

FIRST AID SUPPLY LIST

REQUIRED ITEM	USE TO
Band Aids (assorted sizes, antiseptic wipes)	To cover and protect cuts or open wounds.
Flashlight (operable, may be small)	To visualize and check eyes, inside nose, throat, and ears.
Gauze pads (2'x2" or 4"x4")	To clean, cover, and protect cuts or wounds.
Gauze pad (large, thick size) or individually wrapped sanitary pads	To contain bleeding, injuries or cover large wounds.
Gauze, flexible rolls (2 rolls)	To hold gauze bandages in place.
Gloves (disposable vinyl-latex free gloves)	To protect from blood borne pathogens.
Ice Bag or Chemical Ice Pack, cold pack	To soothe/control swelling.
Paper Towels	To clean up spills (then discard).
Safety Pins	To secure sling in place.
Scissors (blunt tip)	To cut gauze and bandages to size.
Soap (liquid, fragrance-free)	To clean injured area.
Adhesive Tape (hypo-allergenic)	To hold gauze bandages to size.
Thermometer (digital non-touch) or fever strip, non-glass, non-mercury thermometer	To measure body temperature. No rectal check.
Triangular bandage (pre-made or 40"x40"x64" piece of clean cotton cloth)	To immobilize body parts as a sling or a tie for a splint; To hold dressing on large wounds.
Tweezers	To remove splinters, ticks.
Washcloths (disposable)	To clean injured area.
Paper/plastic bag	To hold cloths, gauze, and other materials.
Whistle	For attention and seek help.

If you suspect that a child has been exposed to toxic substances, or any potential poisoning emergency, call Poison Control immediately! Follow all instructions given by Poison Control. Do not induce vomiting unless you are instructed to do so. **POISON CONTROL: 410 529-7701 (Metropolitan Baltimore) or 1-800-222-1222 (Maryland only, toll-free)**

Call 911 for life-threatening emergency incidents, whenever epinephrine is administered, and when a child is missing or in danger.

Note: It is important to remember that a first aid kit should be used in conjunction with first aid and CPR training. Being trained on how to use all the tools in a first aid kit will reduce the severity of injuries and save lives. A well-stocked kit is only as good as long as there is a trained staff who knows how to use them. First aid supplies are to be kept in a location which is convenient and easily accessible. First aid supplies are to be available at the child care facility and on all outdoor/field trips/transportation. First aid kits or supplies should be restocked after use/expired. A monthly inventory log should be kept with the name/signature of the staff member who completed the inventory.

Recommended Additional Items:

1. A standard first aid chart or equivalent first aid guide/card/sheet for reference (received during first aid training)
2. Pocket face mask to perform rescue breathing during CPR
3. One working non-pay telephone or wireless communication device (cell phone & charger).
4. Pen/pencil and note pad for recording emergency events for use on field trips
5. For each child -Name, DOB, emergency phone numbers for parents, allergies or medical alerts, list of current medications
6. Emergency medication for children with special needs (as approved and provided by parents).
7. Telephone numbers of the poison control center, paramedics, and other emergency numbers, Licensing office
8. Purchased bottled water (replace once opened and expired).