

## First Aid

Suggested contents of a first Aid box:

There are no legal requirements for the contents of a first aid box, but as a guide it should include the following items-

- 20 hypo-allergenic plasters / micropore tape and melolin.
  - 2 sterile eye pads, with attachments.
- Lint dressings approximately 10 cms/8cms.
  - 6 safety pins.
    - 2 crepe bandages.
    - 2 triangular bandages.
      - Scissors.
      - Disposable gloves.
      - Thermometer.
  - Non alcoholic sterile cleaning wipes

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