

First aid kits

The Queensland Ambulance Service (QAS) recommends the following items for a first aid kit in the home

- ◆ 1 packet of safety pins
- ◆ 1 packet of plastic strips
- ◆ 1 roll of non-allergenic tape
- ◆ 2 sterile eye pads
- ◆ 4 triangular bandages
- ◆ 2 heavy elastic bandages (10cm)
- ◆ 2 heavy elastic bandages (7.5cm)
- ◆ 2 heavy elastic bandages (5cm)
- ◆ 1 crepe bandage (10cm)
- ◆ 1 sterile combine dressing (9 x 10cm)
- ◆ 1 sterile combine dressing (20 x 20cm)
- ◆ 1 medium wound dressing (#14)
- ◆ 2 non-adhesive dressings (5 x 7.5cm)
- ◆ 1 non-adhesive dressing (10 x 7.5cm)
- ◆ 1 pair stainless steel medical scissors
- ◆ 2 square gauze swabs
- ◆ 1 arterial tourniquet
- ◆ 1 haemostatic dressing
- ◆ 1 tick ether spray
- ◆ 1 pair tweezers
- ◆ 1 pack (10) latex gloves
- ◆ 1 resuscitation mask
- ◆ 2 bottles eye irrigation (15mL)
- ◆ 1 bottle antiseptic cream (50g)
- ◆ 1 packet wound closure steri-strips
- ◆ 1 packet (10) single use splinter probes
- ◆ 1 saline sachet (30mL)
- ◆ 5 alcohol swabs
- ◆ 1 first aid hints booklet



The Queensland Ambulance Service (QAS) encourages you to be prepared for an emergency. Enrol in a QAS first aid course to learn vital life-saving first aid skills.

Enquire online at www.ambulance.qld.gov.au or call **13 QGOV (13 74 68)**