

Part 6: First Aid Resources

Sample First Aid Kit

The following table lists sample first aid kit contents. This is a kit that follows the standards of the American National Standards Institute (ANSI). Different workplaces may have different requirements.

Item	Minimum Size or Volume	Quantity per Package	Unit Package Size
List of important local emergency telephone numbers, including police, fire department, EMS, and poison control center*			
Absorbent compress	32 sq. in.	1	1
Adhesive bandage	1 in. × 3 in.	16	1
Adhesive tape	2.5 yd. (total)	1 or 2	1 or 2
Antibiotic treatment	0.14 fl. oz.	6	1
Antiseptic swab	0.14 fl. oz.	10	1
Antiseptic wipe	1 in. × 1 in.	10	1
Antiseptic towelette	24 sq. in.	10	1
Bandage compress (2 in.)	2 in. × 36 in.	4	1
Bandage compress (3 in.)	3 in. × 60 in.	2	1
Bandage compress (4 in.)	4 in. × 72 in.	1	1
Burn dressing	4 in. × 4 in.	1	1 or 2
Burn treatment	1/32 oz.	6	1
CPR barrier		1	1 or 2
Cold pack	4 in. × 5 in.	1	2
Eye covering, with means of attachment	2.9 sq. in.	2	1
Eye/skin wash	4 fl. oz. total	1	2
Gloves		2 pairs	1 or 2
Roller bandage (4 in.)	4 in. × 4 yd.	1	1

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Item	Minimum Size or Volume	Quantity per Package	Unit Package Size
Roller bandage (2 in.)	2 in. × 4 yd.	2	1
Sterile pad	3 in. × 3 in.	4	1
Triangular bandage	40 in. × 40 in. × 56 in.	1	1
Heartsaver First Aid Quick Reference Guide*			

*Items meet the ANSI Z308.1-2009 standard, except those marked with an asterisk.