



First Aid Kit Essential Guide

It's important to be familiar with your First Aid kit and know what products to use for different injuries when an emergency situation arises.

All workplaces, leisure centres, homes and cars should have a First Aid kit depending on your size and risk level.

Find out how many First Aid Kits your workplace really needs.

National Workplace First Aid Kits Recommended	Low Risk	High Risk	Remote
1	Up to 50 people	Up to 25 people	Up to 25 people
2	51-100	26-50	26-50
3	101-150	51-100	51-75
4	151-200	101-150	76-100
5	201-250	151-200	101-150

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Your Guide to Kit Contents

Sterile dressings and plasters:

- **Plasters:** Use plasters for small cuts and grazes.
- **Sterile pad:** For more cushioning you can use a sterile pad and hold it in place with sticky tape. You could also use any clean, non-fluffy material, like a cloth scarf.
- **Sterile wound dressing:** A sterile wound dressing is a sterile pad attached to a bandage. These are for larger wounds to apply pressure to help stop bleeding and are quick and easy to put on in an emergency.



Bandages:

- **Roller bandages:** Roller bandages are long thin bandages rolled up. Use a roller bandage to support joint injuries, hold dressings in place, put pressure on wounds to stop bleeding, and to reduce swelling.
- **Triangular bandages:** Triangular bandages are large triangular shaped pieces of cloth. You can fold a triangular bandage to use as either a bandage or sling, or, if sterile, as a dressing for large wounds and burns.



Protective items:

- **Disposable gloves:** Using disposable gloves reduces the risk of infection between you and someone you're helping. If they're available, always wear gloves whenever you dress wounds or deal with any body fluids or waste.
- **Face shields or pocket masks:** These are designed to prevent infection when you give rescue breaths.



For outdoors:

- **Use a blanket:** To keep someone warm and protect them from the cold.
- **Use survival bags:** To keep someone warm and dry in an emergency.
- **Use a torch:** To help you see when it gets dark and to attract attention or make others aware that you're there.
- **Use a whistle:** To help attract attention and get help



Other items:

- **Cleansing wipes, alcohol free wipes:** To clean the skin around the wound.
- **Gauze pads as dressings:** To use as padding, or as swabs to clean around wounds.
- **Sticky tape (adhesive tape):** To hold dressings in place or to hold the loose end of bandages.
- **Pins and clips:** To fasten the loose end of bandages.
- **Scissors, shears and tweezers:** To cut sterile pads, bandages or sticky tape to the right length. You can also use them if you need to cut someone's clothing, so that you can get to a wound, for example.



For the car, in case of road accidents:

- **Warning triangle:** Put this on the road to warn other drivers to slow down.
- **Wear a high visibility jacket:** To make sure drivers can see you and reduce the risk of you getting hurt as well.



References: St John Ambulance Australia, 2006, Australian First Aid Guide, Product code 3238. St John Ambulance UK, How to use your First Aid Kit.