



First Aid Kit (Human)

There is no recommended list from the HSE, but the following would be a suggested list of contents suitable for use at Pony Club activities:

- A guidance leaflet on first aid
- 20 individually wrapped sterile plasters (assorted sizes)
- 4 wrapped triangular bandages
- 6 safety pins
- 6 medium sterile wound dressings
- 2 large sterile wound dressings
- 1 crepe bandage 7.5cm x 4.5m
- 1 crepe bandage 10cm x 4.5m
- 6 individual sealed non alcohol antiseptic wipes
- Disposable gloves
- Resuscitation shield

As extras, sterile eye wash pods are very useful for washing out the eye, and micropore tape and gauze swabs, finger dressings and eye pads could be included, though ordinary dressings are fine.

There should be NO tablets, creams, sprays or medication of any kind in the first aid box.

It is helpful to have water available, and of course access to a phone in case the ambulance needs to be called.