

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
- 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

ITEM**YES NO COMMENTS**

Written instructions for requesting assistance in case of an emergency