



## FIRST AID KITS FOR CHILD CARE FACILITIES

A first aid kit is required by Section 26 of the Institution Regulations 143/81.

### Definitions

1. **Bandage compress** – can be used to cover open wounds, but is used primarily to control bleeding. (Also known as pressure dressings). It consists of several thicknesses of gauze attaching to the middle of a strip of gauze. The two ends of the gauze are then used to secure the pad in place.
2. **Gauze pads** – are made of loosely woven gauze material and come in squares of different sizes. They are used as dressings to cover wounds.
3. **Gauze compress** – is a dressing of several layers of gauze. It can be unfolded and used as a dressing to cover larger wound areas, or it can be used like the bandage compress. It must then be held in place, and taped or secured with a bandage.
4. **Conform gauze bandage** – is a lightweight, loosely woven gauze bandage, which is stretchy and conforms to the part being bandaged. It comes in rolls of different widths and is used to secure dressings in place.
5. **Crepe bandage** – is a lightweight stretch bandage, which is used to provide support to a limb, or it can be used to secure dressings in place. It is also called a tensor (Elastic) bandage and comes in rolls of different widths.
6. **Triangular bandage** – is a triangular piece of cotton (or disposable type material). It can be used as a bandage to secure dressings, as a sling to support limbs and to secure splints, etc. in place or used in various other ways.
7. **Adhesive dressings** – are Band-Aids.
8. **Antiseptic swabs** – are pre-packed swabs which have been saturated with an antiseptic, i.e. alcohol, betaine, etc. and are used for cleaning wounds.

For further information, please contact the Occupational Health Library, which carries a number of publications on First Aid, or any supplier who sells these materials. You may also find it beneficial to take a “First Aid Course”. According to the Occupational Health and Safety Regulation, day care centres would require:

- No. 1 - OHS Kit if there is 1-2 staff;
- No. 2 - OHS Kits for more than 2, and up to 10 staff; and
- No. 3 - OHS Kit for more than 10 staff.

## OCCUPATIONAL HEALTH AND SAFETY FIRST AID KITS

### No. 1 - OHS Kit

- A**
- 1 bandage compress 150 mm
  - 2 bandage compress 100 mm
  - 5 gauze pad 100 mm x 100 mm
  - 5 gauze pad 50 mm x 50 mm
  - 1 gauze compress
  - 1 conform gauze bandage 50 mm
  - 2 crepe bandage 50 mm
  - 3 triangular bandages
  - 12 adhesive dressings
  - 10 antiseptic swabs
  - 1 roll adhesive tape 25 mm x 5 m
  - 5 safety pins
  - 1 pair of scissors
  - 1 pair of tweezers
- B** Condensed version of St. John Ambulance First Aid Manual
- C** Inventory of kit content

### No. 2 - OHS Kit

- A**
- 2 bandage compress 150 mm
  - 3 bandage compress 100 mm
  - 10 gauze pad 100 mm x 100 mm
  - 10 gauze pad 50 mm x 50 mm
  - 1 gauze compress
  - 1 conform gauze bandage 50 mm
  - 1 crepe bandage 75 mm
  - 2 crepe bandage 50 mm
  - 4 triangular bandages
  - 24 adhesive dressings
  - 20 antiseptic swabs
  - 1 roll adhesive tape 25 mm x 5 m
  - 8 safety pins
  - 1 pair of scissors
  - 1 pair of tweezers
  - 5 towellettes, pre-moistened
- B** Condensed version of St. John Ambulance First Aid Manual
- C** OHS Injury Record Book
- D** Inventory of kit content

### No. 3 - OHS Kit

- A**
- 4 bandage compress 150 mm
  - 6 bandage compress 100 mm
  - 10 gauze pad 100 mm x 100 mm
  - 10 gauze pad 50 mm x 50 mm
  - 1 gauze compress
  - 2 conform gauze bandage 50 mm
  - 2 crepe bandage 75 mm
  - 3 crepe bandage 50 mm
  - 6 triangular bandages
  - 50 adhesive dressings
  - 20 antiseptic swabs
  - 2 roll adhesive tape 25 mm x 5 m
  - 10 safety pins
  - 1 pair of scissors
  - 1 pair of tweezers
  - 10 towellettes, pre-moistened
  - 2 eye dressings, dry
- B** Condensed version of St. John Ambulance First Aid Manual
- C** OHS Injury Record Book
- D** Inventory of kit content

To calculate sizes of the supplies required:

$$25 \text{ mm} = 1 \text{ inch}$$