

Stocking a First Aid Kit

GUIDELINES:

A first aid kit should be readily available wherever children are in care, including during field trips, indoor/outdoor play, and transportation. First aid supplies should be stored in a clearly marked closed container. Include a checklist of items. Check inventory monthly; replace missing or unusable items. Do NOT include any medications, unless prescribed for a specific child (i.e., Epi-pen Jr.TM). Do not store in a hot vehicle or leave in direct heat. Kit should be portable and tightly sealed. Arrange items for easy access. Contents should be sanitary. Regularly check expiration dates.

EXAMPLES OF FIRST AID KIT CONTENTS:

- Adhesive strip bandages (various sizes)
- Bandage tape
- Bottled water
- Disposable nonporous gloves
- Sterile eye bandage
- Cotton-tipped swabs
- Face mask or microshield (for use in rescue breathing), 2 for shared breathing
- Current American Academy of Pediatrics standard first aid chart or similar guide
- Flashlight with extra batteries
- Sterile gauze pads (various sizes)
- Flexible roller gauze
- Liquid soap
- Note pad and pen/pencil
- Paper towels
- Safety pins
- Scissors
- Small plastic cups
- Plastic bags for clothes, gauze, or other materials used in handling blood
- Small plastic or metal splints
- Thermometer (non-breakable)
- Triangular bandages
- Tweezers
- Cold pack
- Cellular telephone or two-way voice communication device
- List of emergency phone numbers and the Poison Control Center phone number

Note: *Syrup of Ipecac* was recommended for first aid kits prior to 2004. Because of recent research, it is no longer considered the best practice to include it in first aid kits. Instead the caregiver should call their Poison Control Center or 911 for instructions when they think a child may have taken poison.