

# Preparing a first aid kit

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Every home should have a first aid kit – but what should you suggest customers put in it? Make sure you don't miss an item with our handy pull out and keep guide



**Distilled water**  
For cleaning wounds and as an eye bath

**Crêpe rolled bandages**

**Disposable sterile gloves**  
The first rule of first aid is to always protect yourself, so gloves are essential when treating bleeding wounds

**Alcohol-free cleansing wipes**  
To clean hands before and after helping the injured, and to help clean the wound

**Safety pins and sticky tape**  
Pins are often overlooked, but are essential for tying bandages and slings; tape is also useful

**Scissors**

**Plasters, in a variety of sizes and shapes**  
Plasters are essential. Make sure the customer has a range to cover all types of cuts and grazes, including waterproof plasters

**A range of creams**  
Such as antiseptic cream and a cream or spray to relieve itching or pain after an insect bite or sting

**Digital thermometer**  
Digital thermometers are more accurate, and are vital in assessing fever

**Painkillers**  
Paracetamol and ibuprofen are the most useful for different pain types, and can be taken together

**Tweezers**  
For removing splinters, grit and loose, small shards of glass from a wound

**Small, medium and large sterile gauze dressings**  
Dressings are useful for wounds where you need to absorb leaking fluid and help clotting, or to protect skin damaged by burns

**Keeping plasters in place for longer**  
Elastoplast now offers strong, waterproof protection with its Extra Tough plasters. The fabric plasters, which replace Elastoplast Extreme, are wide and extra sticky, so they can be worn for longer periods, allowing wounds to be covered at all times to promote healing and prevent scarring.

**You should also include**

- **At least two sterile eye dressings**
- **A triangular bandage for making a sling**  
Remember, while slings are useful, if you suspect a break the patient should go to A&E
- **Antihistamine tablets**  
For hayfever or to relieve itching from a rash

**FIRST AID IS COMMON SENSE**  
**IF A PATIENT SEEMS TO NEED MEDICAL ADVICE, THEY PROBABLY DO!**