

## First Aid Kit Contents Recommendations

Participation in sport carries with it a risk of injury. The aim must be for all involved to take reasonable action to make our sports as safe as possible, not only for players, but also for referees, other officials, coaches, volunteers and spectators.

Preventing injuries is the ultimate goal, but as injuries will continue to occur despite the most thorough of prevention strategies, attention must be given to the response to and treatment of injuries.

There are many commercially available First Aid Kits which can be purchased. It is important to regularly check the contents of a First Aid kit, as even kits that are purchased whole – with a collection of items bundled together in a convenient package – change over time through use. Always ensure that any items taken from a First Aid kit are replaced as soon as possible. Items should not be used after the expiry date shown on packets.



Materials	Amount for Travel First Aid Kit	Amount for Club First Aid Kit	Check
Adhesive Plasters	20	20	
Sterile Eye Pads (bandage attached)	2	2	
Individually Wrapped Triangular Bandages	2	6	
Safety Pins	6	6	
Individually Wrapped Sterile Un-Medicated Wound Dressings (Medium)	1	2	
Individually Wrapped Sterile Un-Medicated Wound Dressings (Large)	1	6	
Individually Wrapped Sterile Un-Medicated Wound Dressings (Extra Large)	1	3	
Individually Wrapped Disinfectant Wipes	10	20	
Paramedic Shears	1	1	

Latex Examination Gloves (Pairs)	3	10	
Sterile Water Where There Is No Clear Running Water <sup>1</sup>	2 x 20mls	2 x 500mls	
Pocket Face Masks	1	1	
Water Based Burn Dressing <sup>2</sup> (Small)	1	1	
Water Based Burn Dressing (Large)	1	1	
Crepe Bandage	1	2	

Please note, the above table provides a general guide on the recommended contents of first aid boxes and kits. The quantities indicated in the Table are minimum numbers and can be increased.

**The requirements for sterile water and water based burns dressings as per foot notes 2 and 3 above are only where there is not a wholesome supply of tap water available.**

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<sup>1</sup> Where mains tap water is not readily available for eye irrigation, sterile water or sterile normal saline (.09%) in sealed containers should be provided. Each container should hold at least 20ml and should be discarded once the seal has been broken.

<sup>2</sup> Where mains tap is not readily available for cooling the burnt area.