

# What are the Essentials of a First-Aid Kit?



Believe it or not, the first-aid concept was debuted in 1888, when Robert Wood Johnson debuted what he called his first-aid cabinet. It offered effective storage for various [first-aid kid supplies](#). While the concept is not new, the supplies and kits themselves have evolved over time.

They help ordinary people provide medical care until professionals can arrive on scene. Anyone can provide medical care, without certification or education, but without the appropriate supplies and kits, the care provided will be limited.

## Checklist for First-Aid Kits

During the crisis of an injury or **an emergency**, it is important to have the appropriate tools at hand. St. John Ambulance recommends the following items for a family first-aid kit.

- 1 Mylar Survival Blanket, 213 cm x 132 cm
- 4 Triangular Bandage/Sling, Cotton, c/w Pins, 102 cm x 102 cm x 142 cm
- 1 Sterile Abdominal/Combine Pad, 20 cm x 25 cm
- 12 Assorted Safety Pins
- 1 Cloth Tape, 2.5 cm x 4.5 m
- 1 Economy Forceps, 9 cm
- 1 Black Handle Universal Scissors, 15 cm



2 Fabric Patch Bandage, Large, 5 cm x 7.5 cm  
6 Plastic Strip Bandage, Large, 7.5 cm x 2.5 cm  
6 Plastic Strip Bandage, 7.5 cm x 2 cm  
2 Fabric Knuckle Bandage, 7.5 cm x 3.75 cm  
2 Fabric Fingertip Bandage, 5 cm x 4.5 cm  
2 Gauze Pads, 7.5 cm x 7.5 cm  
2 Gauze Pads, 5 cm x 5 cm  
2 Gauze Pads, 10 cm x 10 cm  
1 Compress Bandage, 10 cm x 10 cm  
1 Gauze Roll, 5 cm x 4.5 m  
1 Gauze Roll, 7.5 cm x 4.5 m  
1 Pencil  
1 Note Pad  
1 CPR Face Shield with 1 Way Valve  
1 St. John Ambulance Bilingual Pocket Guide  
20 BZK Antiseptic Towelettes  
2 Pair of Disposable Gloves  
2 Non-Adherent Pads, 5 cm x 7.5 cm

It has also been recommended to utilize these additional items:

- Felt-tipped pen
- Tourniquet
- Bandages

Typically, in emergency situations, it is a bystander, friend, co-worker, or family member who comes across the scene of an accident. Often, it is not a Paramedic, fire services, or police who are at the scene first. In those first few moments of arriving, their decisions can save someone's life. Time and time again, the action of concerned individuals has made a difference in saving the life of an injured person.

## Final Thoughts

Whether you are looking for first-aid kit supplies or fully stocked first-aid kits Canada, [Sands Canada](#) can provide them both. If you have questions or concerns over your own first-aid kit, don't hesitate to reach out to us for more information. We can answer all your questions and meet all your first-aid kit needs.

Original Source Link:

<https://www.bizbangboom.com/articles/what-are-the-essentials-of-a-first-aid-kit>

**Business Address: 300 Central Ave W, Box 1752, Brockville, ON**

Phone No. – [18005630911](tel:18005630911) Site - <https://www.sands.ca/> Email ID – [perry@perry@sands.ca](mailto:perry@perry@sands.ca)