

## Information Sheet

### FIRST AID

The first aid and emergency equipment you need depends on a number of factors, such as: -

- Location e.g. club house, urban or remote location
- Nature of the potential hazards you face e.g. white water, low temperatures, risk of capsizing etc
- The number of people it is for e.g. number in a group, at an event or membership of a club
- The nature of facilities and hazards e.g. kitchen, repair workshop etc
- Access to ambulance or rescue services. Know your location and how to give that location to the emergency services. Understand what the approximate travel times might be.

N.B. your location may be a significant distance from medical care or ambulance support. Clubs, events and first aiders may/should consider how they will address the possibility of being without external help for an extended period of time 30mins plus.

Consider: using other people around you in the process, additional equipment, recording vital signs and condition etc.

#### First Aid Kit Contents

Although there is no specification for what must be included in a First Aid kit, for a club or an event we would recommend that you consider holding the following: -

- Waterproof Dressing Strip
- Micro porous tape, 1.25cm x 10m – single
- Koolpak®/SJA instant ice pack
- Sterile cleansing wipes - 10 pack
- Low-adherent absorbent dressing pad - 5 x 5cm
- Low-adherent absorbent dressing pad - 7.5 x 7.5cm
- Scissors
- Nitrile powder-free gloves – pair x 10
- Eye wash bottle - 250ml
- Hand sanitizer- 60ml
- Face Shield – x 3
- Burnshield® burn blott sachet 3.5g – single x 4
- No.16 eye pad first aid dressing – sterile x 2
- Medium first aid dressing, 12 x 12cm – sterile x 2
- HSE SJA Branded 18cm x 18cm – sterile
- Washproof plasters, assorted sizes - pack of 10 x 2
- First aid in an emergency booklet
- Exposure bag or thermal blanket