



First Aid Kit Guide



Introduction

St Andrew's First Aid stock a comprehensive choice of first aid supplies including first aid kits, consumables, defibrillators, equipment (such as evacuation chairs), posters and signage.

HSE regulations now include improved guidance of the first aid supplies and equipment that are required in the workplace. Employers must provide adequate and appropriate equipment, facilities and personnel to ensure their employees receive immediate attention if they are injured or taken ill at work.

Before selecting your workplace's first aid equipment and supplies you must consider the size of your workplace and the number of employees in each area.

All of our products have been sourced by experts ensuring that our range of first aid supplies meets the needs of the most demanding environments.

All our products can be purchased on our website www.firstaid.org.uk/shop or by calling 0141 332 1828.

Do I need a first aid kit for my workplace?

The Health and Safety Executive (HSE) advise that all workplaces have a first aid kit. The contents should be based on your first aid needs assessment, there is no mandatory list of items.

In 2019/20, there were 693,000 non-fatal injuries in UK workplaces, having a first aid kit and first aider on hand can help reduce absence lengths of staff after an injury.

The HSE advise as a minimum that your first aid kit could contain:

- first aid guidance leaflet
- individually wrapped sterile plasters
- sterile eye pads
- triangular bandages
- resuscitation face shield
- HSE dressing large & medium
- disposable gloves
- burns dressing



How often do I need to replace the items in my first aid kit?

You should be replacing items in your first aid kit as you use them to ensure you always have a supply of all necessary items. It is important to check your first aid kit on a regular basis to ensure it is well stocked and all items are in date. Please contact us on 0141 332 1828 or email supplies@firstaid.org.uk



First Aid Kits for the workplace

British Standard compliant first aid kits reflect the most up-to-date changes in both workplace practice and risks, making them demonstrably more 'fit for purpose' in today's environment. The quantities and sizes of first aid kits to be used in a workplace environment should be determined by the number of people on site and the category of hazard they are exposed to.

The following information categorises workplaces by level of risk, and then recommends an appropriate size of kit, depending on the number of employees and members of the public exposed to those risks.

1. DO A RISK ASSESSMENT. LOW RISK: (e.g. shops, offices, libraries etc.) **HIGH RISK:** (e.g. light engineering and assembly work, food processing, warehousing, etc.)

2. DECIDE ON THE SIZE AND QUANTITY OF KITS REQUIRED TO MEET YOUR RISK NEEDS ASSESSMENT.

- **SMALL KIT USAGE GUIDELINES** LOW RISK: 1 kit for less than 25 employees HIGH RISK: 1 kit for less than 5 employees
- **MEDIUM KIT USAGE GUIDELINES** LOW RISK: 1 kit per 25-100 employees HIGH RISK: 1 kit per 5-25 employees
- **LARGE KIT USAGE GUIDELINES** LOW RISK: 1 kit per 100 employees HIGH RISK: 1 kit per 25 employees
- **TRAVEL AND MOTORING** Staff working remotely from a company vehicle should be equipped with a travel and motoring first aid kit. This does not supersede BS8599-2 for vehicle first aid kits, employers should refer to BS8599-2 when equipping vehicles with first aid kits.

Workplace First Aid Kits

- Small Workplace First Aid Kit
- Medium Workplace First Aid Kit
- Large Workplace First Aid Kit

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The British Standard BS8599 - 1

The BS8599-1:2019 Guidelines have been updated and now include recommendations on supplementary kits as an extra resource to British Standard Compliant Small, Medium, Large and Travel & Motoring First Aid Kits.

PERSONAL ISSUE FIRST AID KIT

Containing basic first aid components for one person. e.g. maintenance, security personnel, cleaners, first aiders, etc.

CRITICAL INJURY PACK

Designed for environments where people could sustain a severe injury. Contains items to help manage catastrophic blood loss. e.g. work with dangerous machinery or sharp instruments, cutting equipment, power tools, construction, agriculture, forestry, etc.

How to order

www.firstaid.org.uk/shop • Tel: 0141 332 1828 • E: supplies@firstaid.org.uk



What is each item in my first aid kit used for?

Below we have listed the most common items that you will come across within your first aid kit and what they should be used for. All these items can be purchased individually from our online supplies store.

Sterile Dressings



- **Wound Dressings** - A sterile wounds dressing will usually consist of a dressing pad that is attached to a roller bandage. These are used for larger wounds such as an abrasion or a stab wound.
- **Adhesive Dressings (plasters)** - Adhesive dressings are applied to small cuts or grazes and are made of fabric or waterproof plastic. Those who work with food are required to use blue plasters. Hypoallergenic plasters can also be used for anyone who is allergic to plaster adhesive.

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Bandages



- **Triangular bandages** - Triangular bandages are made of cloth and can be used to create a bandage or a sling.
- **Crepe bandages** - BP grade cotton, Strong weave, and high elasticity. Outstanding stretch, easy to wear. Excellent for support, sprains strains and minor aches

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Gloves and face shield



- **Disposable gloves** - You should wear gloves, if available, when you are dealing with wounds, bleeding, any bodily fluids or waste materials.
- **CPR masks and face shields** - A plastic face shield can be used to protect you and the casualty from cross infection when giving rescue breaths.

