



First Aid Equipment Guidelines

RFU First Aid Equipment Guidelines

Dated May 2010

General Information:

It is essential that first aid equipment is checked frequently therefore ensuring sufficient quantities and all items are usable. Always replenish contents of first aid box and kit as soon as possible after use. Items should not be used after the expiry date shown on packets.

On Site First Aid Facilities

First aid boxes should be made of suitable material and designed to protect the contents from damp and dust. Guidelines for Standard First Aid Equipment Box:

- Guidance Card
- Assorted Adhesive Dressings (Plasters) x 20
- Sterile Eye pads (No. 16) x 2
- Medium Sterile Wound Dressings (No. 8) x 6
- Large Sterile Wound Dressings (No. 9) x 2
- Short Life Triangular Bandages x 4
- Disposable Gloves (Pair) x 3
- Antiseptic wipes x 6
- Emergency Foil Blanket x 1
- Disposable Resuscitation Aid x 1
- 3 Cold ice packs

Under no circumstances should prescription drugs be administered by first aiders or kept in the first aid box. Boxes should be clearly labelled and easily accessible. Emergency first aid should only be given by appropriately trained persons. A list of all qualified first aiders should be made clearly available by Letchworth RFC.