

CIRCULAR

Title: Patrol First Aid Kits – Minimum Contents
Document ID: C23042
Department: Lifesaving
Audience: Lifesaving Officers, Club Captains, Chief Instructors, Secretaries
Date: 09 August 2023

Summary:	Minimum requirements for contents of a Patrol First Aid kit.
Action:	Clubs are to complete a check on all Patrol First Aid kits and replace missing items to ensure the contents meet the minimum requirements as outlined in this circular.

REQUIREMENTS

The following list outlines minimum requirements for Patrol First Aid kits used within Surf Life Saving Clubs in South Australia during the 2023/2024 season. This requirement has not been changed since season 2022/2023.

First Aid kits/bags may be of the hard case or soft bag variety. Kits should be lightweight and able to be carried by one person.

MINIMUM KIT CONTENT REQUIREMENTS

ITEM	QUANTITY
Adhesive dressing strips, independently wrapped, minimum quantity (band aids)	20
Alcohol swabs 70% (ethanol or methanol) for instrument disinfecting	2
Betadine swabs	5
Approved resuscitation/pocket mask	1
Crepe Bandage 5cm	2
Crepe Bandage 7.5cm	2
Crepe Bandage, 10cm	2
Disposable powder-free latex gloves	10
Disposable saline eye wash (holding at least 15ml)	2
Dressing – Combine Pad 10x10cm	2
Dressing – Combine Pad 10x20cm	2
Foil emergency blanket	2
Gauze pieces (sterile) 7.5x7.5cm (pack of x5)	2
Heavy weight brown crepe bandage 7.5cm (snake bite)	2
Kidney dish	1
Non-adherent wound dressing/pad (sterile), small, 5x5cm	2
Non-adherent wound dressing/pad (sterile), medium, 7.5x10cm	2
Non-adherent wound dressing/pad (sterile), large. 10x10cm	2
Non-stretch hypoallergenic adhesive tape, 2.5cm wide roll	1
Plastic disposable aprons	2
Plastic bags – clip seal (zip lock) set of small, medium and large	1 set
Recording book and pencil/pen for recording injury and illness first aid	1
Safety pins	12
Safety goggles / glasses	1 set
Scissors or shears (stainless steel, blunt points)	1
Sharps disposable container	1
Surgical/Medical Face masks (single use)	4
Triangular bandages (minimum width 90mm, calico or cotton)	2
Tweezers – stainless steel	1

ADDITIONAL KITS

Additional Kits:	
<p>Marine Stingers Kit:</p> <ul style="list-style-type: none"> • Ice (reusable ice bricks/packs, ice in an esky or freezer) • Ziplock bags for ice • Roll or packets of Chux for ice packs • Access to hot water for blue bottle sting, stingray barb, sea urchin spines 	<p>Major Haemorrhage Kit:</p> <ul style="list-style-type: none"> • Clean towels x2 • Crepe bandages 15cm x4 • Multi-trauma dressings 20x20cm x10 • Tourniquet x2 • Universal/rescue shears x1 • Ribbon gauze for wound packing

FIRST AID ROOM REQUIREMENTS

First Aid Rooms must have:	
<ul style="list-style-type: none"> • Be clearly marked FIRST AID (Style Guidelines: Australian Standard AS 1319 Safety Signs for the Occupational Environment) • Be set aside exclusively for first aid purposes • Be well lit and well ventilated • Be able to provide privacy for people being treated • Be regularly cleaned and sanitised • Clean blankets • Clean sheets • Clean towels • Clean running water (hot and cold water) • Contaminated waste disposal bin and waste bags/linings • Copy of the current edition of a first aid handbook by an approved provider • CPR flow chart • Disposable plastic aprons • Electrical power points • Emesis (vomit) disposable containers • Examination bed • Face masks (medical disposable, single use) • Hand cleaner/hand wash solution • Ice or reusable ice packs in esky/freezer or disposable instant packs • Kettle or access to boiling water • Kidney dish • Large bucket/bowl/basin for immersion of feet (minimum 2 litre capacity) 	<ul style="list-style-type: none"> • Have easy access to toilets and showers • Have sufficient space for equipment to be stored and used effectively, including first aid kit supplies • Have adequate access for stretchers or wheelchairs • Have access for ease of entry and exit for ambulances or emergency vehicles • Notice board showing: <ul style="list-style-type: none"> ○ SLSA Resuscitation Charts ○ Emergency numbers and maps to nearest hospital/doctor surgery • Oxygen equipment with disposable resuscitation masks • Paper towel dispenser or air dryer • Pillows with a plastic cover and pillowcase • Safety glasses/goggles • Sharps disposal unit • Spare oxygen cylinder • Splints; wooden or cardboard • Surgical / medical face masks (single use) box • Telephone (or radio) • Torch (handheld or headlamp)

QUERIES

If you have any enquiries, please don't hesitate to contact the Lifesaving team at SLSSA lifesaving@surflifesavingsa.com.au or call (08) 8354 6900.