

Appendix L

First Aid Kit Checklist*

Following is a list of items to include in a first aid kit so that you are prepared for injuries and/or emergencies. It is advisable to check your first aid kit regularly to replenish any items you might have used.

- Water.
- Liquid soap and hand sanitizer.
- Sealed packages of antiseptic for cleaning.
- Disposable vinyl gloves (latex free).
- Scissors.
- Tweezers.
- Bandage tape.
- Sterile gauze pads.
- Flexible roller gauze.
- Individually wrapped sanitary pads to contain bleeding injuries.
- Adhesive strip bandages.
- Safety pins.
- Small plastic or metal splints.
- Cold pack.
- Non-glass, non-mercury thermometer.
- Tissues.
- Cleansing wipes.
- First aid guide.
- Poison control center contact information.
- Pen/pencil and note pad.
- Plastic bags for soiled cloths or gauze.

*Adapted from Virtual Lab School, Ohio State University (<https://www.virtuallabschool.org/fcc/healthy-environments/lesson-2>).