

Specification of First Aid Kits for 18 Plus Events

Due to concerns regarding Health and Safety Issues at National and Area events these guidance notes have been put together about the recommended contents of First Aid Kits for use by Members taking part in outdoor events.

Please note that these are only guidance notes for 'general purpose' use, where specialist outdoor activities are undertaken the contents may need to be amended in line with recommendations of the appropriate sport governing body.

General First Aid Kits should be kept in a container made of suitable material and so designed to protect the contents. All boxes should be clearly marked, the recommended marking being a white cross on a green background (Health and Safety (Safety Signs and Signals) regulations 1996). There are two basic types of First Aid Kit.

Standard First Aid Kit - for use at places where a Local Group may meet regularly. NB: Organisers SHOULD already provide this type of kit at National and Area scale events.

Travelling First Aid Kit - for general outdoor use or when travelling.

First aid boxes and travelling first aid kits should contain sufficient quantities of suitable first aid materials and nothing else.

Standard First Aid Kit -

Minimum quantities for low risk establishments and activities may be considered as a general guidance leaflet on first aid.

20 individually wrapped sterile adhesive dressings (assorted sizes) appropriate for the activity (detectable dressings (coloured blue) should be available if catering is to be undertaken) 2 sterile eye pads
4 individually wrapped triangular bandages (preferably sterile)
6 safety pins* (see note)
6 medium sized individually wrapped sterile unmediated wound dressings (approx. 12cm × 12cm) 2 large sterile individually wrapped unmediated wound dressings (approx. 18cm × 18cm)
1 pair of disposable gloves.

In situations where mains tap water is not readily available for eye irrigation, sterile normal saline solution (0.9%) in sealed disposable containers should be provided. Once opened they must not be re-used. The use of eye baths/cups or re-fillable containers is not recommended.

Expanded First Aid Kit –

For larger events...

First aid manual, Sterile adhesive bandages in assorted sizes, Assorted sizes of safety pins, Cleansing agent/soap, Latex gloves (2 pairs), Sunscreen, 2-inch sterile gauze pads (4-6), 4-inch sterile gauze pads (4-6), Triangular bandages (3), Nonprescription drugs, 2-inch sterile roller bandages (3 rolls), 3-inch sterile roller bandages (3 rolls), Scissors, Tweezers, Needle, Moistened towelettes, Antiseptic, Thermometer, Tongue depressor blades (2), Tube of petroleum jelly or other lubricant.

Travelling First Aid Kit -

The emphasis is for the contents to reflect the circumstances in which they may be used, but the following at least should be included: general guidance leaflet on first aid -

6 individually wrapped sterile adhesive dressings 1 large sterile unmediated dressing (approximately 18cm × 18cm)
2 triangular bandages
2 safety pins* (see note)
individually wrapped moist cleansing wipes 1 pair of disposable gloves.

Care and Replenishment -

The contents of first aid boxes and travelling first aid kits should be replenished as soon as possible after use to ensure a continued sufficient supply of materials. All first aid boxes, etc. should be checked regularly to ensure the contents are not used after their expiry date.

It is recommended that nominated person(s) in each group be responsible for maintaining the kit. The first aider may be the appropriate person.

NOTE: Safety pins are optional; standard FIRST AID advise on safety pins has changed recently. Members adept at applying dressings without the need of safety pins should leave these out of any personal first aid kit. Additional advise can be obtained from the *British Red Cross, 9 Grosvenor Crescent, London, SW1X- 7EJ* or *St. John Ambulance, National Headquarters, 27 St. John's Lane, London EC1M 4BU, Telephone: 020 7324 400, Fax: 020 7324 4001.*

Internet Links –

First Aid Training Course Finder –

http://www.bbc.co.uk/health/first_aid_action/courses/courses_s.shtml

Make Your Own First Aid Kit - Advice from Wilderness Medical Associates
http://www.wildmed.com/wma_faaid.html

The St John's Ambulance - Book a training course online
<http://www.sja.org.uk/>

The British Red Cross
<http://www.redcross.org.uk/>

Source: British Red Cross Handbook, St John's Ambulance, Federal Emergency Management Agency "Expanded First Aid Kit".

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National Activities Advice Sheet 1

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