**STANDARD FIRST AID KIT CONTENTS**

2 large wound dressing (aprox 10cm x 10cm) for larger grazes , either adhesive or low adherent (attached with micro-porous tape)

A small handful of plasters – these will not do much in a first aid incident, used as just a covering for minor nicks and grazes.

2 eye wash pods

Pack of safety pins (min 5 for all the bandages in the pack)

1 face shield

Blunt tip scissors

1 microporous tape (not provided for activities general use such as martial arts or climbing tape. Clubs to provide their own if that is the case.)

2 packs of Steristrips

1+ foil blankets –qty judged on nature of clubs activity

10 moist wipes (non alchohol/allergic)

Pair of non latex gloves

1 large dressing (also acts as a large bandage)

2 medium dressings (med bandages and can be used for eye pads)

1 triangle bandage

1-2 ice pack (qty judged on nature of activity) to encourage clubs to come in regularly and report/replenish

Medical waste bag

2 Accident report forms

1 emergency procedure

Club to provide a container (pref watwertight) to keep items in. The AU has some bags for sale at £10 chargeable to the club

All clubs have kits –if you have no kits or kit is empty there is a £10 charge to the club to refill

**FREE REFILLS ON RECIEPT OF AN ACCIDENT REPORT FORM**