

# First Aid Kits

**W**orksite emergencies can happen quickly. By planning and creating an [Emergency Action Plan](#), reaction time can be improved, and the outcome changed. A vital part of that plan is a properly-stocked and easily-accessible first aid kit. First aid kits, which can be custom-made or purchased commercially, can mean the difference between life and death.



### Creating a First Aid Kit

Before purchasing a standard first aid kit or attempting to put one together, access each work area and check the company accident logs to learn the types of first aid likely to be needed. Also, look around the work area for hazards such as:

- sharp pointed objects that can cut or puncture;
- hot surfaces or chemicals that can cause burns;
- heavy moving objects that can cause crushing injuries; and
- sources of electricity that can cause electrical shock.

Also consider environmental hazards such as insects, poisonous plants, and sun and heat exposure. Product Safety Data Sheets (SDSs) can also give first aid recommendations to treat exposure to chemicals in the workplace. A good first aid kit will contain items to treat specific hazards that may arise at each worksite.



### First Aid Kit Requirements

According to the [OSHA Code of Federal Regulations \(CFR\) 1910.266 Appendix A](#), the mandatory items in a workplace first aid kit must include:

- gauze pads (at least 4 x 4 inches);
- two large gauze pads (at least 8 x 10 inches);
- one box of adhesive bandages;

# FIRST AID STATION



**FIRST AID  
KIT INSIDE**



**FIRST AID**

- one package of gauze roller bandage at least 2 inches wide;
- two triangular bandages;
- wound cleaning agent such as sealed moistened towelettes;
- scissors;
- at least one blanket;
- tweezers;
- adhesive tape;
- latex gloves;
- resuscitation equipment such as a resuscitation bag, airway, or pocket mask;
- two elastic wraps;
- splint; and
- directions for requesting emergency assistance.

In addition to these mandatory contents, businesses should develop a comprehensive first aid kit and first aid training program that includes optional items based upon specific hazards that can be reasonably expected to occur in each workplace. OSHA does not provide further guidance for first aid kits for general industry, however, it does for [logging operations](#), [shipyard employment](#), [marine terminals](#), [longshoring](#), and [construction](#).

All non-mandatory first aid kit supplies should be determined by consulting with a health care professional or a person competent in first aid who is knowledgeable of the hazards in the workplace. These items must meet [American National Standard—Minimum Requirements for Workplace First Aid Kits and Supplies](#) specifications. Items not addressed by this standard must comply with the U.S. Food & Drug Administration or other governing bodies. Examples may include oral analgesics, antibiotic treatments, compress bandages, cardiopulmonary resuscitation (CPR) barriers, burn dressings, cold packs, eye covers, eyewash, and a roller bandage.



## Location

The location of the first aid kit is as important as selecting the proper contents. According to OSHA [CFR 1910.151](#), “Adequate first aid supplies shall be readily available” on company premises. Always supply enough first aid kits to provide a quick response by locating them in easily-accessible locations. First aid kits of any size can be wall mounted in break areas or supervisors’ offices. Kits can also be distributed to designated, first-aid-trained employee responders. Always keep first aid kits in company vehicles. These can be packaged in small, transportable containers such as fanny packs or backpacks. As with all safety equipment, identify the location of the first aid kit with notices or signs.



## Personal Protective Equipment (PPE)

If it is reasonably anticipated that employees will be exposed to blood or other potentially infectious materials while using first aid supplies, employers are required to provide the appropriate PPE to comply with OSHA’s Bloodborne Pathogens Standard, [CFR 1910.1030](#).

No matter how big or small the first aid kit is, it is important to check the kit regularly for product expiration dates, especially with ointments and medicines. And always restock first aid kits after every use.

Remember to practice safety. Do not learn it by accident.



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