



NATIONAL FIRST AID AND SAFETY TRAINING

NFAST Reg No: CK 2006/171368/23 www.nfast.co.za 086 199 4441 info@nfast.co.za
117 Newlands Ave, Benoni, 1501

MINIMUM CONTENTS OF A FIRST AID BOX as per Reg 7 Checklist

Item	Product	Qty	Checked	Notes
1	Wound cleaner/antiseptic 100ml	1		
2	Swabs for cleaning wounds	1		
3	Cotton wool for padding 100g	1		
4	Sterile gauze	10		
5	Pair of forceps	1		
6	Pair scissors 100mm	1		
7	Set of safety pins	1		
8	Triangular bandages	4		
9	Roller bandages (75mm x 5m)	4		
10	Roller bandages (100mm x 5m)	4		
11	Roll of elastic adhesive strip (25mm x 3m)	1		
12	Non-allergenic adhesive strip (25mm x 3m)	1		
13	Packet of adhesive dressing strip (min 10)	1		
14	First aid dressings No 3 (75mm x 100mm)	4		
15	First aid dressings No 5 (150mm x 200mm)	4		
16	Straight splints	2		
17	Pairs large and disposable latex gloves	2		
18	pairs medium disposable latex gloves	2		
19	CPR mouth pieces or similar devices	2		
20	Blood spillage kit	1		

Area / Box #:		Date:	
Checked By:		Sign:	

Additional items you should include in your first aid kit:

Cold Pack, Rescue Blanket (Space Blanket), Burn dressing, Cervical collar, Notepad and pencil, Emergency contacts list, torch and batteries, accident report form. Other than these items you can take a look at your environment and see what other hazards there are and add additional items according to your environment.



Approved by Dept Of Labour,
Chief Insp number C1565