

FIRST AID KIT CHECKLIST

NO	ITEM	QTY	CHECKED	DATE
1	Wound Cleaner/ Antiseptic (100 ml)	1		
2	Gauze swabs for cleaning wounds	25		
3	Cotton wool for padding (100g)	1		
4	Sterile gauze	10 (min)		
5	A pair of forceps (for splinters)	1		
6	A pair of scissors (min size 100mm)	1		
7	Set of safety pins	1		
8	Triangular bandage	4		
9	Roller bandage (75mm x 5m)	4		
10	Roller bandage (100mm x 5m)	4		
11	Roll of elastic adhesive (25mm x 3m)	1		
12	Roll of non-allergic adhesive (25mm x 3m)	1		
13	Packet of adhesive dressing strips (assorted sizes)	10 (min)		
14	First Aid dressing (75mm x 100mm)	4		
15	First Aid dressing (150mm x 200mm)	4		
16	Straight splints	2		
17	Pair of large disposable latex gloves	2		
18	Pair of medium disposable latex gloves	2		
19	CPR mouth pieces/ similar device	2		

FIRST AID TRAINING

Level 1-3

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