



# Standard Criteria for **FIRST AID** Kits - South Asia

**"First aid is a proven cost-effective,  
safe and simple way to save the lives in an emergency."  
(IFRC First aid policy)**



# The Fundamental Principles of the International Red Cross and Red Crescent Movement

## Humanity

The International Red Cross and Red Crescent Movement, born of a desire to bring assistance without discrimination to the wounded on the battlefield, endeavours, in its international and national capacity, to prevent and alleviate human suffering wherever it may be found. Its purpose is to protect life and health and to ensure respect for the human being. It promotes mutual understanding, friendship, cooperation and lasting peace amongst all peoples.

## Impartiality

It makes no discrimination as to nationality, race, religious beliefs, class or political opinions. It endeavours to relieve the suffering of individuals, being guided solely by their needs, and to give priority to the most urgent cases of distress.

## Neutrality

In order to enjoy the confidence of all, the Movement may not take sides in hostilities or engage at any time in controversies of a political, racial, religious or ideological nature.

## Independence

The Movement is independent. The National Societies, while auxiliaries in the humanitarian services of their governments and subject to the laws of their respective countries, must always maintain their autonomy so that they may be able at all times to act in accordance with the principles of the Movement.

## Voluntary service

It is a voluntary relief movement not prompted in any manner by desire for gain.

## Unity

There can be only one Red Cross or Red Crescent Society in any one country. It must be open to all. It must carry on its humanitarian work throughout its territory.

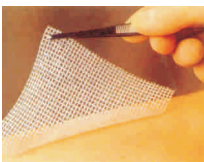
## Universality

The International Red Cross and Red Crescent Movement, in which all societies have equal status and share equal responsibilities and duties in helping each other, is worldwide.



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# Foreword

The frequency and magnitude of disasters in South Asia has increased over recent years clearly demonstrating the need to develop new risk reduction strategies to reduce death, injury and adverse affects on livelihoods.

First aid is a cost effective, safe and simple way to save lives in an emergency. It has been a core area of Red Cross and Red Crescent National Societies for many decades. There are many common features in providing first aid across South Asian countries. However, until now, a simple criteria for developing a model first aid kit was lacking. In view of this, the International Federation has engaged with the South Asian Red Cross and Red Crescent Societies in a highly consultative process to standardise First Aid kits. Such a kit can be used in those first critical moments after a disaster when life saving actions are most needed. In designing these standards, the availability of material and a variety of other South Asian factors were taken into consideration.

The approach taken in developing the model kit is a good example of an integrated programming approach through which the Disaster Management department and Health and Care departments of all national societies and country delegations have come together. The development of the First Aid Kit model would not have been possible without the support of our donors and we are grateful for the financial support from DIPECHO and Swedish Red Cross Society which made it possible.

I strongly encourage National Society staff and volunteers to use this excellent resource in your efforts to play a part in reaching the objectives of the Hyogo Framework for Action and in contributing to the achievement of the Millennium Development Goals.

Head of International Federation South Asia Regional Delegation

*February 2009*

# Acknowledgement

This document has been published with the generous support of the ECHO/DIPECHO and Swedish Red Cross Society. We are thankful to all the DIPECHO partner agencies for participating in the survey, reviewing the criteria and providing inputs on making this booklet more user-friendly. We are grateful to United Nations Solution Exchange unit for hosting the survey questionnaire and supporting the process.

This work would not have been possible without full participation and support from all the Red Cross Red Crescent National Societies and country delegations in the region.

We are thankful to the task group members from the International Federation, South Asia Regional Delegation, Dr. Mahesh Gunasekara, Dr. Bhanu Pratap, Adesh Tripathi and Eilia Jafar who were involved in development of the standard criteria for first aid kits by conducting survey, reviewing the existing criteria, standardisation and presentation of the draft in various forums for feedback and improvement and editing and designing of the booklet.

We are also thankful to Dr. L Kodituwakku, Sri Lanka Red Cross Society who was the focal person for developing the standard criteria for first aid kits. Last but not the least we are thankful to all the DM and Health and Care focal persons and volunteers in National Societies as well as other agencies who took time to answer the survey whose names we are not able to record here due to space constraint, for their constructive inputs.