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Other items



- **Cleansing wipes** - used to clean skin around wounds.
- **Gauze pads** - these pads can be used as a dressing, padding or to clean around a wound.
- **Adhesive tape** - use this to secure dressings and bandages.
- **Scissors** - these should be blunt ended so as not to cause injuries and can be used to cut bandages.
- **Pins or clips** - use these to secure the end of a bandage.

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Other kits and equipment for the workplace

We offer a range of other first aid kits and equipment which are tailored to different types of workplaces, such as the catering industry or remote workers.

Looking for a defibrillator?

[View our AED Buyers' Guide](#)



Catering Kits

Accidents in the catering industry such as burns and cuts can be common due to the nature of the work. We offer BSI Catering Kits which have been tailor made to suit the hospitality industry. These kits include blue plasters which are required to be used within a catering environment.



• **Small BSI Catering Kit**

• **Medium BSI Catering Kit**

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Motoring Kits

Using the latest data, (including accident and research statistics used in F1 racing car design), Industrial and Medical Professionals have produced a new standard to meet the medical needs of road traffic victims during the critical period prior to the arrival of the Emergency Services. Components have been specifically selected for ease of use, and for coping with both minor and major road traffic accident injuries, without the need for special training.



• **Small Vehicle First Aid Kit**

For moped, motorcycle, motor tricycle and quadricycle (maximum 3 passengers) BS8599-2 compliant.

• **Medium Vehicle First Aid Kit**

For car, taxi, van, and truck. (maximum 8 passengers) BS8599-2 compliant.

• **Large Vehicle First Aid Kit**

For minibus, bus, and coach (maximum 16 passengers, larger passenger vehicles will require multiple kits to suit) BS8599-2 compliant.

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Other kits and equipment for the workplace

Continued from previous page.

Eye Wash Kit

In a workplace where employees are required to deal with chemicals regularly, having an eye wash kit on the premises is essential.

Double Eyewash Station



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Fire Safety Kits

These kits are ideal for use by the fire marshals within your organisation. It has everything you need to help you to safely evacuate a building including a gas horn and fire marshal band.

Fire Safety Kit



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Evacuation Chairs

In the event of an evacuation, as a business you are responsible for all individuals within the building. If a person is unable to use the stairs, you must have procedures in place to allow them to be evacuated. An evacuation chair allows you to do this safely.

Evacuation Chair with Bracket and Cover



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Critical Injury Kits

Critical injury packs are designed to provide immediate, life-saving first aid to someone who has sustained a severe bleeding injury in the workplace. These kits are also intended for drop/throw distribution in the event of a mass casualty incident.

Critical Injury Pack



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General First Aid Kits

Out with the workplace, it is still important to have a first aid kit close by in case of an emergency in the home. We offer a range of first aid kits which are ideal for keeping at home, for holidays or in your car.

Family First Aid Kit

A comprehensive family first aid kit containing a range of products to treat the most common household injuries.



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Children's First Aid Kit

No family home should be without a Children's First Aid Kit. This kit meets the guidelines of both the National Child Minding Association and the Pre-School Learning Alliance.



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Home and Travel First Aid Kits

A Travel First Aid Kit is an ideal item to be kept within the family car in case of an emergency when out.



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Sports First Aid Kit

Our Sports First Aid Kit comes in a waterproof bag with a wide range of easy to access products making it ideal for outdoor activities and sporting events.



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Why purchase from us

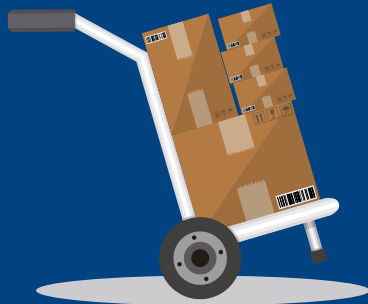
Trusted

Benefiting from over 130 years of expert experience in delivering first aid services, our social enterprise is recognised by HSE as a standard setter and principal supplier of first aid, health and safety training and supplies sales including defibrillators.



Portfolio

We offer a comprehensive range of first aid supplies suitable for all budgets and environments.



Advice

If you require any advice or guidance one of our sales team will be happy to answer any questions you may have helping you make the correct choice. Please contact us on 0141 332 1828 or email supplies@firstaid.org.uk



Free Delivery

We offer free delivery on orders over £250. UK mainland only.



Social Enterprise

All profits delivered by St Andrew's First Aid Training and Supplies Ltd are gift aided back to the parent charity allowing them to continue with their essential first aid provision and educational programmes for communities in Scotland and beyond.



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St Andrew's First Aid

National Headquarters: St. Andrew's House, 48 Milton Street, Glasgow, G4 0HR
Tel: 0141 332 1828 • E: supplies@firstaid.org.uk • www.firstaid.org.uk

St Andrew's First Aid is the trading name of St. Andrew's Ambulance Association, a charity registered in Scotland, No. SC006750
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