

First Aid Kit

Body & health

What belongs in a home or car kit, and what to check.

A practical home kit. Workplace requirements are set by regulation.

Dressings

Assorted plasters

Sterile gauze pads

Two large sterile dressings

Adhesive tape

Triangular bandage

Crepe bandage

Tools

Blunt-ended scissors

Tweezers

Disposable gloves

Foil blanket

Digital thermometer

Other

Antiseptic wipes

Burn gel or cling film

Eye wash

Any personal medication

Check

Expiry dates twice a year

Restock after every use

Keep one at home and one in the car

Educational reference. A first-aid manual in the kit is worth more than any extra dressing.