

First Aid Kit

You should have a complete first aid kit available in your home.

If you can't get a complete one or would prefer to make one up yourself, the following list is recommended by *The Order of St. John* as a minimum guide suitable for families:

- Triangular bandages (2)
- Roller bandages - 50 mm (1 roll) and 75mm (2 rolls)
- Sterile gauze - 7.5cm x 7.5 cm (2)
- Adhesive wound dressing - 6cm wide x 1 metre long (1 strip)
- Plasters (1 packet)
- Paracetamol (1 packet)
- Adhesive tape - 25 mm (1 roll)
- Sterile non-adhesive pads - small (2) and large (3)
- Sterile eye pad (1)
- Eye wash container (1)
- Eye wash solution 30 ml (1)
- Antiseptic solution 30 ml (4)
- Safety pins (1 card)
- Scissors (1 pair)
- Tweezers (1 pair)
- Disposable gloves (2 pair)
- First aid manual
- Card listing local emergency numbers