

# First aid equipment, supplies, and facilities

Employers are responsible for ensuring their workplace has the required first aid equipment, supplies, facilities, and attendants to treat workers if they are injured on the job.

To determine the first aid needs of your workplace, you'll need to do an assessment that considers the number of workers present, the hazard rating, and other workplace factors. This assessment will tell you the type of first aid kit you will need to provide.

Outlined here are the recommended minimum contents for each type of first aid kit: personal, basic, intermediate, and advanced. There are also equipment and supply lists for dressing stations and first aid rooms.

Note that all first aid kit contents should be made of latex-free materials. They must also be kept clean, dry, ready for use, and readily accessible.

Sizes given here are approximate, as exact sizing varies by supplier.

## Personal first aid kit (based on CSA standard Z1220 Type 1: Personal first aid kit)

| Description                                                                                        | Quantity |
|----------------------------------------------------------------------------------------------------|----------|
| Adhesive bandages, sterile, assorted sizes (standard strip, large fingertip, knuckle, large patch) | 16       |
| Gauze pad, sterile, individually wrapped, 7.6 × 7.6 cm (3 × 3 in.)                                 | 6        |
| Conforming stretch bandage, relaxed length, individually wrapped, 5.1 cm × 1.8 m (2 in. × 2 yd.)   | 1 roll   |
| Compress/pressure dressing with ties, sterile, 10.2 × 10.2 cm (4 × 4 in.)                          | 2        |
| Triangular bandage, cotton, with 2 safety pins, 101.6 × 101.6 × 142.2 cm (40 × 40 × 56 in.)        | 1        |
| Adhesive tape, 2.5 cm × 2.3 m (1 in. × 2.5 yd.)                                                    | 1 roll   |

| Description                                                                          | Quantity |
|--------------------------------------------------------------------------------------|----------|
| Antiseptic wound cleansing towelette, individually wrapped                           | 6        |
| Hand/skin cleansing towelette, individually wrapped (or equivalent)                  | 4        |
| Examination gloves, disposable, medical grade, one-size, non-latex, powder free      | 2 pairs  |
| Biohazard waste disposal bag (single use)                                            | 1        |
| Splinter forceps or tweezers, fine point, stainless steel, minimum 11.4 cm (4.5 in.) | 1        |
| Contents list                                                                        | 1        |
| Blank first aid records                                                              |          |

### Basic first aid kit (based on CSA standard Z1220 Type 2: Basic first aid kit — Medium)

| Description                                                                                        | Quantity |
|----------------------------------------------------------------------------------------------------|----------|
| Adhesive bandages, sterile, assorted sizes (standard strip, large fingertip, knuckle, large patch) | 50       |
| Gauze pad, sterile, individually wrapped, 7.6 × 7.6 cm (3 × 3 in.)                                 | 24       |
| Abdominal pad, sterile, individually wrapped, 12.7 × 22.9 cm (5 × 9 in.)                           | 2        |
| Conforming stretch bandage, relaxed length, individually wrapped, 5.1 cm × 1.8 m (2 in. × 2 yd.)   | 2 rolls  |
| Conforming stretch bandage, relaxed length, individually wrapped, 7.6 cm × 1.8 m (3 in. × 2 yd.)   | 2 rolls  |
| Compress/pressure dressing with ties, sterile, 10.2 × 10.2 cm (4 × 4 in.)                          | 4        |
| Triangular bandage, cotton, with 2 safety pins, 101.6 × 101.6 × 142.2 cm (40 × 40 × 56 in.)        | 4        |
| Adhesive tape, 2.5 cm × 2.3 m (1 in. × 2.5 yd.)                                                    | 2 rolls  |
| Antiseptic wound cleansing towelette, individually wrapped                                         | 50       |
| Hand/skin cleansing towelette, individually wrapped (or equivalent)                                | 12       |
| CPR resuscitation barrier device with one-way valve (barrier type or pocket mask)                  | 1        |
| Examination gloves, disposable, medical grade, one-size, non-latex, powder free                    | 8 pairs  |
| Biohazard waste disposal bag (single use)                                                          | 2        |

