

**CONTENTS OF FIRST AID KITS**

(1 KIT PER 400 STUDENTS)

**1. MASTER FIRST AID KITS (NON METAL BOX)**

Standard First Aid Manual	1
One Way Air Mask (CPR Mask)	1
Disposable Gloves (preferably N-TRILE) non latex	12
Scissors (Paramedic 5 ½")	1
Tweezers (Safety Forceps, Flat tipped)	1
Penlight (With Extra Batteries)	1
Foil Rescue Blanket	1
Basin (Kidney Pan)	1 (Optional)
Oral Thermometer (Non Mercury)	1 (Per School)
Safety Pins	30
Pencil/pen	1
Notepad	1
First Aid Incident Report Forms (See Appendix C)	10
Band-aids (Adhesive Strips 1" X 3")	100
Sterile Gauze Pads (Individually Wrapped 3" X 3")	100
Conforming Bandage (Cling Bandage)	5
Tensor Bandage (Rubber Elastic 2")	2 (Optional)
Tensor Bandage (Rubber Elastic 4")	2
Tensor Bandage (Rubber Elastic 6")	2 (Optional)
Triangular Bandage (Cotton)	6
Sterile Compress Bandage	4
Adhesive Tape (1 ½" White Sports Tape)	1
Bzk Antiseptic Swabs	25
* Replace no later than 6 months after expiry date	
Cold Packs (Chemical Instant)	3 (if freezer available)
Reusable ice packs	2

If removing 2" and 6" Tensors, increase 4" Tensors to 4

**REQUIRED IN AT LEAST ONE MASTER KIT PREFERABLY IN THE PHYS-ED AREA**

Speedsplint (Multipurpose Package)	1
<i>Cloth Band-aids 1" X 3"</i>	
<i>Sterile Gauze 4" X 4"</i>	
All Tensor Bandages listed above, should be included.	

**OTHER EQUIPMENT**

Stretcher (For use in secondary school athletics)	1
(Location to be identified in the emergency response plan)	
Wool Blankets	2
Burn Bandages (Second Skin) by Heat Sources	1

**2. LESSER FIRST AID KITS (NON METAL BOXES)**

(For specialty areas or away from other first aid kits)

Standard First Aid Manual	1
One Way Air Mask (CPR Mask)*	1
Disposable Gloves (Preferably N-Trile) non latex	5
Scissors (Paramedic 5 1/2")	1
Penlight (With Extra Batteries)	1
Safety Pins	12
Pencil/pen	1
Notepad	1
First Aid Incident Report Forms (See Appendix C)	5
Band-aids (Adhesive Strips 1" X 3")	50
Sterile Gauze Pads (Individually Wrapped 3" X 3")	25
Conforming Bandage (Cling Bandage)	2
Triangular Bandage (Cotton)	3
Sterile Compress Bandage	4
Adhesive Tape (1 1/2" White Sports Tape)	1
Bzk Antiseptic Swabs	15
* Replace No Later than 6 Months after Expiry Date	
Cold Packs (Chemical Instant)	1

\* Note : One Way Air Mask (CPR Mask) not required if master kit is readily available.

**3. PORTABLE FIRST AID KITS** (NON METAL BOXES)

(Teams, field trips or areas removed from master first aid kits)

Standard First Aid Manual	1
One Way Air Mask (CPR Mask)*	1
Disposable Gloves (Preferably N-Trile) non latex	6
Scissors (Paramedic 5 1/2")	1
Penlight (With Extra Batteries)	1
Foil Rescue Blanket	1
Safety Pins	12
Pencil/pen	1
Notepad	1
First Aid Incident Report Forms (See Appendix C)	5
Bandaids (Adhesive Strips 1" X 3")	50
Sterile Gauze Pads (Individually Wrapped 3" X 3")	25
Conforming Bandage (Cling Bandage)	2
Tensor Bandage (Rubber Elastic 4")	2
Tensor Bandage (Rubber Elastic 6")	2
Triangular Bandage (Cotton)	3
Sterile Compress Bandage	4
Adhesive Tape (1 1/2" White Sports Tape)	1
Bzk Antiseptic Swabs	20
* Replace No Later than 6 Months after Expiry Date	
Cold Packs (Chemical Instant)	2

**REQUIRED IN TEAM KITS**

Tensor Bandage (Rubber Elastic 2")	2
<i>Cloth Bandaids 1" X 3"</i>	
<i>Sterile Gauze 4" X 4"</i>	

\*Note : One Way Air Mask (CPR Mask) not required if master kit is readily available

\*Note 2: The container for portable first aid kits should not be made of metal, as these conduct electricity and could have sharp corners which may injure both first aider and casualty if dropped.

