

St. John Ambulance Association

Emergency First Aid Kit Guide



First Aid Box

Having a well-stocked first aid kit is essential for responding swiftly and effectively to unexpected injuries or medical emergencies. It serves as your first line of defense, helping stabilize a condition before professional medical help arrives.

Storage & Safety Guidelines

- **Strategic Placement:** Keep at least one dedicated first aid kit in your home and another in your primary vehicle.
- **Child Safety & Accessibility:** Store kits in a dry, easy-to-reach location for adults, but strictly out of reach of toddlers and young children.
- **Family Awareness:** Teach older children the exact location and purpose of the kit so they know how to access it during an emergency.
- **Customization:** While pre-assembled kits are available at local pharmacies and certified providers, you can assemble and tailor your own kit based on your family's specific health needs, travel habits, or outdoor activities.



Essential First Aid Kit Inventory

Category	Recommended Items
Wound Care & Dressings	• Adhesive dressing strips (Band-Aids) • Medium sterile gauze dressings (7.5 × 7.5 cm) • Triangular bandages • Permeable adhesive tape (e.g. Micropore)
Tools & Equipment	• Medical-grade scissors • Fine-tipped tweezers
Emergency & CPR	• Resuscitation mask / CPR face shield • Thermal space blanket
Sanitation & Liquids	• Sterile saline solution tubes (10 ml minimum) • Assorted plastic bags (for waste or ice pack creation)
Documentation	• Pocket first aid instructional manual • Notepad and pencil (to track vitals or incident details)