Cheatography

First Aid Kit Cheat Sheet

by SpaceDuck (SpaceDuck) via cheatography.com/4/cs/197/

First Aid - Box		Medicine Cupboard - Adults
Antiseptic Wipes for Cuts and Grazes		Paracetamol
Finger Bandage and Applicator		Ibuprofen
20 individually wrapped, sterile Plas-		Cough Sweets
ters of varying sizes.		Cough Syrup - Tickly - Chesty
2 large individually wrapped, non-me-		Cold Tablets
dicated Sterile Dressings.		Antihistamines
6 medium individually wrapped, non- medicated Sterile Dressings .		Bug Spray
2 sterile Eye dressings with bandages.	П	Insect Bite Cream
4 Triangular dressings for slings or	П	Sun Screen, various factors
wrapping.		After Sun
Roll of 25mm Micropore or plaster.		Re-hydration Tablets
Tubular or crepe bandage for sprains.		Anti-Diarrhea Tablets
Safety Pins of varying sizes.		Laxatives
Tweezers		Mouth Ulcer gel
Ear Thermometer		Eye Drops
Blunt Ended Scissors.		Eye Wash
Disposable Gloves		Ice Packs
Space Blanket		Heat Pads
•		Healing Cream eg Sudocrem
First Aid - Precautions and Advice		Blister Plasters
In an Emergency always call for help first.		Anti-Bacterial Hand Gel
All medicines and equipment should be		
stored in a safe place away from the reach		Medicine Cupboard - Childre
of children and vulnerable adults.		Paracetamol Suspension and/
All medicines and equipment should be		Ibuprofen Suspension
checked for storage instructions . All medicines and equipment should be		Fun Plasters
All medicines and equipment should be		

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

Emergency Box for the Car (cont)	
Water	
Food	
Blankets (normal and space blankets)	
Scissors	
Safety Pins	
Plasters	
Antiseptic Wipes	
Large Bandages	
Medium Bandages	
Triangular Bandages	
Tubular Bandages for Sprains	
Gloves	
Mouth Barriers for CPR	

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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 - Children	
Paracetamol Suspension and/or	
Ibuprofen Suspension	
Fun Plasters	
High Factor Sun Screen	
Head Thermometer	
Measuring Spoon or a No Needle Dosing Syringe	
Nappy Rash Cream	
Teething Gel	

Emergency Box for the Car	
Spare Petrol	
Spare Tyre	
Jack	
Shovel	
Rope	



By **SpaceDuck** (SpaceDuck) cheatography.com/spaceduck/ Published 12th January, 2012. Last updated 9th May, 2016. Page 1 of 1.

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