



# FIRST AID KIT CONTENTS FOR A COMMERCIAL KITCHEN

A wall-mounted first aid kit is ideal for a commercial kitchen so they are clearly visible and easy to access.

Basic items include:

- A selection of wound dressings for cuts and abrasions, for example, in different sizes:
  - Triangular bandages.
  - Gauze swabs.
  - Non-stick/dressing pads.
  - Adhesive dressing strips.
- Adhesive tape and hypoallergenic (skin) tape for wound dressings.
- Antiseptic skin swabs, alcoholic wipes and spray to clean and disinfect a wound.
- Sterile saline solution tubes/sachets to clean wounds or as an eyewash.
- Crepe bandages of varying widths to hold a dressing in place or support a sore or sprained limb.
- A cold pack for swelling and bruising.
- Disposable gloves and nitrile gloves to prevent infection between carer and patient.
- Stainless steel scissors (sharp/blunt) and pointed tweezers, safety pins.
- Shock (thermal) blanket.
- Disposable resuscitation mask/shield in baby, child and adult sizes for use in CPR.
- CPR resuscitation pocket card.
- First aid booklet.

Other items for kitchen injuries include:

- Blue catering plasters, coloured for identification if mixed with food.
- Eye shower to flush out harmful substances.
- Sterile eye pad to dress and protect injured eyes.
- Burn gel for minor burns.
- Sterile burn dressing to protect injuries.
- Register of injuries book and pen to record incidents.