

## First Aid Kit Fact Sheet

### Overview

It is a requirement of OSHA that employees be given a safe and healthy workplace that is reasonably free of occupational hazards. However, as it is unrealistic to expect accidents not to happen, employers are required to provide medical and first aid personnel and supplies commensurate with the hazards of the workplace.

### What are First Aid Kits?

A First Aid Kit or medical kit is a collection of supplies and equipment used to give immediate medical treatment, primarily to deal with most types of injuries and sudden illnesses that may be encountered in the workplace. Generally, a First Aid Kit should contain a variety of sterile gauze dressings, a roller gauze bandage, disposable sterile gloves, tweezers, scissors, antiseptic wipes, tape, a small eyewash bottle (which would not be needed in a lab with an eyewash), a box of adhesive Band-Aids, and directions for administering first aid. As each work environment is unique, it is expected that the contents of each kit will be supplemented as needed based upon the present workplace hazards.



### OSHA Requirements

OSHA does not regulate First Aid Kit contents for general workplaces like laboratories and woodshops. However, **they do require that a First Aid Kit is readily available in any given workplace**, and refer to ANSI as the standard for minimum Kit contents. Additional supplies in a First Aid Kit should be included based on a risk assessment of the work being done in a given space. For instance, if someone works with hydrofluoric acid (HF), their First Aid Kit must have calcium gluconate available to treat external HF exposures; meanwhile, a field work First Aid Kit might have a splint and a tourniquet.

### The ANSI Standard

ANSI provides detailed standards for First Aid Kit contents and classifies them based on the assortment and quantity of first aid supplies. The newest ANSI/ISEA standard introduces two classes of First Aid Kits: Class A and Class B. Class A kits are designed to deal with the most common types of workplace injuries. Class B kits are designed with a broader range and quantity of supplies to deal with injuries in more complex or high-risk environments. See the table below for a list of First Aid Kit contents.

ANSI Z308.1-2015, TABLE 1: CLASSES OF FIRST AID KITS & REQUIRED SUPPLIES				
First Aid Supply	Minimum Quantity		Minimum Size or Volume	
	Class A Kits	Class B Kits	(U.S.)	(Metric)
Adhesive Bandage	16	50	1 x 3 in.	2.5 x 7.5cm
Adhesive Tape	1	2	2.5 yd. (total)	2.3m
Antibiotic Application	10	25	1/57 oz.	0.5g
Antiseptic	10	50	1/57 oz.	0.5g
Breathing Barrier	1	1		
Burn Dressing (Gel soaked)	1	2	4 x 4 in.	10 x 10cm
Burn Treatment	10	25	1/32 oz.	0.9g
Cold Pack	1	2	4 x 5 in.	10 x 12.5cm
Eye covering (with means of attachment)	2	2	2.9 sq. in.	19 sq. cm
Eye Skin Wash	1 fl. oz. total			29.6mL
		4 fl. oz. total		118.3mL
First Aid Guide	1	1	N/A	N/A
Hand Sanitizer	6	10	1/32 oz.	0.9g
Medical Exam Gloves	2 pair	4 pair	N/A	N/A
Roller Bandage (2 inch)	1	2	2 in. x 4 yd.	5cm x 3.66m
Roller Bandage (4 inch)	0	1	4 in. x 4 yd.	10cm x 3.66m
Scissors	1	1	N/A	N/A
Splint	0	1	4.0 x 24 in.	10.2 x 61cm
Sterile Pad	2	4	3 x 3 in.	7.5 x 7.5cm
Tourniquet	0	1	1 in. (width)	2.5cm (width)
Trauma Pad	2	4	5 x 9 in.	12.7 x 22.9cm
Triangular Bandage	1	2	40 x 40 x 56 in.	101 x 101 x 142cm

### **Other Recommendations**

- Cream/gel applications (e.g. antiseptic, antihistamine, burn relief) are recommended by ANSI, but they are not to be applied to areas of chemical exposures. For this reason and because medical treatment can be quickly sought at UHS, cream/gel applications are not required in laboratory First Aid Kits at UMass; however, they are recommended as they can still be useful for injuries in the lab that do not involve chemical exposure. Some individuals can also experience allergic reactions to these items, so exercise caution in their use.
- To ensure the completeness and usable condition of all supplies, First Aid Kits should be inspected and maintained on a regular basis, at least annually. Some supplies may have expiration dates (such as cream/gel applicators), and anything beyond its marked date should be replaced.
- Clean and disinfect all equipment and work surfaces soiled by blood or body fluids. Soak up the fluid spill by covering with paper towels; then douse the towels with a disinfectant solution of 10% bleach. Allow it to stand for at least 10 minutes, and place paper towels in the regular trash.

## **Injuries at Work**

After any injury in the lab, shop or studio, go to UHS for a medical evaluation within 2 hours of the incident. Notify them that your injury was sustained in a laboratory to be seen immediately. Then, notify EH&S ([413-545-2682](tel:413-545-2682)) of the event as soon as possible and complete the [lab incident form](#).

## **References and Sources**

1. [ANSI First Aid Kit Guide](#)
2. [ANSI/ISEA Z308.1-2015](#)
3. [OSHA 1910.151](#) Appendix A: First Aid Kits (general)
4. [OSHA Medical and First Aid Standards](#)