

CONTENT OF A FIRST AID KIT

SMALL FIRST AID BOX

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| 1 | tube silver sulfadiazine ointment 15 g |
| 10 | band aid strips |
| 1 | roller bandage 5x5 cm |
| 1 | package absorbent sterilized cotton 15 g |
| 1 | scissor 7cm (sharp/blunt edge) |
| 10 | tablets paracetamol |
| 1 | plastic mouth-to-mouth resuscitator |
| 1 | triangular bandage (90 cm) |
| 10 | safety pins |
| 1 | adhesive plaster/tape |
| 3-4 | ice cream spoons to be used as splints of finger |
| 2 | ORS sachets |

MEDIUM FIRST AID BOX

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| 10 | sterilized finger dressings |
| 10 | sterilized foot and hand dressings |
| 10 | sterilized large dressings |
| 1 | sterilized extra-large dressings |
| 2 | sterilized first aid field dressings |
| 2 | sterilized shell dressings |
| 4 | sterilized small burn dressings |
| 2 | sterilized large burn dressings |
| 50 | adhesive dressing strips |
| 4 | roller bandages 5 cm (5 m) |
| 2 | roller bandages 7.5 cm (5 m) |
| 6 | triangular bandages (90 cm) |
| 1 | package gauze 7.5 cm |
| 4 | package sterilized absorbent cotton 25 g |
| 6 | sterilized eye pads (st John pattern) |

- 1 spool adhesive plaster 2.5 cm (5 m)
- 1 tube sliver sulfadiazine skin ointment 15 g
- 1 bottle savlon, detol or catavelon 112 ml
- 2 surgical scissors 12.5 cm (sharp/blunt edge)
- 1 mouth-to-mouth resuscitator
- 3 inflatable arm splints
- 3 inflatable leg splints
- 1 torch (2 battery cells)
- 10 safety pins
- 3-4 ice cream spoons to be used as splints of finger
- 2 ORS sachets
- 1 writing pad and pen
- 1 record card in plastic cover
- 1 first aid leaflet form

LARGE FIRST AID BOX

- 18 sterilized finger dressings
- 24 sterilized foot and hand dressings
- 20 sterilized large dressings
- 2 sterilized extra-large dressing
- 4 sterilized first aid field dressings
- 6 sterilized shell dressings
- 6 sterilized small burn dressings
- 4 sterilized large burn dressings
- 100 adhesive dressing strips
- 6 roller bandages 5 cm (5 m)
- 6 roller bandages 7.5 cm (5 m)
- 12 triangular bandages (90 cm)
- 1 package gauze 7.5 cm
- 8 package sterilized absorbent cotton 25 g
- 6 sterilized eye pads (st John pattern)
- 2 spool adhesive plaster 2.5 cm (5 m)
- 1 tube sliver sulfadiazine skin ointment 15 g

- 1 bottle savlon, detol or catavelon 112 ml
- 2 surgical scissors 12.5 cm (sharp/blunt edge)
- 1 mouth-to-mouth resuscitator
- 3 inflatable arm splints
- 3 inflatable leg splints
- 3-4 ice cream spoons to be used as splints of finger
- 2 ORS sachets
- 2 torch (2 battery cells)
- 10 safety pins
- 1 writing pad and pen
- 1 record card in plastic cover
- 1 first aid leaflet form

FIRST MEDICAL RESPONDER FIRST AID KIT

- 1 torch powered by charging dynamo (inbuilt) with battery backup (preferred)
- 2 pair (latex) surgical gloves non-sterile size 6.5
- 2 pair (latex) surgical gloves non-sterile size 7.0
- 2 pair (latex) surgical gloves non-sterile size 7.5
- 1 bottle savlon 50 ml
- 2 4' crepe bandage
- 2 6' crepe bandage
- 5 triangular bandage (cotton)
- 4 compressed roller bandage non-sterile 5 cm by 5 m
- 4 compressed roller bandage non-sterile 10 cm by 5 m
- 4 compressed roller bandage non-sterile 15 cm by 5 m
- 2 rolls surgical cotton 100 g
- 25 adhesive bandaged (band aid) 2.5 by 5 cm
- 1 roll leucoplast tape or Micropore adhesive plaster 4"
- 6 sterile gauze 10 by 10 cm
- 6 sterile eye pads
- 5 sterile small finger dressing pads
- 5 sterile large finger dressing pads
- 4 pieces sterile paraffin gauze

- 1 tube silver sulfadiazine ointment
- 1 mouth to mouth resuscitator
- 1 set inflatable splints for arms and legs
- 2 small scissors (s/s)
- 1 package glucose powder 100 g
- 1 small forceps
- 1 medium forceps
- 1 large forceps
- 12 safety pins
- 1 small permanent marker pen (black)
- 1 pencil
- 1 first aid kit checklist
- 1 first aid pamphlet
- 1 small pocket diary.

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MAIN WEBSITES:

ACAAI – Electronically accessible patient information on allergies. www.acaaai.org/.

CDC. Several electronically accessible information for public and professionals. www.CDC.gov/.

Healthline. Electronically accessible patient information on diseases. www.healthline.com/.

John Hopkins Medicine. Electronically accessible patient information on urology and pregnancy. <http://hopkinsmedicine.org/>.

NHS UK. Electronically accessible information on several diseases, treatments and patient information. www.NHS.uk/.

Mieli – The Finish Association for Mental Health. Electronically accessible publication on psychological trauma. <http://www.mielenterveysseura.fi/>

UN. Electronically accessible information on several guidelines: www.UN.org and www.UNICEF.org/.

WHO. Electronically accessible information on several guidelines: www.WHO.int/.

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