



## **VEHICLE OR LONE WORKER FIRST AID KIT - SUGGESTED MINIMUM CONTENTS**

This appendix lists the recommended contents for a vehicle or lone worker's first aid kit:

- a leaflet giving general guidance on first aid
- six individually wrapped sterile adhesive dressings (assorted sizes), appropriate to the type of work
- two individually wrapped triangular bandages (sterile)
- one stretch bandage
- clasps or safety pins to tie bandages
- one large sterile individually wrapped unmedicated wound dressing – approximately 18cm x 18cm
- one pair of disposable gloves
- one resuscitation mask.

This is a suggested contents list only; equivalent but different items will be considered acceptable. This kit can be carried in individual belt pouches by people working alone.

Once the employer has completed their assessment of the first aid items required, a need for additional items may be identified. This could include, for example:

- scissors
- adhesive strips or band-aids for minor wound dressing
- non-allergenic adhesive tape
- disposable aprons
- forceps or tweezers to remove foreign bodies
- plastic bags for waste disposal
- individually wrapped moist wipes or saline solution
- plastic bags for waste disposal.

The contents of vehicle or lone worker first aid kits should be stocked from backup stock at the main work site.

Consideration also needs to be given as to how mobile and lone workers can summon help if they are injured. Examples are the provision of mobile phones, radio access, GPS or a phone check-in procedure.