| Description                                                                              | Quantity |
|------------------------------------------------------------------------------------------|----------|
| Bandage scissors, stainless steel (with angled, blunt tip), minimum 14 cm (5.5 in.)      | 1        |
| Splinter forceps or tweezers, fine point, stainless steel, minimum 11.4 cm (4.5 in.)     | 1        |
| Emergency blanket, aluminized, non-stretch polyester, minimum 132 × 213 cm (52 × 84 in.) | 1        |
| Arterial bleed tourniquet (windlass or ratcheting type)                                  | 1        |
| Medical grade face mask                                                                  | 6        |
| Face shield or safety eyewear                                                            | 2        |
| Contents list                                                                            | 1        |
| Blank first aid records                                                                  |          |
| Patient assessment charts (optional)                                                     |          |

### Intermediate first aid kit (based on CSA standard Z1220 Type 3: Intermediate first aid kit — Medium)

| Description                                                                                        | Quantity |
|----------------------------------------------------------------------------------------------------|----------|
| Adhesive bandages, sterile, assorted sizes (standard strip, large fingertip, knuckle, large patch) | 50       |
| Gauze pad, sterile, individually wrapped, 7.6 × 7.6 cm (3 × 3 in.)                                 | 24       |
| Gauze pad, sterile, individually wrapped, 10.2 × 10.2 cm (4 × 4 in.)                               | 12       |
| Non-adherent dressing, sterile, individually wrapped, 5.1 × 7.6 cm (2 × 3 in.)                     | 8        |
| Abdominal pad, sterile, individually wrapped, 12.7 × 22.9 cm (5 × 9 in.)                           | 2        |
| Conforming stretch bandage, relaxed length, individually wrapped 5.1 cm × 1.8 m (2 in. × 2 yd.)    | 2 rolls  |
| Conforming stretch bandage, relaxed length, individually wrapped, 7.6 cm × 1.8 m (3 in. × 2 yd.)   | 2 rolls  |
| Compress/pressure dressing with ties, sterile, 10.2 × 10.2 cm (4 × 4 in.)                          | 2        |
| Compress/pressure dressing with ties, sterile, 15.2 × 15.2 cm (6 × 6 in.)                          | 2        |
| Triangular bandage, cotton, with 2 safety pins, 101.6 × 101.6 × 142.2 cm (40 × 40 × 56 in.)        | 4        |

| Description                                                                              | Quantity |
|------------------------------------------------------------------------------------------|----------|
| Arterial bleed tourniquet (windlass, or ratcheting type)                                 | 1        |
| Adhesive tape, 2.5 cm × 2.3 m (1 in. × 2.5 yd.)                                          | 2 rolls  |
| Elastic support/compression bandage, 7.6 cm (3 in.)                                      | 2        |
| Eye dressing pad, sterile, and eye shield with elastic strap                             | 2 sets   |
| Cold pack or equivalent                                                                  | 2        |
| Antiseptic wound cleansing towelette, individually wrapped                               | 50       |
| Hand/skin cleansing towelette, individually wrapped (or equivalent)                      | 12       |
| A source of glucose as recommended by Diabetes Canada*                                   | 2 doses  |
| CPR pocket mask with one-way valve                                                       | 1        |
| Examination gloves, disposable, medical grade, one-size, non-latex, powder free          | 8        |
| Biohazard waste disposal bag (single use)                                                | 2        |
| Bandage scissors, stainless steel (with angled, blunt tip), minimum 14 cm (5.5 in.)      | 1        |
| Splinter forceps or tweezers, fine point, stainless steel, minimum 11.4 cm (4.5 in.)     | 1        |
| Splint, padded, malleable, minimum size 10.2 × 61 cm (4 × 24 in.)                        | 1        |
| Emergency blanket, aluminized, non-stretch polyester, minimum 132 × 213 cm (52 × 84 in.) | 2        |
| Contents list                                                                            | 1        |
| Medical grade face mask                                                                  | 6        |
| Face shields or safety eyewear                                                           | 2        |
| Blank first aid records                                                                  |          |
| Patient assessment charts                                                                |          |

\* Diabetes Canada considers a dose to be 15 g of carbohydrate. A dose can consist of:

