



Criteria for trained volunteer's First Aid kits

Proposed contents and specifications

Note: A group of 5-10 volunteers working in CBDM/CBDP project implementing communities may have to provide first aid service to local community people, The beneficiary of Volunteer's First Aid kit will be 5-10 people in an accident/ minor disaster-with this in mind , please fill the questioners

Name :

Designation :

Organisation :

Contents	Size	Quantity	Characteristics
Lighting			
Torch, with two batteries cells			Strong plastic or metal, with rubber sealing to be waterproof
Spare batteries			
Spare bulb			
Candle, wax			The burning of 2-3- candles should give sufficient light during one night (12 hours) - Ten PCs should last two to three nights.
Waterproof Matches			
Cleaning and disinfection- Hygiene			
Disposable latex gloves (non sterile)			For personal protection against contamination (HIV and hepatitis)
Soap for hand washing			Fatty acid 70% min, Moisture 20% max, NaOH content 0.2% max, NaCl content 0.5% max
Soap box			Water proof closing
Towel			Resistant, easy to wash, cotton
Plastic bag (for cloth or garbage)			For cloth and garbage
Face shield for ventilation			To prevent contamination during artificial mouth-to-mouth or mouth-to-nose ventilation
Dressings			
Antiseptic solution in bottle			Iodine povidone 10% - Bottle : high density polyethylene HDPE, with spout for pouring, resistant to chlorine and iodine
Bandage, Elastic gauze			Bleached purified absorbent 100% elastic cotton - Nonsterile - Weight approx.27.5 g/m ² - Non-adhesive
Bandage, Elastic			High-twist with normal twist cotton threads in warp 100% cotton - Non-sterile - Approx.40 g per PCs - Nonadhesive
Bandage, triangular			100% viscose or cotton
Compress, gauze, sterile			Absorbent, bleached, purified, plain weave - 100% cotton - 8 plys - 17 threads/cm ² - No- folds (thickness) 12
Compress, gauze, non-sterile			Absorbent, bleached, purified, plain weave - 100% cotton - 8 plys - 17 threads/cm ² - No- folds (thickness)
Cotton wool			100% cotton - Hydrophilic - Purified, bleached - Carded

			cotton - Not pre-cut - Roll with separating strips between layers.
Adhesive dressing bandage (wound plaster)			Gauze attached to tape adhesive at each side - Gauze protected by paper layer - Non-sterile
Tape, adhesive			Textile strip with adhesive spread in an even layer - Adhesive mixture of rubber, resins and lanolin - Nonstretch - Waterproof - With fissures to admit air – May be torn by hand
Rescue blanket, silver/silver or silver/gold			Aluminium steamed polyester foil
Burn Dressing			
Compress, paraffin, gauze, sterile			Absorbent gauze - 100% sterile cotton - Woven – 17 threads/cm ² - Netting material with large mesh impregnated with soft paraffin-based material – Paraffin substance mixture of balsam of Peru and soft paraffin p.suff.100g, 17
First Aid, aluminium dressing for burns			Aluminium metallised
Oral rehydration salts			Anhydrous glucose 20 g, Sodium Chloride 3.5 g, Sodium citrate 2.9 g, Potassium chloride 1.5g
Flask for drinking water			Metal or plastic bottle (high density polyethylene HDPE) with a big screw cap - Ensure firm closure, permitting easy filling and cleaning - If possible, with a cup
Rescue blanket, silver/silver or silver/gold			Aluminium steamed polyester foil
Instruments			
Scissors, sharp/blunt			Non-quenched - Non magnetic steel
Scissors, dressing, “Lister”			Non-quenched - Non magnetic steel
Splinter forceps			Quenched - Magnetic steel - With teeth, flexible arms, good adjustment of the teeth, good gripping of the jaws
Writing material			
First Aid procedures and techniques			Including the use of the First Aid items - In English and local language
Permanent marker			
Notepad			100 pages
Pencil			
Injury registration			In English and local language
Inventory of the kit content			In English and local language
Medicine			
Paracetamol tablets			
Others			For pain relief
Container (shoulder bag, bag pack or box)			Able to sustain heavy wear and tear, to protect contents from damages, to spare room for add items - Marked with RC – Dust & waterproof - Easy to open and to close - With compartments separating items