

First Aid - Box

Antiseptic Wipes for Cuts and Grazes	<input type="checkbox"/>
Finger Bandage and Applicator	<input type="checkbox"/>
20 individually wrapped, sterile Plasters of varying sizes.	<input type="checkbox"/>
2 large individually wrapped, non-medicated Sterile Dressings .	<input type="checkbox"/>
6 medium individually wrapped, non-medicated Sterile Dressings .	<input type="checkbox"/>
2 sterile Eye dressings with bandages.	<input type="checkbox"/>
4 Triangular dressings for slings or wrapping.	<input type="checkbox"/>
Roll of 25mm Micropore or plaster.	<input type="checkbox"/>
Tubular or crepe bandage for sprains.	<input type="checkbox"/>
Safety Pins of varying sizes.	<input type="checkbox"/>
Tweezers	<input type="checkbox"/>
Ear Thermometer	<input type="checkbox"/>
Blunt Ended Scissors .	<input type="checkbox"/>
Disposable Gloves	<input type="checkbox"/>
Space Blanket	<input type="checkbox"/>

First Aid - Precautions and Advice

In an **Emergency** always call for help first.

All medicines and equipment should be stored in a safe place **away from the reach of children** and vulnerable adults.

All medicines and equipment should be checked for **storage instructions**.

All medicines and equipment should be checked for **Expiry Dates** before consumption.

All medicines and equipment should be checked for **Age Restrictions** before consumption.

The proper **Dosage** should be checked for all medications before consumption.

All medications and equipment should be checked for **Allergy Triggers and Interactions** before consumption or use.

Medicine Cupboard - Adults

Paracetamol	<input type="checkbox"/>
Ibuprofen	<input type="checkbox"/>
Cough Sweets	<input type="checkbox"/>
Cough Syrup - Tickly - Chesty	<input type="checkbox"/>
Cold Tablets	<input type="checkbox"/>
Antihistamines	<input type="checkbox"/>
Bug Spray	<input type="checkbox"/>
Insect Bite Cream	<input type="checkbox"/>
Sun Screen, various factors	<input type="checkbox"/>
After Sun	<input type="checkbox"/>
Re-hydration Tablets	<input type="checkbox"/>
Anti-Diarrhea Tablets	<input type="checkbox"/>
Laxatives	<input type="checkbox"/>
Mouth Ulcer gel	<input type="checkbox"/>
Eye Drops	<input type="checkbox"/>
Eye Wash	<input type="checkbox"/>
Ice Packs	<input type="checkbox"/>
Heat Pads	<input type="checkbox"/>
Healing Cream eg Sudocrem	<input type="checkbox"/>
Blister Plasters	<input type="checkbox"/>
Anti-Bacterial Hand Gel	<input type="checkbox"/>

Medicine Cupboard - Children

Paracetamol Suspension and/or	<input type="checkbox"/>
Ibuprofen Suspension	<input type="checkbox"/>
Fun Plasters	<input type="checkbox"/>
High Factor Sun Screen	<input type="checkbox"/>
Head Thermometer	<input type="checkbox"/>
Measuring Spoon or a No Needle Dosing Syringe	<input type="checkbox"/>
Nappy Rash Cream	<input type="checkbox"/>
Teething Gel	<input type="checkbox"/>

Emergency Box for the Car

Spare Petrol	<input type="checkbox"/>
Spare Tyre	<input type="checkbox"/>
Jack	<input type="checkbox"/>
Shovel	<input type="checkbox"/>
Rope	<input type="checkbox"/>

Emergency Box for the Car (cont)

Water	<input type="checkbox"/>
Food	<input type="checkbox"/>
Blankets (normal and space blankets)	<input type="checkbox"/>
Scissors	<input type="checkbox"/>
Safety Pins	<input type="checkbox"/>
Plasters	<input type="checkbox"/>
Antiseptic Wipes	<input type="checkbox"/>
Large Bandages	<input type="checkbox"/>
Medium Bandages	<input type="checkbox"/>
Triangular Bandages	<input type="checkbox"/>
Tubular Bandages for Sprains	<input type="checkbox"/>
Gloves	<input type="checkbox"/>
Mouth Barriers for CPR	<input type="checkbox"/>



By **SpaceDuck** (SpaceDuck)
cheatography.com/spaceduck/

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