



First aid kit checklist

Based on the HSE's list for families

Tick off what is in your kit, top it up when you use something, and keep the numbers with it. Keep this sheet inside the lid.



In the kit

The HSE's list. Tick what you have; top it up when you use something.

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|---|--|
| ☐ Plasters, in a variety of sizes. | ☐ Scissors. |
| ☐ Adhesive tape. | ☐ Tweezers. |
| ☐ Sterile gauze dressings. | ☐ Disposable gloves. |
| ☐ Absorbent pads. | ☐ Hand sanitiser. |
| ☐ Crepe bandages. | ☐ Antiseptic cream or spray. |
| ☐ Tubular bandages. | ☐ A digital thermometer. Not a mercury one. |
| ☐ Triangular bandages, for making a sling. | ☐ Saline solution and an eye bath. |
| ☐ Safety pins. | ☐ A printed first aid guide. |
| | ☐ The emergency numbers list below. |



Emergency numbers for the kit

Our Eircode _____

Our GP _____ name and phone

GP out-of-hours service _____

Nearest emergency department one that sees children, if you have children

Ring

112 or 999

Free, from any phone



Keeping the kit

- A box that is waterproof and easy to carry.
- Keep it locked, out of children's reach, and tell anyone who minds them where it is.
- Don't keep medicines in the kit. Keep all medicines in a locked cupboard.
- Replace what you use. Check the use-by dates of your medicines, and throw out anything past its date.



In the freezer

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Ice packs, or a bag of frozen peas to wrap in a tea towel.



For the car or days out

Many people keep a small kit in the car. Away from clean water, these help:

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Burn gel.

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Sterile water, in a sealed container.

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Hand sanitiser.



Kit checked

Date	What was replaced or added	By



First aid doesn't replace medical care

In an emergency, ring **112 or 999**. For first aid training, see a PHECC-recognised course: safeandsecure.ie/training/first-aid