First Aid Kit Checklist for Lone Workers



Workers who work alone or in remote locations where emergency assistance and first aid may not be near should have a first aid kit. At the very minimum, the first aid kit should include all of the items on this checklist.

ITEM	YES	NO	COMMENTS
2 gauze pads 4′ x 4′			
2 gauze pads 8′ x 10′			
1 box adhesive tape			
1 package gauze roller bandage			
2 triangular bandages			
Wound cleaning agent (such as sealed, moistened towelettes)			
1 scissors			
1 thermal blanket			
1 tweezers			
1 pair latex gloves			
Resuscitation equipment			
2 elastic wraps			
1 splint			
Sunscreen			
Painkillers			

ITEM	YES	NO	COMMENTS
Allergy medicine			
1 burn spray or salve for lesser degree burns			
Antiseptic spray, wipes or ointment			
Animal bite relief			
2 cold compresses or ice packs			
Eyewash			
2 plastic biohazard bags			
1 whistle			
1 flashlight			
Written instructions for requesting assistance in case of an emergency			