

Home first aid kit checklist

A first aid kit is something you want to have but never want to need. Being prepared can make a big difference.

Basics

- | | | |
|--------------------------------------------------|----------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Crepe bandages | <input type="checkbox"/> Triangular bandages | <input type="checkbox"/> Dressing pads |
| <input type="checkbox"/> Non-stick dressings | <input type="checkbox"/> Gauze swabs - sterile | <input type="checkbox"/> Eye pad - sterile |
| <input type="checkbox"/> Tape | <input type="checkbox"/> Adhesive strips | <input type="checkbox"/> Alcohol swabs |
| <input type="checkbox"/> Antiseptic wipes | <input type="checkbox"/> Scissors | <input type="checkbox"/> Forceps |
| <input type="checkbox"/> Band-Aids | <input type="checkbox"/> Disposable towels | <input type="checkbox"/> Disposable gloves |
| <input type="checkbox"/> Emergency shock blanket | <input type="checkbox"/> Pack safety pins | <input type="checkbox"/> Plastic bag resealable |
| <input type="checkbox"/> Notepad & pencil | <input type="checkbox"/> First aid reference guide | <input type="checkbox"/> Saline/sterile water |

Extras

- | | | |
|-------------------------------------------|--------------------------------------------|--------------------------------------------|
| <input type="checkbox"/> Burn aid | <input type="checkbox"/> Resus face shield | <input type="checkbox"/> Instant cold pack |
| <input type="checkbox"/> Antiseptic cream | <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Aspirin |
| <input type="checkbox"/> Thermometer | <input type="checkbox"/> Dressing pack | <input type="checkbox"/> Finger splints |
| <input type="checkbox"/> EpiPen | <input type="checkbox"/> Asthma inhaler | <input type="checkbox"/> Antihistamine |

Useful information

- | | |
|---------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> www.stjohns.org.au | <input type="checkbox"/> www.allergy.org.au |
| <input type="checkbox"/> www.diabetesaustralia.com.au | <input type="checkbox"/> www.asthma.org.au |
| <input type="checkbox"/> www.heartfoundation.org.au | <input type="checkbox"/> www.strokefoundation.org.au |

Useful numbers

Family GP

Family/Friend emergency contact

Village office

Home support service

Emergency contact numbers

000 TRIPLE ZERO
Ambulance, Fire, Police

13 11 26 Poison Information
Centre

13 25 00 SES