Health and Safety Authority (H.S.A.) Recommendations

**What should be in a first aid box or travel kit?**

The table below shows the recommended contents of first aid boxes and travel kits.

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| **Materials** | **First Aid Travel Kit Contents** | **First Aid Box****Contents** |
|   |   | 1-10 persons | 11-25 persons | 26-50 persons\*[1](https://www.hsa.ie/eng/Topics/First_Aid/First_Aid_Frequently_Asked_Questions/First_Aid_FAQ_Responses/First_Aid_FAQ_Responses.html#one) |
| Adhesive Plasters | 20 | 20 | 20 | 40 |
| Sterile Eye Pads (No. 16) (bandage attached) | 2 | 2 | 2 | 4 |
| Individually Wrapped Triangular Bandages | 2 | 2 | 6 | 6 |
| Safety Pins | 6 | 6 | 6 | 6 |
| Individually Wrapped Sterile Unmedicated Wound Dressings Medium (No. 8) (10 x 8cm's) | 1 | 2 | 2 | 4 |
| Individually Wrapped Sterile Unmedicated Wound Dressings Large (No. 9) (13 x 9cm's) | 1 | 2 | 6 | 8 |
| Individually Wrapped Sterile Unmedicated Wound Dressings Extra Large (No. 3) (28 x 17.5cm's) | 1 | 2 | 3 | 4 |
| Individually Wrapped Disinfectant Wipes | 10 | 10 | 20 | 40 |
| Paramedic Shears | 1 | 1 | 1 | 1 |
| Examination Gloves Pairs | 3 | 5 | 10 | 10 |
| Sterile water where there is no clear running water\*[2](https://www.hsa.ie/eng/Topics/First_Aid/First_Aid_Frequently_Asked_Questions/First_Aid_FAQ_Responses/First_Aid_FAQ_Responses.html#two) | 2x20mls | 1x500mls | 2x500mls | 2x500mls |
| Pocket Face Mask | 1 | 1 | 1 | 1 |
| Water Based Burns Dressing Small (10x10cm's)\*[3](https://www.hsa.ie/eng/Topics/First_Aid/First_Aid_Frequently_Asked_Questions/First_Aid_FAQ_Responses/First_Aid_FAQ_Responses.html#three) | 1 | 1 | 1 | 1 |
| Water Based Burns Dressing Large\*3 | 1 | 1 | 1 | 1 |
| Crepe Bandage (7cm ) | 1 | 1 | 2 | 3 |

**Notes**

\*1: Where more than 50 persons are employed, pro-rata provision should be made.

\*2: Where mains tap water is not readily available for eye irrigation, sterile water or sterile normal saline (0.9%) in sealed disposable containers should be provided. Each container should hold at least 20ml and should be discarded once the seal is broken. Eye bath/eye cups/refillable containers should not be used for eye irrigation due to risk of cross infection. The container should be CE marked.

\*3: Where mains tap water is not readily available for cooling burnt area.