# Standard Criteria for First Aid Kits in South Asia Region

## CHAPTER I

### Background

Disaster risk reduction begins in the family. One simple step towards building safer communities is to have *first aid and family disaster preparedness* kits in our homes. While it is a well established fact that preparedness starts at home, there exists no standard criteria for such kits or even the search and rescue kits (earthquake response). In this region we see lots of similarities in the way of accidents, injuries, as well as illnesses. It is also observed the needs for first aid also have some common features in the region. When we consider all these it is possible to come up with a common kit that will suit to all the countries in the region. Many agencies and RCRC National Societies operating in the region have their own specifications for these kits. This leaves many communities in a state of confusion. Considering this gap, International Federation South Asia Regional Delegation (SARD) has standardized the First aid kits for South Asia region. This will also improve the quality of RCRC DM interventions in the community.

### Types of Kits

- Household First Aid Kit
- School First Aid Kit
- Volunteers First Aid Kit

### Methodology

To develop the Standardized criteria for the three kits, the following process was involved.

- o **Collection and compilation** of existing criteria for First Aid kits in different National Societies (NS), ECHO/DIPECHO partner agencies in South Asia and key Disaster Risk Reduction agencies around the globe by establishing correspondence through emails and organizing meetings.
- o **Review of the existing criteria based** on the compiled existing documents by the SARD DM and Health teams.
- o **Survey** was done by developing a questionnaire with suggestive contents of FA kits and circulating .
- o **Organized technical meeting for standardization** with participation from all National Societies, representatives from DM and Health units in SARD and selected partner agencies.
- o **Sharing the proposed draft criteria** with relevant agencies seeking their comments/feedback.
- o **Printing and circulation** of the final criteria.

## CHAPTER II

### Contents and specifications for the household First Aid kits





This kit is proposed to a **house with five members** in a family. It is important to have at least one person trained on Basic First aid at the household level; ideally all the members in the family should know how to use the first aid kit at least in day-to-day requirements.






#### Contents

The contents in **Red** are the minimum requirements

LIGHTING	
<b>Candle wax</b> <b>Size:</b> 5 inch high, 1 inch diameter <b>Quantity:</b> 1	<b>Characteristics</b> One candle is enough since this is going to be kept at home
<b>Waterproof Matches</b> <b>Size:</b> Small box <b>Quantity:</b> 1	<b>Characteristics</b> Any locally available. Need to be kept in a plastic bag to prevent from getting wet.
<b>Torch</b> <b>Quantity:</b> 1 Spare batteries-4, Spare bulb-1	<b>Characteristics</b> Strong plastic or metal, with rubber sealing to be waterproof.
PERSONAL PROTECTION AND HYGIENE ITEMS	
<b>Disposable latex glove – non sterile</b> <b>Size:</b> 4 to 7 <b>Quantity:</b> 2 pairs	<b>Characteristics</b> For personal protection against contamination (HIV and hepatitis) as well as for safety of the injured person
Glove pair for rough use- rubber glove for household use <b>Quantity:</b> 4 to 7 <b>Characteristics:</b> 1 pair	<b>Characteristics</b> To be used for the purpose of handling contaminated items or dead bodies etc.
<b>Soap for hand washing</b> <b>Size:</b> Small to medium <b>Quantity:</b> 1	<b>Characteristics</b> Any locally available soap would be ok.



<b>Plastic bag re-sealable</b> <b>Size:</b> 4x4 inch <b>Quantity:</b> 1	<b>Characteristics</b> To store soap. Soap box is not recommended as it takes space.	
<b>Towel</b> <b>Size:</b> 12 x 8 inch <b>Quantity:</b> 1	<b>Characteristics</b> White colour, easy to carry, cotton. Tissue packs may also be used.	
<b>Plastic bag resealable</b> <b>Size:</b> 12 x 6 inch <b>Quantity:</b> 2	<b>Characteristics</b> For cloth and garbage	
<b>Plastic bag resealable</b> <b>Size:</b> 4x4 inch <b>Quantity:</b> 2	<b>Characteristics</b> To store any amputated body parts	

