

Innovations in First Aid Kits and Training for Modern Occupational Health and Safety



As an occupational health and safety professional, your job is making sure the employees you service are happy, healthy, safe, and well-prepared for accidents and emergencies. You have to make sure your employees know what to do if the worst should happen at work. Are you up to the task?

Part of being prepared for anything is making sure that you are up to date on the latest trends in first aid, including recent innovations to first aid kits and updates to first aid training protocols. Here, you'll find information on what a modern first aid kit should look like and how your training protocols might be improved.

Evolution of First Aid Kits: From Basics to the Latest Tech

The advent of first aid kits was sometime in the late 19th century, and the contents were quite simple. Surgical tape, sterile dressings, and suture kits were among the supplies that could be found in these early kits.

First aid kits evolved over time to include items that were specific to individual needs. For example, the contents of a

hiking first aid kit might include bandages to treat blisters from walking. A kit designed for a swimmer may have alcohol drops to help dry out flooded ears.

These days, you might find some pretty advanced technology in a first aid kit. The basics are all still there, of course; you'll need bandages, alcohol wipes, and painkillers for any good supply. But more sophisticated options may include special gauze that helps blood clot more quickly, more medications, burn kits, and more.

Advancements in First Aid Kit Contents: Addressing Industry-Specific Needs

If you're researching what should go in your [workplace first aid kit](#), you may wonder if you need a basic kit or a more comprehensive one. This largely depends on the industry you're in. The first aid kit in a tax office doesn't need to be as extensive as one on a construction site, for example.

The government requires a first aid kit and someone who is trained to use it properly to be accessible in the workplace. Relevant guidelines suggest that you should consider the hazards that might be present in your workplace when deciding what should be included in your first aid kit.

Depending on the kind of work you do, your first aid kit may be relatively basic or it may be more comprehensive. For construction worksites, a sample content list for your first aid kit may look something like this:

- Wound care kit to treat and dress open injuries that can happen on the job site
- Elastic bandages for sprains or dislocations that need to be stabilized
- Eyewash solution to flush out harmful debris that can

cause damage

- Antibiotic ointment to prevent infection when a cut or similar injury has been sustained
- Burn gel to treat minor burns
- Painkiller medications to help ease aches and pains

Interactive Training Methods for Effective Emergency Response

Since the COVID-19 pandemic, it became clear that there was a great need for more easily accessible first aid and emergency training. While many people around the world moved to remote work, millions of people in various industries still needed to show up to work every day.

Those people still had to be kept safe at work, and with a deadly virus affecting the entire globe, tensions were high.

Online courses, like those offered by [Resilience NSW](#), expanded access to critical training. Most states in Australia offer intensive courses that teach everything you need to know to properly respond to an emergency. With interactive, hands-on experience, these training programs will prepare you for life-saving interventions.

Future Trends: What to Expect in the World of Occupational Health and Safety

Going forward, there are sure to be some exciting innovations in workplace first aid. You might start to see more tech like mobile ECGs included in first aid kits, which make assessing emergent cardiac events easier.

Another development is the relatively new substance [Vetigel](#), which is currently only available for veterinary use. Vetigel is a product that can cause blood to clot extremely quickly, even in the most dire situations.

While these are not available in standard first aid kits just yet, the research is promising and they could very well become part of the standard of care for first aid professionals.

Access to first aid and emergency response training is getting better every day. With the introduction of virtual courses and certifications, more people can be educated than ever.

A Final Review

No matter what industry you're in, your skills in occupational health and safety are valuable. You have the ability to care for, treat, and keep safe the employees in your charge. With the right supplies and training, you can empower your colleagues to be proactive in their own health and safety.