



**FIRST AID**  
**APPENDIX C – CONTENTS OF FIRST AID KITS**

**OCCUPATIONAL HEALTH AND SAFETY ACT - REGULATION 2004-130**

**SCHEDULE C**

**Contents of personal (Type P) first aid kit**

- 10 sterile adhesive strip bandages individually wrapped (assorted sizes)
- 5 10 cm x 10 cm sterile gauze pads individually wrapped
- 1 10 cm x 10 cm sterile compress dressing with ties
- 5 antiseptic cleansing towelettes individually wrapped
- 1 triangular bandage, cotton
- 1 waterproof waste bag
- 1 pair of disposable gloves (latex or vinyl)

**Contents of first aid kit:**

- 1 standard first aid manual (English and French)
- 1 record book and pen or pencil
- 1 pair of stainless steel scissors (140 mm)
- 1 pair of tweezers
- 1 variety pack of safety pins
- 24 sterile adhesive strip bandages (size to be determined by nature and hazard of work)
- 12 sterile gauze pads (various sizes depending on the nature and hazard of work)
- 2 rolls of sterile gauze bandage (75 mm x 9 m)
- 2 rolls of elastic bandages (7.5 cm)
- 4 sterile compress dressings (100 mm x 100 mm)
- 6 triangular bandages (1 m)
- 2 rolls of adhesive tape (25 mm x 9 m)
- 4 burn dressings (various sizes depending on the nature and hazard of work)
- 6 abdominal dressings individually wrapped (20 cm x 25 cm)
- 12 antiseptic cleansing towelettes individually wrapped (14 cm x 19 cm)
- 6 individual packages of sugar



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- 1 container of antiseptic disinfectant for the skin (not iodine)
  - 1 water soluble burn treatment (55 g tube or more)
  - 6 pairs of disposable gloves (latex or vinyl)
  - 1 face shield with a one-way valve (disposable)
  - 1 package of cotton tipped applicators
  - 12 hand wipes or 1 bottle of hand cleaner
  - 1 shock blanket
- Several puncture resistant plastic bags

**N.B.** This Regulation is consolidated to June 28, 2016.