DRESSINGS		
<b>Bandage crepe</b> <b>Size:</b> 2.5, 3, 4 inch <b>Quantity:</b> 1 from each	<b>Characteristics</b> Non-sterile, Non adhesive	
<b>Bandage elastic</b> <b>Size:</b> 2, 4, 6 inch <b>Quantity:</b> 1 from each	<b>Characteristics</b> Non-sterile, Non adhesive	
<b>Bandage triangular</b> <b>Size:</b> 110 x110 cm <b>Quantity:</b> 2	<b>Characteristics</b> 100% viscose or cotton	
<b>Bandage gauze</b> <b>Size:</b> 2, 2.5, 3 inch <b>Quantity:</b> 1 from each	<b>Characteristics</b> Bleached purified absorbent 100% cotton – Non sterile, Non-adhesive	
<b>Compress gauze sterile</b> <b>Size:</b> 3 x4 inch <b>Quantity:</b> 6	<b>Characteristics</b> Absorbent, bleached, purified, plain weave - 100%, cotton - 8 plys - 17 threads/cm <sup>2</sup> - No - folds (thickness) 12	
<b>Compress gauze non-sterile</b> <b>Size:</b> 3 x4 inch <b>Quantity:</b> 6	<b>Characteristics</b> Absorbent, bleached, purified, plain weave - 100%, cotton - 8 plys - 17 threads/cm <sup>2</sup> - No - folds (thickness) 12	



Compress gauze sterile

**Size:** 4 x 6 inch

**Quantity:** 2

#### Characteristics

Absorbent, bleached, purified, plain weave - 100% cotton - 8 plys - 17 threads/cm<sup>2</sup> - No- folds (thickness) 12



Compress gauze non-sterile

**Size:** 4 x 6 inch

**Quantity:** 2

#### Characteristics

Absorbent, bleached, purified, plain weave - 100% cotton - 8 plys - 17 threads/cm<sup>2</sup> - No- folds (thickness) 12

Cotton wool

**Size:** 50 g

**Quantity:** 1

#### Characteristics

100% cotton - Hydrophilic - Purified, bleached - Carded cotton - Not pre-cut - Roll with separating strips between layers.



Adhesive dressing tape (wound plaster)

**Size:** 2.5 x 5 cm

**Quantity:** 12 pcs.

#### Characteristics

Gauze attached to tape adhesive at each side - Gauze protected by paper layer - Non-sterile, non allergen



Tape adhesive

**Size:** 2.5 cm x 9 m

**Quantity:** 1 roll

#### Characteristics

Textile strip with adhesive spread in an even layer – Adhesive mixture of rubber, resins and lanolin – Non stretch, Waterproof - With fissures to admit , non allergen or hypo allergenic



### DRESSING FOR BURNS

Non adhesive dressing

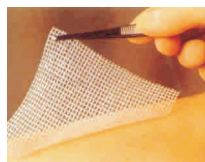
Paraffin Gauze

**Size:** 3x4 inch

**Quantity:** 2 pcs.

#### Characteristics

Absorbent gauze - 100% sterile cotton - Woven – 17 threads/cm<sup>2</sup> - with large mesh impregnated with soft paraffin-based material



### OTHER DRESSINGS

Sterile eye pads

**Size:** Small, large

**Quantity:** 1 pc. of each

#### Characteristics

Made of sterile gauze



## INSTRUMENTS / EQUIPMENTS

### Scissors, dressing

**Size:** 12.5 cm

**Quantity:** 1

### Characteristics

Non-quenched - Non magnetic stainless steel



### Splinter Forceps

**Size:** medium

**Quantity:** 1

### Characteristics

Stainless steel- With teeth, flexible arms, good adjustment of the teeth, good gripping of the jaws



### Safety pins

**Size:** Large and small

**Quantity:** 3 from each size

### Characteristics

To be used to keep bandages, splints in positions



### Cold/ Ice pack

**Size:** small

**Quantity:** 1

### Characteristics

Come in ready made packs



### Splints

**Size:** 6,8,10 inch

**Quantity:** 1 from each

### Characteristics

Light wooden or fibre or any local improvised material



### Measuring spoon

**Size:** 10 ml

**Quantity:** 1 from each

### Characteristics

Plastic or metal, to measure liquids specially for kids



## OTHER ESSENTIAL ITEMS

### ORS

**Size:** packets

**Quantity:** 3

### Characteristics

Expand MoH.

