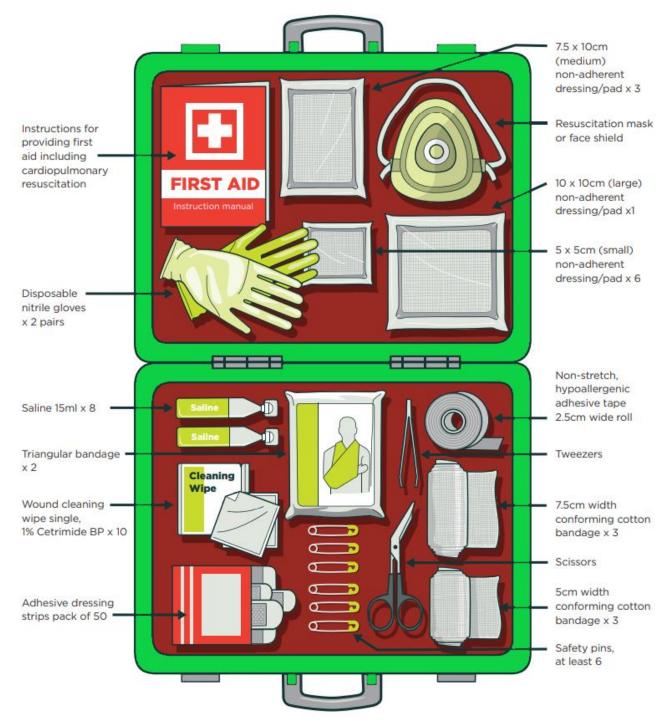What you put in the kit should be based on the particular risks of the work carried out at your workplace. For example, if there is a risk of burns you should have appropriate resources for treating them.

As a basic guide, the suggested contents should be:

- Instructions for providing first aid including cardiopulmonary resuscitation
- Disposable nitrile gloves x 2 pairs
- 7.5 x 10cm (medium) non-adherent dressing/pad x 3
- Resuscitation mask or face shield
- 10 x 10cm (large) non-adherent dressing/pad x1
- 5 x 5cm (small) non-adherent dressing/pad x 6
- Saline 15ml x 8
- Triangular bandage x 2
- Wound cleaning wipe single, 1% Cetrimide BP x 10
- Adhesive dressing strips pack of 50
- Non-stretch, hypoallergenic adhesive tape 2.5cm wide roll
- Tweezers
- 7.5cm width conforming cotton bandage x 3
- Scissors
- 5cm width conforming cotton bandage x 3
- Safety pins, at least 6