



4. First Aid

In the event of an injury, the injured person may be in need of immediate First Aid. The First Aid kit is located on the wall near the kitchen/meeting area.

All injuries, regardless of how slight, need to be recorded in the First Aid Register that is located next to the First Aid kit.

This information will help identify trends at the Shed so that problems can be monitored and corrected.

The book shall be reviewed by the Committee at least twice a year.

The First Aid kit should contain:

- 1 x First Aid Booklet
- 8 x HSE Medium Sterile Dressings 12 x 12cm
- 3x HSE Large Sterile Dressings 18 x 18cm
- 4 x Triangular Bandages 90 x 90 x 130cm
- 4 x Safety Pins (Pk6)
- 4 x Eye Pad
- 10 x Washproof Plasters (Pk10)
- 4 x Sterile Moist Cleaning Wipes (Pk10)
- 1 x Microporous Tape 2.5cm x 10m
- 12 x Nitrite Powder Free Disposable Gloves (Pair)
- 4 x Finger Dressings 3.5 x 3.5cm
- 2 x Face Shield
- 3 x Disposable Heat Retaining Blankets 215 x 150cm
- 2 x Burnshield Dressings 10 x 10cm
- 1 x Tuff-Kut Scissors
- 2 x Conforming Bandages 7.5cm x 4.5cm
- 5 x Eye Wash Cartridges
- 1 x BPC Absorbent Lint Code 3802
- 1 x BPC Absorbent Lint Code 3700
- 1 x Lint Dressing
- Assorted Plasters
- 1 x Tube Antiseptic Cream

The kit needs to be routinely checked and where necessary, restocked with fresh supplies.

Some items will be time limited and must be replaced at the correct time.