

FIRST AID KIT CONTENTS**In-School Kit Contents****A. Scissors:**

- ✓ 1 pair of universal scissors
- ✓ 1 splinter tweezers

**B. Bandages/Dressings/Tape:**

- ✓ 48 adhesive bandages, individually wrapped
- ✓ 2 rolls of adhesive tape, 1.5" wide
- ✓ 12 rolls of 1" gauze bandage
- ✓ 48 sterile gauze pads, 3"x3"
- ✓ 8 rolls of 2" gauze bandage
- ✓ 8 rolls of 4" gauze bandage, individually wrapped
- ✓ 6 sterile surgical pads suitable for pressure dressings, individually wrapped
- ✓ 12 triangular bandages
- ✓ splints of assorted sizes
- ✓ 2 rolls of splint padding
- ✓ 6 sterile strips (butterfly wound closures)

**C. Ice:**

- ✓ 1 rubber ice bag or plastic bags and access to ice or frozen gel pack

**D. Other:**

- ✓ 1 St. John Ambulance Emergency First Aid Book (small)
- ✓ 15 antiseptic towelettes
- ✓ 24 safety pins (small and large)
- ✓ a quarter and emergency telephone numbers (taped to the inside of the box cover)
- ✓ 1 basin, preferably stainless steel
- ✓ 6 pairs of disposable gloves
- ✓ 2 tensors 2"
- ✓ 2 tensors 4"
- ✓ 1 blanket accessible

Reference: *Worker's Compensation Board Sheridan College Risk Management Program*

**Sample Portable Off-Site Kit Contents****A. Scissors:**

- ✓ 1 pair of universal scissors
- ✓ 1 splinter tweezers

**B. Bandages/Dressings/Tape:**

- ✓ 12 adhesive bandages
- ✓ 1 roll adhesive tape, 1.5" x 5 yd.
- ✓ 1 roll gauze bandage, 2" x 5 yd.
- ✓ 3 sterile gauze pads, 3"x3"
- ✓ 2 triangular bandages
- ✓ 1 sterile surgical pad suitable for pressure dressing, individually wrapped
- ✓ 3 sterile strips (butterfly wound closures)

**C. Ice:**

- ✓ 1 ziplock bag for ice (9"x12") and access to ice
- ✓ 2 "instant cold packs"

**D. Other:**

- ✓ 5 antiseptic towelettes
- ✓ 1 pocket First Aid Manual
- ✓ 1 tensor bandage, 2"
- ✓ 1 tensor bandage, 4"
- ✓ 2 pairs of disposable gloves
- ✓ a quarter and emergency telephone numbers

Reference: *Sports Injury Prevention and Care*