



First Aid Equipment

First aid equipment is to be maintained by the squad first aid representative, who should check that the box or bag is clean and tidy and kept equipped to the following schedule.

ü Advice leaflet	x 1
ü Cold Pack (re useable) Nexcare	x 1
ü Kool pack (disposable one shot)	x 2
ü Conforming bandage (7.5cmx4m)	x 4
ü Cool Spray – 150ml	x 1
ü Crepe Bandage (7.5cmx4m)	x 2
ü Sterile Bandage Triangular	x 4
ü Sterile eye bandage on dressing	x 1
ü Sterile dressing 12 x 12 cm	x 3
ü Sterile dressing 18 x 18cm	x 2
ü Sterile eye wash 20 ml Saline	x 5
ü Laerdal Pocket mask face shield	x 1
ü Hypo allergenic plasters	x 20
ü H Finger dressings	x 10
ü Elastoplast Fabric strapping 2.5x4.5m	x 2
ü Latex Gloves (pair) Disposable	x 10
ü Melolin 5x5cm	x 3
ü Melolin 10 x 10cm	x 5
ü Microporus tape 2.5 x 5cm	x 1
ü Safety pins	x 12
ü Scissors Tuff cut	x 1
ü Foil blanket	x 2
ü Wipes alcohol free	x 10
ü Water bottle	x 1
ü Squad Kit Inspection label	x 1
ü First Aid re supply card	x 1
ü Injury Report Form (IRF)	x 10
ü Serious Injuries reporting form (SIR)	x 3
ü Pencil	x 1

To replenish any item: contact Nigel Godolphin 01252 837924 or e Mail:-

nigel.godolphin@bopenworld.com

When equipment is used it should be recorded on the reverse of the injury report form, which should be sent to the Squad managers. The Squad managers should inform the coaching chairman each month of the accident statistics. The Squad Manager should as soon as is possible send any SI reports or VSI to the coaching chairman.