

Contents of First Aid Kits

Minimum contents of workplace first aid kits required by ANSI Standard Z308.1:

- 1 absorbent compress (32 sq. in.)
- 16 adhesive bandages (1 X 3 in.)
- 1 adhesive tape (5 yd.)
- 10 individual-use antiseptic applications (0.5 g or 0.14 fl. oz. each)
- 6 individual-use burn treatment applications (0.5 g or 0.14 fl. oz. each)
- 2 pair medical exam gloves
- 4 sterile pads (3 X 3 in.)
- 1 triangular bandage (40 X 40 X 56 in.)

Optional items (recommended by ANSI Standard Z308.1 if you think they will be needed):

- bandage compresses
- eye coverings
- eye wash
- cold packs
- roller bandages

It is a good idea to customize the first aid kit to suit your workplace. You can identify additional items by asking your employees what they need and also by looking over past accident reports. Items might include tweezers, scissors, needle, antiseptic wipes, aspirin or non-aspirin pain reliever, calamine lotion, hydrocortisone cream, thermometer, mouth barrier devices for rescue breathing, or other items that would be helpful in your workplace.