- 15 g of glucose in the form of glucose tablets
- 15 mL (3 tsp.) or 3 packets of table sugar, dissolved in water
- 5 cubes of sugar
- 150 mL (2/3 cup) of juice or regular (non-diet) soft drink
- 6 Life Savers candies (1 piece = 2.5 g of carbohydrate)
- 15 mL (1 tbsp.) of honey

## Advanced first aid kit (based on CSA standard Z1220 Type 3: Intermediate first aid kit — Medium, includes oxygen equipment)

| Description                                                                                        | Quantity |
|----------------------------------------------------------------------------------------------------|----------|
| Adhesive bandages, sterile, assorted sizes (standard strip, large fingertip, knuckle, large patch) | 50       |
| Gauze pad, sterile, individually wrapped, 7.6 × 7.6 cm (3 × 3 in.)                                 | 24       |
| Gauze pad, sterile, individually wrapped, 10.2 × 10.2 cm (4 × 4 in.)                               | 12       |
| Non-adherent dressing, sterile, individually wrapped, 5.1 × 7.6 cm (2 × 3 in.)                     | 8        |
| Abdominal pad, sterile, individually wrapped, 12.7 × 22.9 cm (5 × 9 in.)                           | 2        |
| Conforming stretch bandage, relaxed length, individually wrapped 5.1 cm × 1.8 m (2 in. × 2 yd.)    | 2 rolls  |
| Conforming stretch bandage, relaxed length, individually wrapped, 7.6 cm × 1.8 m (3 in. × 2 yd.)   | 2 rolls  |
| Compress/pressure dressing with ties, sterile, 10.2 × 10.2 cm (4 × 4 in.)                          | 2        |
| Compress/pressure dressing with ties, sterile, 15.2 × 15.2 cm (6 × 6 in.)                          | 2        |
| Triangular bandage, cotton, with 2 safety pins, 101.6 × 101.6 × 142.2 cm (40 × 40 × 56 in.)        | 4        |
| Arterial bleed tourniquet (windlass or ratcheting type).                                           | 1        |
| Adhesive tape, 2.5 cm × 2.3 m (1 in. × 2.5 yd.)                                                    | 2 rolls  |
| Elastic support/compression bandage, 7.6 cm (3 in.)                                                | 2        |
| Eye dressing pad, sterile, and eye shield with elastic strap                                       | 2 sets   |
| Cold pack or equivalent                                                                            | 2        |
| Antiseptic wound cleansing towelette, individually wrapped                                         | 50       |
| Hand/skin cleansing towelette, individually wrapped (or equivalent)                                | 12       |
| A source of glucose as recommended by Diabetes Canada*                                             | 2 doses  |
| CPR pocket mask with one-way valve                                                                 | 1        |
| Examination gloves, disposable, medical grade, one-size, non-latex, powder free                    | 8        |

| Description                                                                                                                                                                   | Quantity |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| Biohazard waste disposal bag (single use)                                                                                                                                     | 4        |
| Bandage scissors, stainless steel (with angled, blunt tip), minimum 14 cm (5.5 in.)                                                                                           | 1        |
| Splinter forceps or tweezers, fine point, stainless steel, minimum 11.4 cm (4.5 in.)                                                                                          | 1        |
| Splint, padded, malleable, minimum size 10.2 × 61 cm (4 × 24 in.)                                                                                                             | 1        |
| Emergency blanket, aluminized, non-stretch polyester, minimum 132 × 213 cm (52 × 84 in.) or woolen                                                                            | 2        |
| Contents list                                                                                                                                                                 | 1        |
| Medical grade face mask                                                                                                                                                       | 6        |
| Face shields or safety eyewear                                                                                                                                                | 2        |
| Portable oxygen therapy unit consisting of a cylinder of compressed oxygen, a pressure regulator, a pressure gauge, a flow meter, a non-rebreathing mask, and a nasal cannula | 1        |
| Oropharyngeal airway kit                                                                                                                                                      | 1        |
| Manually operated self-inflating bag-valve mask with an oxygen reservoir                                                                                                      | 1        |
| Digital pulse oximeter                                                                                                                                                        | 1        |
| Portable suction unit                                                                                                                                                         | 1        |
| Penlight or flashlight                                                                                                                                                        | 1        |
| Blank first aid records                                                                                                                                                       |          |
| Patient assessment charts                                                                                                                                                     |          |

