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|  | **FIRST AID BOX CHECKLIST** | | |  | |
| **FREQUENCY** | | | | **DATE** | |
| Monthly | | | |  | |
| **LOCATION** |  | | | | |
| **Content** | **Quantity Required** | **Available**  **(🗸)** | **Not Available**  **(X)** | | **Remarks** |
| Pocket First Aid Guide |  |  |  | |  |
| Content List |  |  |  | |  |
| Disposable Gloves, Latex free, powder free, different sizes |  |  |  | |  |
| Laerdal pocket mask or resuscitation face shield |  |  |  | |  |
| Adhesive plasters, water resistant. low allergy assorted sizes |  |  |  | |  |
| Medium sterile dressing (12\*12 cm) |  |  |  | |  |
| Large sterile dressing (18\*18 cm) |  |  |  | |  |
| Eye pad sterile dressing |  |  |  | |  |
| Finger sterile dressing |  |  |  | |  |
| Burns sterile dressing (preferably water gel) |  |  |  | |  |
| Triangular bandage |  |  |  | |  |
| Conforming bandage |  |  |  | |  |
| Alcohol free moist cleansing wipes |  |  |  | |  |
| Safety pins, assorted sizes |  |  |  | |  |
| Adhesive tape, preferably hypo-allergenic |  |  |  | |  |
| Sterile eye wash |  |  |  | |  |
| First Aid scissors — Tough out type with skin protective leading edge |  |  |  | |  |
| Roller bandages, 50mm/100mm wide |  |  |  | |  |
| Skin disinfect spray |  |  |  | |  |
| Medical Waste disposal bag |  |  |  | |  |
| Emergency Blanket |  |  |  | |  |
| Instant cold pack |  |  |  | |  |
| Adhesive Bandage |  |  |  | |  |
| **Checked By ………………………………. Signature …………………………..** | | | | | |