Write full form: Ministry of Health



### Latex male condoms

**Size:** Pcs

**Quantity:** 10 pcs

### Characteristics

WHO recommended latex condoms after explaining the usefulness of the condoms with a clear health message

Male Condom



## OTHER MATERIALS

**First Aid pamphlet with extra pages**

**Size:** 20 pages 4x3 inch

**Quantity:** 1

### Characteristics

Short notes on essential first aid tips for common first aid issues, extra pages max 2, one to enter injuries treated, one for the local emergency numbers



**Permanent marker**

**Colour:** Black

**Quantity:** 1

### Characteristics

To be used for the marking purposes



**First aid kit check list**

**Size:** Hard board, 6x4 inch

**Quantity:** 1 card

### Characteristics

One card to be used over 3 months by the user to check the first aid kit- Specimen format is provided at the end

**Pencil**

**Size:** Standard

**Quantity:** 1

### Characteristics

For note taking purposes



### Proposed options are

- Plastic box with inner pouches
- Heavy duty soft nylon bag
- Pillow cover style made with nylon
- Nylon carry pouch

All these kits can be easily kept at home environment and also carried outside for outdoor incidents. Considering the size and durability aspects, it is suggested to go for a compact user friendly pack which is made of water proof long lasting material.

### Plastic box

- Made up of thick plastic with a lid having a clip lock
- At least 20 cm H x 33 cm W and 12 cm D

### Proposed Sample check list for household kit

Item	Date refill	Comments
Bandage	12.12.2009	
Cotton wool	12.12.2009	Need some sterile cotton wool

## CHAPTER- III

### Contents and specifications for the school First Aid kits

*This kit is proposed for a class of 40 students. It is recommended that at least 4 students and class teacher should be trained on first aid. We propose a box to be mounted in the wall or to be kept in a cupboard.*

#### Contents

The contents in Red are the minimum requirements

#### LIGHTING

##### Candle wax

**Size:** 5 inch high,  
1 inch diameter

**Quantity:** 1

##### Characteristics

One will be enough for the class room since mostly the schools are operating during the day time only.



##### Waterproof Matches

**Size:** Small box

**Quantity:** 1

##### Characteristics

Any locally available one, need to cover with a polythene bag to prevent getting wet



##### Torch

**Quantity:** 1

Spare batteries-4,  
Spare bulb-1

##### Characteristics

Strong plastic or metal, with rubber sealing to be waterproof.



#### PERSONAL PROTECTION AND HYGIENE ITEMS

Disposable latex glove –  
non sterile

**Size:** 3 to 5

**Quantity:** 2 pairs

##### Characteristics

For personal protection against contamination (HIV and hepatitis) as well as for safety of the injured person



Glove pair for rough use-

**Quantity:** 3 to 5

**Characteristics:** 1 pair

##### Characteristics

To be used for the purpose of handling contaminated items or dead bodies etc..



Soap for hand washing

**Size:** Small to medium

**Quantity:** 1

##### Characteristics

Any locally available soap would be ok.



Plastic bag re-sealable

**Size:** 4x4 inch

**Quantity:** 1

##### Characteristics

To store soap. Soap box is not recommended as it takes space.



#### **Towel**

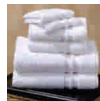
**Size:** 12 x 8 inch

**Quantity:** 1

#### **Characteristics**

White colour, easy to carry, cotton.

Tissue packs may also be used.



#### **Plastic bag resealable**

**Size:** 12 x 6 inch

**Quantity:** 2

#### **Characteristics**

For cloth and garbage



#### **Plastic bag resealable**

**Size:** 4x4 inch

**Quantity:** 2

#### **Characteristics**

To store any amputated body parts



### **DRESSINGS**

#### **Bandage crepe**

**Size:** 2.5, 3, 4 inch

**Quantity:** 4 from each

#### **Characteristics**

Non-sterile, Non adhesive



#### **Bandage elastic**

**Size:** 2, 4, 6 inch

**Quantity:** 2 from each

#### **Characteristics**

Non-sterile, Non adhesive



#### **Bandage triangular**

**Size:** 110 x110 cm

**Quantity:** 4

#### **Characteristics**

100% viscose or cotton



#### **Bandage gauze**

**Size:** 2, 2.5,3 inch

**Quantity:** 4 from each

#### **Characteristics**

Bleached purified absorbent 100%  
cotton – Non sterile, Non-adhesive



#### **Compress gauze sterile**

**Size:** 3 x4 inch

**Quantity:** 24

#### **Characteristics**

Absorbent, bleached, purified, plain  
weave - 100%, cotton - 8 plys - 17 threads/cm<sup>2</sup>  
- No- folds (thickness) 12



#### **Compress gauze non-sterile**

**Size:** 3 x4 inch

**Quantity:** 24

#### **Characteristics**

Absorbent, bleached, purified, plain weave -  
100%, cotton - 8 plys - 17 threads/cm<sup>2</sup> -  
No- folds (thickness)12