\* Diabetes Canada considers a dose to be 15 g of carbohydrate. A dose can consist of:

- 15 g of glucose in the form of glucose tablets
- 15 mL (3 tsp.) or 3 packets of table sugar, dissolved in water
- 5 cubes of sugar
- 150 mL (2/3 cup) of juice or regular (non-diet) soft drink
- 6 Life Savers candies (1 piece = 2.5 g of carbohydrate)
- 15 mL (1 tbsp.) of honey

## First aid facilities

### Dressing stations

A dressing station should be at least 4.2 square metres (48 sq. ft.), and have the following equipment and supplies:

| Description                                                                                      | Quantity |
|--------------------------------------------------------------------------------------------------|----------|
| Blankets, woolen or similar                                                                      | 3        |
| Refuse pail with lid                                                                             | 1        |
| Bifocal magnifier with head strap, 12.5 cm focus                                                 | 1        |
| Eye cup                                                                                          | 1        |
| Bandage scissors, stainless steel (with angled, blunt tip), minimum 14 cm (5.5 in)               | 1        |
| Splinter forceps or tweezers, fine point, stainless steel, minimum 11.4 cm (4.5 in.)             | 1        |
| Penlight or flashlight                                                                           | 1        |
| Antiseptic wound cleansing towelette, individually wrapped                                       | 24       |
| Liquid soap, 150 mL                                                                              | 1        |
| Cold packs or equivalent                                                                         | 2        |
| Sterile adhesive dressing, assorted sizes, individually packaged                                 | 100      |
| Sterile skin closures, individually packaged                                                     | 24       |
| Abdominal pad, sterile, individually wrapped, 20 × 25 cm (8 × 10 in.)                            | 6        |
| Abdominal pad, sterile, individually wrapped, 30 × 40 cm (12 × 16 in.)                           | 3        |
| Gauze sponges, 7.5 x 7.5 cm (3 × 3 in.)                                                          | 100      |
| Conforming stretch bandage, relaxed length, individually wrapped 5.1 cm × 1.8 m (2 in. × 2 yd).  | 2 rolls  |
| Conforming stretch bandage, relaxed length, individually wrapped, 7.6 cm × 1.8 m (3 in. × 2 yd.) | 4 rolls  |
| Gauze dressing, sterile, individually wrapped, 7.5 × 7.5 cm (3 × 3 in.)                          | 24       |
| Gauze dressing, sterile, individually wrapped, 10 × 10 cm (4 × 4 in.)                            | 24       |
| Compress/pressure dressing with ties, sterile, 15.2 × 15.2 cm (6 × 6 in.)                        | 2        |

| Description                                                                                                 | Quantity |
|-------------------------------------------------------------------------------------------------------------|----------|
| Adhesive crepe bandage 7.5 cm × 4.5 m (3 in. × 5 yd.)                                                       | 1 roll   |
| Adhesive tape, 2.5 cm × 2.3 m (1 in. × 2.5 yd.)                                                             | 4 rolls  |
| Triangular bandage, cotton, with 2 safety pins, 101.6 × 101.6 × 142.2 cm (40 × 40 × 56 in.)                 | 6        |
| Splint: padded, malleable, minimum size 10.2 × 61 cm (4 × 24 in.)                                           | 1        |
| Tubular finger bandage with applicator, 1.6 cm × 4.5 m (5/8 in × 5 yd.)                                     | 1        |
| Kidney basin                                                                                                | 1        |
| Wash basin                                                                                                  | 1        |
| Cold instrument sterilizer with supply of non-rusting germicidal solution                                   | 1        |
| Chair suitable for treating injured workers (with a non-porous surface or covered with non-porous material) | 1        |
| Blank first aid records                                                                                     |          |
| Patient assessment charts                                                                                   |          |

Note: Where first aid kits are not readily accessible to the dressing station, additional PPE for first aid attendants and an additional CPR pocket mask with one-way valve should be kept in the dressing station.

