



## First Aid Kits For Childcare facilities

### Requirements:

A first aid kit is required in all childcare facilities by Section 26 of the Institution Regulations 143/81.

It is recommended that an inventory list of first aid supplies be maintained and checked monthly.

First Aid Requirements for medium hazard work (adapted from OH&S Code 2009 (Schedule 2))

| <b>OCCUPATIONAL HEALTH AND SAFETY FIRST AID KITS</b> |                                                                            |                                                                                          |                                                             |
|------------------------------------------------------|----------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-------------------------------------------------------------|
| <b>Number of workers at work site per shift</b>      | <b>Close work site (up to 20 min)</b>                                      | <b>Distant work site (20-40 min)</b>                                                     | <b>Isolated work site (more than 40 min)</b>                |
| <b>1</b>                                             | Type P First Aid Kit *                                                     | Type P First Aid Kit *                                                                   | Type P First Aid Kit *                                      |
| <b>2-9</b>                                           | 1 Emergency First Aider<br>No. 1 First Aid Kit *                           | 1 Standard First Aider<br>No. 2 First Aid Kit<br>3 blankets                              | 1 Standard First Aider<br>No. 2 First Aid Kit<br>3 blankets |
| <b>10-19</b>                                         | 1 Emergency First Aider 1<br>Standard First Aider No. 2<br>First Aid Kit * | 1 Emergency First Aider<br>1 Standard First Aider<br>No. 2 First Aid Kit<br>3 blankets   | 2 Standard First Aider<br>No. 2 First Aid Kit<br>3 blankets |
| <b>20-49</b>                                         | 1 Emergency First Aider 1<br>Standard First Aider No. 2<br>First Aid Kit * | 1 Emergency First Aider 1<br>Standard First Aider No.<br>2 First Aid Kit *<br>3 blankets | 2 Standard First Aider<br>No. 2 First Aid Kit<br>3 blankets |

According to the Occupational Health and Safety Code 2009, day care centres would require:

| <b>OCCUPATIONAL HEALTH AND SAFETY FIRST AID KIT SUPPLIES</b>              |                                    |                                    |                                            |
|---------------------------------------------------------------------------|------------------------------------|------------------------------------|--------------------------------------------|
| <b>Supplies</b>                                                           | <b>No. 1 - OHS Kit (1-2 Staff)</b> | <b>No. 2 - OHS Kit (2-9 Staff)</b> | <b>No.3 – OHS Kit (more than 10 staff)</b> |
| Antiseptic cleansing towelettes, individually packaged;                   | 10                                 | 10                                 | 24                                         |
| Sterile adhesive dressings, individually packaged                         | 25                                 | 50                                 | 100                                        |
| 10cm x 10cm sterile gauze pads, individually packaged;                    | 10                                 | 20                                 | 50                                         |
| 10cm x 10cm sterile compress dressings, with ties, individually packaged; | 2                                  | 3                                  | 6                                          |
| 15cm x 15cm sterile compress dressings, with ties, individually packaged; | 2                                  | 3                                  | 6                                          |
| 20cm x 25cm sterile abdominal dressing;                                   | -                                  | 1                                  | 4                                          |
| Conform gauze bandage 75 mm                                               | 2                                  | 2                                  | 6                                          |

|                                                    |   |   |    |
|----------------------------------------------------|---|---|----|
| Cotton triangular bandages                         | 3 | 4 | 12 |
| Safety pins                                        | 5 | 8 | 12 |
| Pair of scissors                                   | 1 | 1 | 1  |
| Pair of tweezers                                   | 1 | 1 | 1  |
| 25 mm x 4.5 m of adhesive tape                     | 1 | 1 | 2  |
| Crepe tension bandage — 75 mm wide;                | 1 | 2 | 4  |
| Resuscitation barrier device with a one-way valve; | 1 | 1 | 1  |
| Pairs of disposable surgical gloves;               | 4 | 6 | 12 |
| Tubular finger bandage with applicator             | - | - | 1  |
| First Aid Manual (condensed)                       | 1 | 1 | 2  |
| Inventory of kit content                           | 1 | 1 | 1  |
| Water proof waste bag                              | - | 1 | 2  |

\*\*\*When travelling outside/away from the facility:

- No. 2 first aid kit.
- An allergy kit.
- A cellular phone
- An incident report booklet is also recommended.

### **Definitions**

1. **Bandage compress** – can be used to cover open wounds, but is used primarily to control bleeding. (Also known as pressure dressings). It consists of several thicknesses of gauze attaching to the middle of a strip of gauze. The two ends of the gauze are then used to secure the pad in place.
2. **Gauze pads** – are made of loosely woven gauze material and come in squares of different sizes. They are used as dressings to cover wounds.
3. **Gauze compress** – is a dressing of several layers of gauze. It can be unfolded and used as a dressing to cover larger wound areas, or it can be used like the bandage compress. It must then be held in place, and taped or secured with a bandage.
4. **Conform gauze bandage** – is a lightweight, loosely woven gauze bandage, which is stretchy and conforms to the part being bandaged. It comes in rolls of different widths and is used to secure dressings in place.
5. **Crepe bandage** – is a lightweight stretch bandage, which is used to provide support to a limb, or it can be used to secure dressings in place. It is also called a tensor (Elastic) bandage and comes in rolls of different widths.

6. **Triangular bandage** – is a triangular piece of cotton (or disposable type material). It can be used a bandage to secure dressings, as a sling to support limbs and to secure splints, etc. in place or used in various other ways.
7. **Adhesive dressings** – are Band-Aids.
8. **Antiseptic swabs** – are pre-packed swabs which have been saturated with an antiseptic, i.e. alcohol, betaine, etc. and are used for cleaning wounds.

*For further information, please contact the Occupational Health Library, which carries a number of publications on First Aid, or any supplier who sells these materials. You may also find it beneficial to take a “First Aid Course”.*

**Alberta Poison Control Centre: 1-800-332-1414**

*For more information, please contact your local Environmental Health Officer.*

Environmental Public Health Services  
Regional Delivery Sector, Alberta Region  
Edmonton Phone: (780) 495-2712  
Calgary Phone: (403) 299-3939