- Cotton buds - *To clean wounds*
- Tweezers - *To remove objects from wounds*
- Antiseptic ointment - *To disinfect wounds before dressing them*

Bandages & Related

- Assorted plasters / adhesive bandages (waterproof) - *To cover different sized minor cuts on fingers and face*
- Sterile gauze pads / dressings in various sizes - *To cover wounds to protect and cushion, prevent further harm, promote healing and to absorb blood/moisture*
- Triangular bandages - *For immobilising a dislocated shoulder or forearm fracture*
- Assorted elastic bandages - *To hold gauze pads / dressings in place, stabilize sprains or immobilise injured body parts*
- Eye pads with bandages - *To protect injured eye*
- Medical adhesive tape - *To hold dressing in place*
- Scissors - *To cut medical adhesive tape and to cut gauze/bandages to size*
- Safety pins - *To fasten bandages*

Medications/Treatments

- Prescription medication
- Sunburn relief treatment - *To provide relief from sun exposure*
- Insect-sting relief treatment - *To relieve symptoms of itching and swelling*
- Oral antihistamine - *To treat allergic reactions*
- Oral rehydration sachets / electrolyte mixture - *For the treatment of dehydration*
- Antacid tablets - *To relieve heartburn and indigestion*
- Throat lozenges - *To soothe and lubricate a sore throat*
- Loperamide tablets - *For treatment of diarrhea*

- Anti-emetic tablets - *To treat nausea and vomiting*
- Antispasmodic medication - *To relieve abdominal pain / stomach cramps*
- Paracetamol (Liquid & Tablets) - *To treat pain and fever*
- Ibuprofen - *To relieve muscle pain*
- Aspirin - *Mainly for patients suffering from a heart attack*
- Glucose tablets - *To treat hypoglycaemia (low blood sugar)*
- Burn Gel / Dressing - *To cool and soothe first and second degree burns*
- Analgesic / Topical pain relief treatments - *To relieve muscle tightness and spasm*
- Instant cold compress - *To apply to muscle and joint injuries*
- Lubricating eye drops - *To wash out particles in eye*
- Injectable Epinephrine - *Emergency treatment of life-threatening allergic reactions (anaphylaxis)*

Equipment

- Oral Thermometer - *Normal temperature is between 35.5 - 37.5 °C*
- Asthma inhaler - *Bronchodilator to treat tight chest*
- Barrier device for CPR - *To facilitate mouth to mouth breathing*
- Emergency Blanket - *For severe cold or shock*
- Face cloth
- Headlamp / flashlight with spare batteries
- First-Aid manual
- List of emergency contact numbers