### First aid rooms

A first aid room should be at least 9.3 square metres (100 sq. ft.). It should have storage cupboards, counter space, and a toilet (or have a toilet facility as near as practicable). The following equipment and supplies should be included.

| Description                                                                          | Quantity |
|--------------------------------------------------------------------------------------|----------|
| Blankets, woolen or similar                                                          | 3        |
| Refuse pail with lid                                                                 | 1        |
| Bifocal magnifier with head strap, 12.5 cm focus                                     | 1        |
| Eye cup                                                                              | 1        |
| Bandage scissors, stainless steel (with angled, blunt tip), minimum 14 cm (5.5 in.)  | 1        |
| Splinter forceps or tweezers, fine point, stainless steel, minimum 11.4 cm (4.5 in.) | 1        |



| Description                                                                                      | Quantity |
|--------------------------------------------------------------------------------------------------|----------|
| Plier type forceps, thin nosed, stainless steel, 15 cm (6 in.)                                   | 1        |
| Penlight or flashlight                                                                           | 1        |
| Antiseptic wound cleansing towelette, individually wrapped                                       | 36       |
| Liquid soap, 150 mL                                                                              | 1        |
| Cold packs or equivalent                                                                         | 4        |
| Sterile adhesive dressing, assorted sizes, individually packaged                                 | 100      |
| Sterile skin closures, individually packaged                                                     | 48       |
| Abdominal pad, sterile, individually wrapped, 20 × 25 cm (8 × 10 in.)                            | 6        |
| Abdominal pad, sterile, individually wrapped, 30 × 40 cm (12 × 16 in.)                           | 3        |
| Gauze sponges, 7.5 × 7.5 cm (3 × 3 in.)                                                          | 200      |
| Conforming stretch bandage, relaxed length, individually wrapped, 5.1 cm × 1.8 m (2 in. × 2 yd.) | 4 rolls  |
| Conforming stretch bandage, relaxed length, individually wrapped, 7.6 cm × 1.8 m (3 in. × 2 yd.) | 8 rolls  |
| Gauze dressing, sterile, individually wrapped, 7.5 × 7.5 cm (3 × 3 in.)                          | 50       |
| Gauze dressing, sterile, individually wrapped, 10 × 10 cm (4 × 4 in.)                            | 50       |
| Compress/pressure dressing with ties, sterile, 15.2 × 15.2 cm (6 × 6 in.)                        | 4        |
| Adhesive crepe bandage, 7.5 cm × 4.5 m (3 in. × 5 yd.)                                           | 2        |
| Adhesive tape, 2.5 cm × 2.3 m (1 in. × 2.5 yd.)                                                  | 4 rolls  |
| Triangular bandage, cotton, with 2 safety pins, 101.6 × 101.6 × 142.2 cm (40 × 40 × 56 in.)      | 6        |
| Splint, padded, malleable, minimum size 10.2 × 61 cm (4 × 24 in.)                                | 3        |
| Tubular finger bandage with applicator, 1.6 cm × 4.5 m (5/8 in. × 5 yd.)                         | 1        |
| Kidney basin                                                                                     | 1        |
| Wash basin                                                                                       | 1        |
| Cold instrument sterilizer with supply of non-rusting germicidal solution                        | 1        |

| Description                                                                                                                 | Quantity |
|-----------------------------------------------------------------------------------------------------------------------------|----------|
| Chair suitable for treating injured workers (with a non-porous surface or covered with non-porous material)                 | 1        |
| Bed, approximately 2 m long x 75 cm wide, with a mattress having a non-porous surface or covered with a non-porous material | 1        |
| Pillow with non-porous surface or covered with non-porous material                                                          | 1        |
| Portable urinal (if overnight care is required)                                                                             | 1        |
| Bedpan (if overnight care is required)                                                                                      | 1        |
| Blank first aid records                                                                                                     |          |
| Patient assessment charts                                                                                                   |          |

Note: Where first aid kits are not readily accessible to the first aid room, additional PPE for first aid attendants and an additional CPR pocket mask with one-way valve should be provided in the first aid room.