

## FIRST AID KIT

**Every day care program must have a first aid kit available in the event of an emergency. The kit must be a closed container which contains first aid supplies. The first aid kit must be stored in an area that is easily accessible to staff members but out of reach of children.**

A list of first aid kit contents needs to be listed in the health care plan. First aid kits need to be re-stocked after each use. Programs should also check to make sure first aid kits are complete at least once a month.

### Suggested First Aid Kit Contents<sup>1</sup>

- Nonporous disposable gloves
- Small scissors
- Tweezers (for removing splinters)
- Non-glass thermometer (to be used under the armpit)
- Bandage tape
- Adhesive bandages of various sizes
- Sterile gauze squares (2" and 3")
- Triangular bandages
- Flexible roller gauze (1" and 2" widths)
- Safety pins
- Eye dressing
- Pencil and notepad
- Cold pack or plastic bags for ice cubes
- Small splints
- Sealable plastic bags for soiled materials
- Clean cloth
- Liquid soap
- Small plastic cup
- Flashlight with fresh batteries
- Plastic bags
- First aid guide
- Coins for pay phone use
- Water

There are two exceptions to the suggested first aid list has been adapted from Caring for Our Children.

---

<sup>1</sup> American Academy of Pediatrics, American Public Health Association National Resource Center for Health and Safety in Child Care, National Resource Center for Health and Safety in Child Care, Caring For Our Children: National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs, 2<sup>nd</sup> ed. (2002) 226