**First Aid Kit Advice.**

The HSE ( Health and Safety Executive ) advise that the contents of your first aid kit should be based on your First Aid needs assessment.

HSE’s Basic Advice on First Aid at Work available from the HSE’s website for **Low Hazard Workplaces**:

Individually wrapped sterile plasters ( assorted sizes ).

**Hypoallergenic plasters to be provided if necessary.**

Sterile eye pads.

Individually wrapped triangular bandages, sterile.

Safety pins.

Large sterile individually wrapped unmedicated wound dressings.

Medium sized sterile individually wrapped unmedicated wound dressings.

Disposable gloves.  **Be aware re: Latex.**

Re: the gloves I would also suggest buying a few pairs, as they can only be used once and it is good to keep the kit stocked adequately.

**Sterile items will also have expiry dates and should be disposed of safely.**

### The HSE advise,

### “ Maintaining or replacing contents of a first aid kit.

Check your kit regularly. Many items, particularly sterile ones, are marked with expiry dates. Replace expired items, disposing of them safely. If a sterile item doesn't have an expiry date, check with the manufacturer to find out how long it can be kept. For non-sterile items without dates, you should check that they are still fit for purpose “.

In Britain there is a national standard BS-8599-1 for all kits.

**The HSE advise,**

“ If you are buying a kit look for British Standard (BS) 8599. By law, your kit doesn't have to meet this standard but you should check it contains what you've identified in your needs assessment “.