



What should be included in a first aid box?

Below is a suggested list of items that should be included in a first aid container. Employers should decide what to include, based on a risk assessment of the site operations.

Key message:

All workers must be able to access the first aid equipment needed at all times.

Basic first aid kit content¹

There is no standard list and it very much depends on the assessment of the needs in a particular workplace:

- A leaflet with general guidance on first aid;
- Individually wrapped sterile adhesive dressings;
- 2 sterile eye pads;
- 20 sterile adhesive plasters of assorted sizes;
- 4 individually wrapped triangular bandages (preferably sterile);
- 2 large (approximately 18cm*18cm) sterile individually wrapped unmedicated wound dressings;
- 1 pair of disposable gloves;
- 6 safety pins; and
- 6 medium-sized (approximately 12cm*12cm) individually wrapped sterile unmedicated wound dressings.

Further guidance

- The first aid box contents will vary depending on the industrial context (i.e., eye bath where chemicals are used).
- Content should be checked frequently and restocked after used.
- Expiry dates should be monitored monthly and recorded on the first aid box, and items should be discarded and replaced.
- At least one first aid box should be available in every department, or per 50 workers if the department is large.
- **Cont'd**



The contents of the first aid box should be appropriate to the industry.



First aid supplies should be safely discarded.

Additional information and resources:

- [*ILO Occupational Safety and Health Convention*](#)

¹ International Finance Corporation (IFC) and European Bank for Reconstruction and Development (EBRD). (2009). Workers' accommodation: processes and standards. <https://documents1.worldbank.org/curated/en/604561468170043490/pdf/602530WP0worke10Box358316B01PUBLIC1.pdf>



-
- When working away from a factory (i.e., a palm oil plantation), at least one first aid kit must be provided for each work party.
 - Prescription drugs should not be included in the first aid box.
 - Boxes should be unlocked, highly visible and placed in a prominent and easily accessible area of the workplace.

First aid training

- At least 2 people from each department should be trained in first aid.
- Training should be conducted by a recognised medical organisation.
- Copies of first aid certificates should be kept on site and the original certificate should be issued to workers.
- Contact details of first aiders should be displayed prominently on site.

DISCLAIMER: The information in this document is prepared for a brief and general guideline for informational purposes only. Best efforts have been made to ensure that information included is correct to the best of our knowledge but, whilst EF may make up dates from time to time, EF has no obligation to do so and cannot be held liable for the accuracy of the information. The information provided is 'as is' and no warranty is made as to the completeness, accuracy or reliability of the information. As far as it is permitted by law, Earthworm Foundation (and its affiliates, subsidiaries and representatives) will (a) not be liable for any claims or damages related to the quality, completeness or accuracy of the information, (b) not owe any duty of care to the reader of this document, (c) not bear liability for any direct or indirect consequence due to error, misstatement or omission by EF. Readers are strongly encouraged to use this information as a guide to do their own research and to ensure that any relevant laws, rules, regulations and / or guidelines relevant to their company or business operations are adhered to.