

### Minimum contents of a Regulation 3 First Aid Box

In the case of shops and offices, the quantities stated under items 1, 8, 9, 10, 14, 15, 17, and 18 may be reduced by half.

<b>Item</b>	<b>Description</b>
1	Wound cleaner / antiseptic (100 ml)
2	Swabs for cleaning wounds
3	Cotton wool for padding (100 g)
4	Sterile gauze (minimum quantity 10)
5	1 pair of forceps (for splinters)
6	1 pair of scissors (minimum size 100 mm)
7	1 set of safety pins
8	4 triangular bandages
9	4 roller bandages (75 mm x 5m)
10	4 roller bandages (100 mm x 5m)
11	1 roll of elastic adhesive (25 mm x 3 m)
12	1 non-allergenic adhesive strip (25 mm x 3 m)
13	1 packet of adhesive dressing strips (minimum quantity, 10 assorted sizes)
14	4 first aid dressings (75 mm x 100 mm)
15	4 first aid dressings (150 mm x 200 mm)
16	2 straight splints
17	2 pairs large and 2 pairs medium disposable latex gloves
18	2 CPR mouth pieces or similar devices