**CONTENTS OF FIRST AID KITS**

**FORM 140-B**

**NOTES:** PLEASE REMOVE THE FOLLOWING ITEMS FROM FIRST AID KITS

- Ammonia Inhalants<sup>1</sup>
- Alcohol Swabs<sup>1</sup>
- Ointments of Any Kind<sup>1,2</sup> (Ozanol, Vaseline, Etc.)
- Medication of Any Kind<sup>3</sup>
- Mercury Thermometers<sup>4</sup>

<sup>1</sup>These items have been found to be harmful to casualties

<sup>2</sup> Ointments must be removed at the hospital before treatment can begin.

<sup>3</sup> First aid kits are to be universal, all items contained in a kit must be able to be used on any person, therefore medications can not be in a first aid kit. First aiders are not permitted to administer any medicine. If a special situation occurs whereby the proper authorization has been obtained and medicine is stored for a student, this medicine must be stored separately and not in the first aid kit.

<sup>4</sup> Mercury is no longer permitted in Limestone District School Board schools. Please replace these thermometers with a digital thermometer. Only one is required per school.

**FIRST AID KITS FOR STAFF**

**WORKERS' COMPENSATION NO. 1 KIT**

(for sites with from five to 15 employees as listed by WSIB REGULATION 1101)

Current Edition of a Standard First Aid Manual	1
Card of Safety Pins	1
Adhesive Dressings Individually Wrapped,	12
Sterile Gauze Pads, 3"x 3"	4
Rolls of 2" Gauze Bandage	2
Sterile Surgical Pads Suitable for Pressure Dressing, Individually Wrapped	2
Triangular Bandages	1

The following are not listed in the regulation but are strongly recommended to be added:

First Aid Incident Report Forms (See Form 140-C)	5
Mouth-to-mask Resuscitator (CPR Mask)	1
Pair Disposable Gloves (N-Trile) non latex	2
Adhesive Dressings Individually Wrapped, Increase Number to	24
Sterile Gauze Pads, 3"x 3" Increase Number to	12

**WORKERS' COMPENSATION NO. 1 KIT** (Continued)

The following are not listed in the regulation but are strongly recommended to be added:

Triangular Bandages	Increase Number to	6
Rolls of 2" Gauze Bandage	Increase Number to	4
Rolls of 4" Gauze Bandage		4
Sterile Surgical Pads Suitable for Pressure Dressing, Individually Wrapped	Increase Number to	4
Rolls of Splint Padding		6 (Optional)
Roll-up Splint		2 (Optional)

**WORKERS' COMPENSATION NO. 2 KIT**

(for sites with from five to two hundred staff as listed by WSIB REGULATION 1101)

Current Edition of a Standard First-aid Manual		1
Safety Pins		24
Basin, Preferably Stainless Steel		1
Adhesive Dressings Individually Wrapped		48
Rolls of Adhesive Tape 1" Wide		2
Rolls of L' Gauze Bandage		12
Sterile Gauze Pads, 3" X 3"		48
Rolls of 2' Gauze Bandage		8
Rolls of 4' Gauze Bandage		8
Sterile Surgical Pads Suitable for Pressure Dressing, Individually Wrapped		6
Triangular Bandages		12
Splints of Assorted Sizes		
Rolls of Splint Padding		2

The following are not listed in the regulation but are strongly recommended to be added:

First Aid Incident Report Forms (See Form 140-C)		10
Mouth-to-mask Resuscitator (CPR Mask)		1
Pairs Rubber Gloves		12