



First Aid Kit

In the tertiary sector, what should it contain?



The first aid kit equipment in the workplace, must be adapted to the nature of the risks existing in the enterprise and be easily accessible. It must be clearly and permanently marked by a white cross on a green square or rectangular board, framed in white.



A first aid kit includes:

- Round-tipped scissors;
- Disposable gloves;
- Aluminum survival blanket;
- A thermometer;
- Hot/cold compresses or instant cold pack;
- A disinfectant or antiseptic skin spray (in single-use pods);
- A 5m x 2.5 cm adhesive bandage;
- A quick bandage 50 cm x 6 cm;
- Quick bandages 10 cm x 6 cm;
- A bag of bandages 10cm x 12 cm;
- One 8 cm x 10 cm band-aid bag;
- Sterile compresses 5 x 5 cm;
- Sterile compresses 7.5 x 7.5 cm;
- Non-adherent compresses;
- Elastic bandage (gas strip) for skin wounds (5m x 6 cm);
- A triangular cotton scarf 90cm x 90cm x 127 cm;
- Safety pins;
- A self-adhesive fastening bandage (support bandage, plasters);
- Plastic pockets dedicated to care waste;
- A list of contents.



The expiration date of those products must be checked regularly.

It is not advisable to dispense medication without a doctor's prescription in order to avoid any errors in administration or possible allergic accidents.

The use of paracetamol is not always harmless and could expose employees to additional risks if doses are exceeded.