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**From WHS Act 2012, Code of Practice (COP) for First Aid**

Item	Photo of Item	Uses
Basic instructions for providing first aid, Including Cardio Pulmonary Resuscitation Flow Chart		<ul style="list-style-type: none"> <li>Reference material for assistance in what to do in the event of first aid</li> <li>Caution: often old publications with out-of-date 'best practice' advice on care and treatment of first aid</li> </ul>
Note book and pen/pencil		<ul style="list-style-type: none"> <li>Taking notes/documenting first aid.</li> <li>Can then use this information to fill out formal workplace documents later on</li> </ul>
Resuscitation face mask or face shield		<ul style="list-style-type: none"> <li>Barrier device between rescuer and casualty if providing mouth-to-mouth resuscitation</li> </ul>
Disposable nitrile examination gloves		<ul style="list-style-type: none"> <li>Hygiene barrier device to prevent cross-infection</li> <li>To be worn at all first aid events, including CPR</li> <li>Try to change gloves if treating more than one casualty at a time</li> </ul>
Gauze Pieces 7.5cm x 7.5cm, sterile (3 pieces per pack)		<ul style="list-style-type: none"> <li>Wipe around the wound to remove blood, dirt and debris</li> <li>Plug a tooth socket</li> <li>Absorb blood and body fluids</li> <li>NOT to be used as dressing since it will stick and leave lint behind</li> </ul>
Saline (15mls)		<ul style="list-style-type: none"> <li>Cleaning/irrigating wounds</li> <li>Flush a wound to get rid of loose debris</li> <li>Irrigating eye(s): loose object or chemicals in the eye</li> <li>Do not use if opened or leaking</li> </ul>
Wound cleaning wipe (single 1% Cetrimide BP)		<ul style="list-style-type: none"> <li>Cleaning wounds: abrasions, incisions, lacerations</li> <li>NOT to be use on eyes</li> </ul>
Adhesive dressing strips – plastic or fabric (packet of 50)		<ul style="list-style-type: none"> <li>For minor incisions (paper cuts for example) on digits: fingers and toes</li> <li>Prevent onset of blisters on feet</li> <li>Can be used as a wound closure for temporary suturing</li> </ul>
Blue - only if food preparation area: kitchen		<ul style="list-style-type: none"> <li>As above, except must be used for food preparation areas</li> </ul>
Splinter probes ( single use, disposable)		<ul style="list-style-type: none"> <li>The removal of superficial splinters</li> <li>If splinter is deep – leave it and refer to medical attention for removal</li> <li>Requires a sharps container for proper disposal after use.</li> </ul>

<b>Tweezers/Forceps (stainless steel)</b>		<ul style="list-style-type: none"> <li>• Removal of loose (superficial) debris in a wound</li> <li>• Removal of a splinter</li> <li>• After disinfection, can be used to place sterile non-stick dressing on a wound (rather than using a gloved hand to place the dressing on the wound).</li> </ul>
<b>Antiseptic liquid/spray (50mls)</b>		<ul style="list-style-type: none"> <li>• Easy spray application of antiseptic on wounds</li> <li>• Should be used on wounds after irrigation/cleaning with saline</li> <li>• Replace cap after use</li> <li>• Check use by date</li> <li>• Do not use on eyes</li> </ul>
<b>Non-adherent wound dressing/pad 5cm x 5cm (small)</b>		<ul style="list-style-type: none"> <li>• Material placed directly on the wound after irrigation (with saline) and/or cleaning (with antiseptic)</li> <li>• Placed directly on a burn AFTER cooling</li> <li>• Can be saturated with Burn Gel prior to application on the burn to ensure no sticking to the burn</li> </ul>
<b>Non-adherent wound dressing/pad 7.5cm x 10cm (medium)</b>		<ul style="list-style-type: none"> <li>• As above</li> <li>• Covers larger surface area</li> </ul>
<b>Non-adherent wound dressing/pad 10cm x 10cm (large)</b>		<ul style="list-style-type: none"> <li>• As above</li> <li>• Covers larger surface area</li> </ul>
<b>Conforming cotton bandage, 5cm</b>		<ul style="list-style-type: none"> <li>• Very light, highly elasticised roller bandage</li> <li>• Used to keep dressings and pads in place for when light bandaging is required: abrasions, burns, bandaging over the eyes</li> <li>• Not to be used for bleeding control, unless no other heavier crepe bandage is available.</li> </ul>
<b>Conforming cotton bandage, 7.5cm</b>		<ul style="list-style-type: none"> <li>• As above</li> <li>• Covers larger surface area</li> </ul>
<b>Crepe bandage, 10cm (for serious bleeding and pressure application)</b>		<ul style="list-style-type: none"> <li>• Used for when greater pressure is required on a wound or injured area. Specifically:</li> <li>• External bleeding control – mild, moderate or profuse (arterial bleeding for example). A pad (combine dressing or triangular bandage) is used to absorb the blood</li> <li>• Used for Pressure Immobilisation Bandage/Technique: fatal bites and stings: snakes, funnel web and mouse spiders</li> <li>• Apply pressure to soft tissue injury (sprains and strains)</li> <li>• Keep a splint or ice pack in place</li> </ul>
<b>Scissors</b>		<ul style="list-style-type: none"> <li>• Cut through clothing to access injured areas</li> <li>• Cut bandages and dressings to suit the wound size and surface area</li> <li>• Remove old dressing and bandages</li> </ul>
<b>Non-stretch, hypoallergenic adhesive tape – 2.5cm wide roll</b>		<ul style="list-style-type: none"> <li>• Secure a pad, dressing or bandage in place</li> </ul>
<b>Safety pins (packet of 6)</b>		<ul style="list-style-type: none"> <li>• Secure the apex of the arm sling in place</li> </ul>

