

## Sample First Aid Kit Suggested Contents

**Suggested Contents** Not all first aid kits contain the same supplies. The American National Standards Institute (ANSI) recommends that many of the materials below be in a first aid kit. OSHA refers to this ANSI list in their regulations.

Consider keeping the items listed below in your first aid kit. Add any items your organization requires in the blank spaces at the end of the table.

Item	Minimum Size or Volume	Quantity per package	Unit package size
List of important local emergency telephone numbers, including police, fire department, EMS, and poison control center			
Absorbent compress*	32 sq. in.	1	1
Adhesive bandage *	1" x 3"	16	1
Adhesive tape *	5 yd. (total)	1 or 2	1 or 2
Antibiotic treatment*	1/32 oz.	6	1
Antiseptic swab*	0.14 fl. oz.	10	1
Antiseptic wipe*	1" x 1"	10	1
Antiseptic towlette*	24 sq. in.	10	1
Bandage compress (2 in.)*	2" x 36"	4	1
Bandage compress (3 in.)*	3" x 60"	2	1
Bandage compress (4 in.)*	4" x 72"	1	1
Burn dressing*	4" x 4"	1	1 or 2
Burn treatment* †	1/32 oz.	6	1
CPR barrier*		1	1 or 2
Cold pack (4" x 5")*	4" x 5"	1	2
Eye covering, with means of attachment (2.9 sq. in.)*	2.9 sq. in.	2	1
Eye wash*	1 fl. oz. total	1	2
Eye wash and covering, with means of attachment (1 fl. oz. total, 2.9 sq. in.)*	1 fl. oz. total 2.9 sq. in.	1 2	2
Gloves* <sup>ψ</sup>		2 pair	1 or 2
Roller bandage (4 in.)*	4" x 6 yd.	1	1
Roller bandage (2 in.)*	2" x 6 yd.	2	1
Sterile pad*	3" x 3"	4	1
Triangular bandage*	40" x 40" x 56"	1	1
Heartsaver Pediatric First Aid Quick Reference Guide			1

\*Items meet the ANSI Z308.1-2003 standard.

† Do not put ointment on a burn unless a healthcare provider tells you to do so.

<sup>ψ</sup>You may want to have two pairs of gloves in each size for various rescuers to use.