#### **Compress gauze sterile**

**Size:** 4 x6 inch

**Quantity:** 6

#### **Characteristics**

Absorbent, bleached, purified, plain  
weave - 100%, cotton - 8 plys -  
17 threads/cm<sup>2</sup> - No- folds (thickness) 12

Compress gauze  
non-sterile

**Size:** 4 x 6 inch

**Quantity:** 6

**Characteristics**

Absorbent, bleached, purified, plain  
weave - 100%, cotton - 8 plys -  
17 threads/cm<sup>2</sup> - No- folds (thickness) 12



Cotton wool

**Size:** 100 gs

**Quantity:** 2

**Characteristics**

100% cotton - Hydrophilic - Purified,  
bleached - Carded, cotton - Not pre-cut -  
Roll with separating strips between layers.



Adhesive dressing tape  
(wound plaster)

**Size:** 2.5x 5 cm

**Quantity:** 48 pcs.

**Characteristics**

Gauze attached to tape adhesive at  
each side - Gauze protected by paper  
layer - Non-sterile, non allergen



Tape, adhesive

**Size:** 2.5 cmx9 m

**Quantity:** 3 rolls

**Characteristics**

Textile strip with adhesive spread in an  
even layer – Adhesive mixture of rubber,  
resins and lanolin – Non stretch, Waterproof -  
With fissures to admit , non allergen or  
hypo allergenic



## OTHER DRESSINGS

Sterile eye pads

**Size:** Small, large

**Quantity:** 4 pcs. each

**Characteristics**

Made of sterile gauze



## INSTRUMENTS / EQUIPMENTS

Scissors, dressing

**Size:** 12.5 cm

**Quantity:** 1

**Characteristics**

Non-quenched - Non magnetic stainless steel



Splinter Forceps

**Size:** Small and medium

**Quantity:** One from  
each size

**Characteristics**

Stainless steel- With teeth, flexible arms,  
good adjustment of the teeth, good gripping  
of the jaws



Safety pins

**Size:** Large and small

**Quantity:** 6 from each  
size

**Characteristics**

To be used to keep bandages, splints in positions



Cold/ Ice pack

**Size:** small

**Quantity:** 2

#### Characteristics

Come in ready made packs



#### Splints

**Size:** 6,8,10 inch

**Quantity:** 2 from each

#### Characteristics

Light wooden or fibre or any local improvised material



Measuring spoon

**Size:** 10 ml

**Quantity:** 1

#### Characteristics

Plastic or metal, to measure liquids specially for kids



### OTHER ESSENTIAL ITEMS

#### ORS

**Size:** packets

**Quantity:** 6

#### Characteristics

Expand MoH.

Write full form: Ministry of Health



### OTHER MATERIALS

First Aid pamphlet with extra pages

**Size:** with max of 20 pages 4x3 inch

**Quantity:** 1

#### Characteristics

Short notes on essential first aid tips for common first aid issues, extra pages max 2, one to enter injuries treated, one for the local emergency numbers



First aid kit check list

**Size:** One small note book

**Quantity:** 1

#### Characteristics

One card to be used over 3 months by the user to check the first aid kit- Specimen format is provided at the end

Pen and a pencil

**Size:** Standard

**Quantity:** 1 from each

#### Characteristics

For the note taking purposes



Proposed First Aid box should be a wooden or plastic box of adequate size Made up of durable wooden, plastic, metal with a lockable door.

#### Suggested Check list format for the school first aid kit

Name of the item	Date refill	Signature of the person in charge
Bandage		
Cotton wool		
Plasters		

#### Injury register

Type of the injury	Date	Person managed	Signature
Cut	10.09.2009	Amila	
Bruise	11.10.2009	Jerad	
Sprain	14.10.2009	Sonali	









## CHAPTER IV





### Contents and specifications for the trained volunteer's First Aid kits






The beneficiary of Volunteer's First Aid kit will be 5-10 people in an accident/illness or minor disaster.