<p>BPC wound dressings No. 14, medium</p>		<ul style="list-style-type: none"> <li>• Sterile pad and bandage in one convenient package</li> <li>• Used for major lacerations and incisions when a thick pad and bandage is required</li> </ul>
<p>BPC wound dressings No. 15, large</p>		<ul style="list-style-type: none"> <li>• As above</li> <li>• Covers larger surface area</li> </ul>
<p>Dressing – Combine Pad 10 x 20 cm</p>		<ul style="list-style-type: none"> <li>• Has absorbent qualities</li> <li>• Sterile pad that can be used directly on a wound to absorb blood and fluids</li> <li>• Can be used in conjunction with a non-adherent dressing on a wound</li> </ul>
<p>Plastic bags - clip seal: x3 in envelope</p>		<ul style="list-style-type: none"> <li>• Zip-lock air and water-tight bags of different sizes</li> <li>• Used to seal an amputated appendage, prior to placing in iced water (to ensure water does not come in direct contact with the appendage).</li> <li>• Collect samples of bodily fluids: vomit for example for analysis purposes.</li> </ul>
<p>Triangular bandage (calico or cotton minimum width 90cm): 110cm x 110cm x 155cm</p>		<ul style="list-style-type: none"> <li>• Slings: Arm sling, collar and cuff</li> <li>• Pad for bleeding control (in the absence of a combine pad of BPC wound dressing)</li> <li>• Bandages: narrow and wide</li> <li>• Ring/doughnut bandage</li> <li>• Splinting of legs together</li> <li>• Securing a splint in place</li> </ul>
<p>Emergency rescue blanket (for shock or hypothermia)</p>		<ul style="list-style-type: none"> <li>• Maintains body temperature for a casualty in shock</li> <li>• Assists with warming a casualty in hypothermia</li> <li>• Used as a drop-sheet for floor covering if placing a person on the floor with wounds</li> </ul>
<p>Eye pad (single use)</p>		<ul style="list-style-type: none"> <li>• Sterile pad</li> <li>• Designed to cover the eye(s)</li> <li>• Can be used in conjunction with hypoallergenic adhesive tape or a conforming bandage to keep the pads in place over the eyes</li> </ul>
<p>Access to 20 minutes of clean running water or (if this is not available) hydro gel (3.5gm sachets)</p>		<ul style="list-style-type: none"> <li>• Applied liberally to a burn</li> <li>• Can be used immediately on a burn if cool running water is not available</li> <li>• After cooling, can be applied directly on the burn or a dressing prior to covering the burn for infection control</li> <li>• Prevents the dressing from sticking to the wound</li> </ul>
<p>Instant ice pack (e.g. for treatment of soft tissue injuries and some stings).</p>		<ul style="list-style-type: none"> <li>• Used when refrigeration is not available and cooling an area is the preferred first aid treatment.</li> <li>• Specifically: <ul style="list-style-type: none"> <li>• Soft tissue injuries: sprains and strains</li> <li>• Non-fatal bites and stings: bees, wasps, bull ants etc.</li> <li>• Where inflammation and swelling is present</li> </ul> </li> <li>• Keeps the area cool for around 10 minutes</li> </ul>