



safeandsecure.ie

# 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

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

☐

Plasters, in a variety of sizes.

☐

Adhesive tape.

☐

Sterile gauze dressings.

☐

Absorbent pads.

☐

Crepe bandages.

☐

Tubular bandages.

☐

Triangular bandages, for making a sling.

☐

Safety pins.

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**This sheet:** [safeandsecure.ie/resources/printables/first-aid-kit](https://safeandsecure.ie/resources/printables/first-aid-kit)

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## In the kit (continued)

☐

Scissors.

☐

Tweezers.

☐

Disposable gloves.

☐

Hand sanitiser.

☐

Antiseptic cream or spray.

☐

A digital thermometer. Not a mercury one.

☐

Saline solution and an eye bath.

☐

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.

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## 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](https://safeandsecure.ie/training/first-aid)

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**Sources:** HSE ([hse.ie](https://hse.ie)): First aid kit (written for families with children); PHECC ([phecc.ie](https://phecc.ie)); [safeandsecure.ie/training/first-aid](https://safeandsecure.ie/training/first-aid)