#### Contents

The contents in Red are the minimum requirements

LIGHTING	
<b>Candle wax</b> <b>Size:</b> 5 inch high, 1 inch diameter <b>Quantity:</b> 1	<b>Characteristics</b> The pack should not carry more than 3 candles considering the weight 
<b>Waterproof Matches</b> <b>Size:</b> Small box <b>Quantity:</b> 3	<b>Characteristics</b> Any locally available one, need to cover with a polythene bag to prevent getting wet 
<b>Torch</b> <b>Quantity:</b> 1 Spare batteries-4, Spare bulb-1	<b>Characteristics</b> Strong plastic or metal, with rubber sealing to be waterproof. 
PERSONAL PROTECTION AND HYGIENE ITEMS	
<b>Disposable latex glove – non sterile</b> <b>Size:</b> 4 to 7 depending the person using <b>Quantity:</b> 2 pairs	<b>Characteristics</b> For personal protection against contamination (HIV and hepatitis) as well as for safety of the injured person 
<b>Glove pair for rough use</b> <b>Quantity:</b> 4 to 7 <b>Characteristics:</b> 1 pair	<b>Characteristics</b> To be used for the purpose of handling contaminated items or dead bodies etc.. 
<b>Soap for hand washing</b> <b>Size:</b> Small to medium <b>Quantity:</b> 1	<b>Characteristics</b> Any locally available soap would be ok. 

<b>Plastic bag re-sealable</b> <b>Size:</b> 4x4 inch <b>Quantity:</b> 1	<b>Characteristics</b> To store soap. Soap box is not recommended as it takes space.	
<b>Towel</b> <b>Size:</b> 12 x 8 inch <b>Quantity:</b> 1	<b>Characteristics</b> White colour, easy to carry, cotton. Tissue packs may also be used.	
<b>Plastic bag resealable</b> <b>Size:</b> 12 x 6 inch <b>Quantity:</b> 2	<b>Characteristics</b> For cloth and garbage	
<b>Plastic bag resealable</b> <b>Size:</b> 4x4 inch <b>Quantity:</b> 2	<b>Characteristics</b> To store any amputated body parts	

DRESSINGS		
<b>Bandage crepe</b> <b>Size:</b> 2.5, 3, 4 inch <b>Quantity:</b> 2 from each	<b>Characteristics</b> Non-sterile, Non adhesive	
<b>Bandage elastic</b> <b>Size:</b> 2, 4, 6 inch <b>Quantity:</b> 2 from each	<b>Characteristics</b> Non-sterile, Non adhesive	
<b>Bandage triangular</b> <b>Size:</b> 110 x110 cm <b>Quantity:</b> 4	<b>Characteristics</b> 100% viscose or cotton	
<b>Bandage gauze</b> <b>Size:</b> 2, 2.5,3 inch <b>Quantity:</b> 2 from each	<b>Characteristics</b> Bleached purified absorbent 100% cotton – Non sterile, Non-adhesive	
<b>Compress gauze sterile</b> <b>Size:</b> 3 x 4 inch <b>Quantity:</b> 12	<b>Characteristics</b> Absorbent, bleached, purified, plain weave - 100%, cotton - 8 plys - 17 threads/cm <sup>2</sup> - No- folds (thickness) 12	
<b>Compress gauze non-sterile</b> <b>Size:</b> 3 x 4 inch <b>Quantity:</b> 12	<b>Characteristics</b> Absorbent, bleached, purified, plain weave - 100%, cotton - 8 plys - 17 threads/cm <sup>2</sup> - No- folds (thickness)12	

#### Compress gauze sterile

**Size:** 4 x6 inch

**Quantity:** 4

#### Characteristics

Absorbent, bleached, purified, plain weave - 100%, cotton - 8 plys - 17 threads/cm<sup>2</sup> - No- folds (thickness) 12



#### Compress gauze non-sterile

**Size:** 4 x 6 inch

**Quantity:** 4

#### Characteristics

Absorbent, bleached, purified, plain weave - 100%, cotton - 8 plys - 17 threads/cm<sup>2</sup> - No- folds (thickness) 12

#### Cotton wool

**Size:** 100 g

**Quantity:** 2

#### Characteristics

100% cotton - Hydrophilic - Purified, bleached - Carded, cotton - Not pre-cut - Roll with separating strips between layers.



