1. a leaflet giving general guidance on first aid such as the HSE leaflet “Basic advice on first aid at work” - www.hse.gov.uk
2. 20 individually wrapped sterile adhesive dressings (assorted sizes)
3. 2 sterile eye pads
4. 4 individually wrapped triangular bandages (preferably sterile)
5. 6 safety pins
6. 6 medium sized (approximately 12cm X 12cm), individually wrapped, sterile un-medicated wound dressings
7. 2 large (approximately 18cm X 18cm), individually wrapped, sterile un-medicated wound dressings
8. 1 pair of disposable gloves (Nitrile or vinyl gloves with the code EN374)
9. tablets or medicines should not be kept in the first aid box.

**The above is a suggested contents list only, equivalent but different items will be considered acceptable. The contents should reflect the outcome of the first aid needs assessment.**