



FIRST AID KIT ESSENTIALS

Checklist

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From Nonprofit Risk Management Center

BASIC FIRST AID KIT

- List of emergency contact information
- Non-aspirin pain reliever acetaminophen or ibuprofen
- Aspirin
- Antibiotic ointment or spray
- Adhesive bandages in several sizes
- Gauze pads in a few sizes
- Small sharp scissors
- Alcohol pads
- Plastic gloves
- Mouthpiece for administering CPR

COMPREHENSIVE FIRST AID KIT (in addition to items listed above)

- First Aid manual
- Cold pack
- Calamine lotion
- Hydrocortisone ointment (1%)
- Antiseptic solution (e.g., hydrogen peroxide)
- Petroleum jelly (e.g., Vaseline)
- Antibiotic ointment or spray
- Elastic bandage
- Adhesive tape
- Antiseptic wipes



Your source for quality safety
information and training.

First Aid Kit Essentials

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COMPREHENSIVE FIRST AID KIT—cont'd

- Soap
- Thermometer
- Tweezers
- Pen light and extra batteries
- Syrup of ipecac
- Benadryl tablets
- Eye wash
- Safety pins
- Moleskin
- Plastic gloves - at least two pair
- Blanket (stored nearby)