

FIRST AID KITS CAN ONLY BE USED IF YOU HAVE THEM WITH YOU!



The First Aid at Work Standard (**NR/L2/OHS/00110**) states that;

The Person in Charge should confirm whether:

- a) there is sufficient first aid cover for the work activities to be undertaken;**
- b) the first aid kit is readily available on scene and appropriately stocked for the work activity;**
- c) prior to starting any works all workers in the group are aware of the first aid arrangements; and**
- d) first aiders can be easily identified in the event of an emergency.**

As the Person in Charge, you must appoint a 'Nominated First Aider'!

**PLEASE, TAKE THE FIRST AID KIT OUT WITH YOU, YOU NEVER KNOW WHEN
YOU MAY NEED IT!**

The First Aid Kit (Standard 10 People) is available on I-procurement/Lyreco UK Ltd (product code 1.539.133), as is the First Aid Kit for Burns (product code 5.048.656) and Ice Packs (product code 5.048.725)

First Aid Kit Minimum Requirements and Additional Requirements

Appendix A – First aid kit and first aid room content

First aid kits shall contain, as a minimum:

- a) 1 leaflet giving general guidance on first aid (such as that provided by HSE or first aid training organisation);
- b) 20 individually wrapped sterile adhesive dressings of assorted sizes;
- c) 2 sterile eye pads;
- d) 4 individually wrapped triangular bandages;
- e) 6 safety pins;
- f) 6 medium sized individually wrapped sterile un-medicated wound dressings – approximately 12 cm x 12 cm;
- g) 2 large individually wrapped sterile un-medicated wound dressings – approximately 18 cm x 18 cm;
- h) 2 pairs of disposable gloves; and
- i) 1 pack of individually wrapped moist sterile cleaning wipes (unless clean running water is always available at the workplace).

Personal issue first aid kits shall contain, as a minimum:

a) 1 leaflet giving general guidance on first aid (such as that provided by HSE or first aid training organisation);

- b) 6 individually wrapped sterile adhesive dressings of assorted sizes;
- c) 1 large individually wrapped sterile un-medicated wound dressings – approximately 18 cm x 18 cm;
- d) 2 triangular bandages;
- e) 2 safety pins;
- f) 1 pack of individually wrapped moist sterile cleaning wipes (unless clean running water is always available); and
- g) 1 pair disposable gloves.

Tablets and medications shall not be kept with first aid equipment.

First aiders can assist casualties to take their own medication, but should not administer medication unless trained and advised to do so by a medical practitioner.

The following items may also be included in first aid kits for operational environments:

- a) scissors;
- b) eyewash (where no running clean water is available at least 1 litre of sterile water or normal saline (0.9%) in sealed disposable containers);
- c) cooling gel packs for burns;
- d) blanket;
- e) haemostatic dressings (stops serious wounds bleeding – additional training required);
- f) tourniquets (for use with major bleed - additional training required); and
- g) any other items specifically identified in a work activity risk assessment.

Work activity	Possible injuries	Additional first aid kit items
Manual handling/walking along ballast	Fractures, lacerations, sprains and strains.	Large dressings and haemostatic dressings*
Heavy plant/machinery	Crush injuries, amputations, fractures, lacerations, eye injuries.	Large dressings, haemostatic dressings*, tourniquets*, eye wash and eye dressings
Cutting equipment	Amputations, major bleed, lacerations and eye injuries.	Large dressings, haemostatic dressings*, tourniquets* and eye wash
Welding equipment	Burns and arc eye injury.	Burns dressings and eye dressings
Road rail vehicle, on-track plant	Crush injuries, fractures, sprains and strains and spinal injuries.	Large dressings, haemostatic dressings*, tourniquets*
Work at height	Head injury, loss of consciousness, spinal injury, fractures, sprains and strains.	Large dressings, haemostatic dressings*
Electrical working	Electrocution burns and arc eye injury.	Burns dressings, eye dressings, AED

Table A.2 – Additional items of first aid kit based on work activity

NOTE: First aid kit items marked with an asterisk (*) require additional training. This can be arranged through a Network Rail approved supplier.