

# Sample First Aid Kit Contents

*The first aid kit must be included in a first aid station accessible to the gymnasium.*

## Scissors

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- 1 pair of universal scissors
- 1 pair of splinter tweezers

## Bandages/Dressings/Tape

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- Adhesive bandages, individually wrapped (variety of sizes)
- 2 rolls of adhesive tape
- 12 rolls of 4cm (1.5") -wide gauze bandage
- 48 sterile gauze pads
- 8 rolls of 8cm x 8cm (3"x3") gauze bandage
- 8 rolls of 10cm (4") gauze bandage individually wrapped
- 6 sterile surgical pads suitable for pressure dressings, individually wrapped
- 12 triangular bandages
- splints of assorted sizes
- 2 rolls of splint padding

## Ice

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- 1 rubber ice bag or plastic bags and access to ice or frozen gel pack

## Other

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- 1 St. John ambulance emergency first aid book
- 15 antiseptic towelettes
- 24 safety pins (small and large)
- 3 or more pairs of non-latex (Nitrile) gloves
- 2 5cm (2") tensors
- 2 10cm (4") tensors
- 1 blanket
- 1 one-way air mask
- Concussion identification tool (for example, the [\*\*Sample Tool to Identify a Suspected Concussion\*\*](#))

Source: Worker's Compensation Board Sheridan College Risk Management Program, Sports Injury Prevention and Care Program