**First Aid Kit Contents Check Sheet**

**A first aid kit is an essential item for the home, workplace and vehicles.**

Check the contents of your kit regularly, and ensure that:

□ items have been cleaned

□ packets are properly sealed

□ items have not exceeded expiry dates

□ previously used items have been replaced.

|  |  |
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| **Basic first aid kit items:** | **Additional products:** |
| □ disposable gloves | □ antiseptic cream |
| □ non-stick wound dressings | □ sunscreen, sunburn-relief |
| □ adhesive strips (e.g. band aids) | □ eyewash cup |
| □ combine & eye pads | □ cotton buds |
| □ gauze swabs | □ finger stalls |
| □ alcohol & antiseptic swabs | □ medicine measuring cup |
| □ triangular bandages | □ thermometer |
| □ crepe bandages | □ ice pack in freezer |
| □ disposable hand towels | □ snake bite kit |
| □ stainless steel scissors |  |
| □ blunt-nosed shears |  |
| □ saline solution |  |
| □ safety pins |  |
| □ plastic bags |  |
| □ stainless steel tweezers |  |
| □ thermo/shock blanket |  |
| □ notepad & pencil |  |
| □ bite & itch relief gel |  |
| □ cold pack (disposable) |  |
| □ CPR protection mask |  |

**shop.stjohn.org.au**

All kit contents can be purchased from the St John online shop. Or call 1300 956 625 for kit content advice or restocking.

**In a medical emergency** **call Triple Zero (000)**

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**DRSABCD** **Danger**→ **Response**→ **Send for help** → **Airway**→ **Breathing**→ **CPR** → **Defibrillation**

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You could save a life with first aid training: [www.stjohn.org.au](http://www.stjohn.org.au) **1300 360 455**