#### Adhesive dressing tape (wound plaster)

**Size:** 2.5x 5 cm

**Quantity:** 24 pcs.

#### Characteristics

Gauze attached to tape adhesive at each side - Gauze, protected by paper layer - Non-sterile



#### Tape, adhesive

**Size:** 2.5 cmx9 m

**Quantity:** 2 roll

#### Characteristics

Textile strip with adhesive spread in an even layer – Adhesive mixture of rubber, resins and lanolin – Non stretch, Waterproof - With fissures to admit , non allergen or hypo allergenic



### DRESSING FOR BURNS

#### Non adhesive dressing

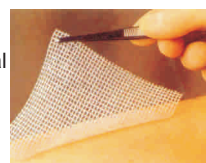
##### Paraffin Gauze

**Size:** 3x4 inch

**Quantity:** 6 pcs.

#### Characteristics

Absorbent gauze - 100% sterile cotton - Woven – 17 threads/cm<sup>2</sup> - Netting material with large mesh impregnated with soft paraffin-based material



### OTHER DRESSINGS

#### Sterile eye pads

**Size:** Small, large

**Quantity:** 4 pcs. each

#### Characteristics

Made of sterile gauze



Sterilize finger dressings  
**Size:** Small and large  
**Quantity:** 6 pcs from each

**Characteristics**  
Made of sterile gauze

## INSTRUMENTS / EQUIPMENTS

Scissors, small pointed  
**Size:** 7.5 cm  
**Quantity:** 1

**Characteristics**  
Non-quenched - Non magnetic stainless steel

Scissors, dressing  
**Size:** 12.5 cm  
**Quantity:** 1

**Characteristics**  
Non-quenched - Non magnetic stainless steel



Splinter Forceps  
**Size:** Small and medium  
**Quantity:** One from each size

**Characteristics**  
Stainless steel- With teeth, flexible arms, good adjustment of the teeth, good gripping of the jaws



Safety pins  
**Size:** Large and small  
**Quantity:** 6 from each size

**Characteristics**  
To be used to keep bandages, splints in positions



Cold/ Ice pack  
**Size:** small  
**Quantity:** 1

**Characteristics**  
Come in ready made packs



Splints  
**Size:** 6,8,10 inch  
**Quantity:** 2 from each

**Characteristics**  
Light wooden or fibre or any local improvised material



Measuring spoon  
**Size:** 10 ml  
**Quantity:** 1 from each

**Characteristics**  
Plastic or metal, to measure liquids specially for kids



## OTHER ESSENTIAL ITEMS

ORS  
**Size:** packets  
**Quantity:** 6

**Characteristics**  
Expand MoH.  
Write full form: Ministry of Health



### Latex male condoms

**Size:** Small packs

**Quantity:** 124 pcs.

### Characteristics

Provide free of charge for those who need

### Male Condom



## OTHER MATERIALS

### First Aid pamphlet with extra pages

**Size:** with max of 20 pages 4x3 inch

**Quantity:** 1

### Characteristics

Short notes on essential first aid tips for common first aid issues, extra pages max 3, enter injuries treated, local emergency numbers, extra special notes by the first aider- in local language used by the first aider



### Permanent marker

**Size:** Black colour

**Quantity:** 1

### Characteristics

To be used for the marking purposes



### First aid kit check list

**Size:** Hard board, 6x4 inch

**Quantity:** 1 card

### Characteristics

One card to be used over 3 months by the user to check the first aid kit- Specimen format is provided at the end

### Pencil

**Size:** Standard

**Quantity:** 1

### Characteristics

For note taking purposes



A backpack is proposed for first aid kit box

### Back pack

- ⇒ Canvas with plastic lining
- ⇒ Zipper and back strap
- ⇒ Approximately 40 cm H x 32 cm W x 15 cm D
- ⇒ Plastic lining with inside pouches.



### Specimen format for the first aid kit check list

ITEM	STATUS	DATE CHECKED	NAME AND SIGNATURE
Adhesive bandage	P	10.09.2008	Dr Kodi
Adhesive tape	P		
ORS	R		
Elastic bandages	R		

ITEM	STATUS	DATE CHECKED	NAME AND SIGNATURE
Sterile gauze	X		
Forceps	P		
Cotton wool	R		
Splinters	P		
Batteries	R		

### CODES

- P – Present at the time of inspection adequate quantity and no need to replace
- R – Restocked at time of inspection
- X – Out of stock, Need to be replaced soon

Similar coding could be used for other kits also.

Back cover inside  
blank



building safer communities  
in South Asia



Indian Red Cross Society



NEPAL RED CROSS SOCIETY



International Federation  
of Red Cross and Red Crescent Societies

### South Asia Regional Delegation

C-79 Anand Niketan, New Delhi -110021, India

Tel : +91 11 24 11 11 22 – 27

Fax : +91 11 24 11 11 28

[www.ifrc.org](http://www.ifrc.org)