



## First Aid Kit

*Prepared by the Health Consultant Team at Child Care Aware® of North Dakota*

An injury can happen anywhere. Having a first aid kit and being trained in first aid is very important. Child care providers should have at least one first aid kit readily available, wherever children are, including in the car, on field trips, playing outside.

First aid supplies should be stored in a closed container, accessible to staff members at all times, but out of the reach of children. Using a fanny pack or backpack to carry the first aid kit contents may be helpful when playing outside, going on a walk or field trip, etc. The kit(s) should be restocked after each use and inventory should be checked at least monthly.

### The first aid kit should contain at least the following items:

- Disposable nonporous gloves (do not use food service gloves)
- Scissors
- Tweezers
- A non-glass thermometer to measure a child's temperature
- Bandage tape
- Sterile gauze pads (consider substituting with individually wrapped maxi-pads. They work better because they absorb more blood. Use tape or roller gauze to fasten pad on injury.)
- Flexible roller gauze
- Triangular bandages (for making a sling – can also use a clean dish towel)
- Safety pins
- Eye dressing (for covering the eye – can also use gauze, half of maxi-pad, paper cup)
- Pen/pencil and note pad
- Cold pack
- Cell Phone with portable power-pack for charging
- Liquid soap (small bottle of baby soap works well)
- 2 liter bottle of sterile water for cleaning wounds or for flushing eyes
- Small plastic or metal splints (for stabilizing finger – can use a tongue depressor or craft stick)
- Tissues & hand sanitizer to use after wiping a nose
- Various sizes of adhesive bandages
- Hard small plastic card (for removing stingers from bee stings – can use old gift cards)
- Plastic freezer bags (for vomit, ice, covering hand if you don't have a glove, disposal of bloody materials)
- List of emergency phone numbers (parents' home/work/cell numbers and poison control center number)
- Disposable wipes
- Radio - battery-powered or crank-style (include extra batteries if needed)
- Flashlight - battery-powered or crank-style (include extra batteries if needed)
- Whistle
- Current American Academy of Pediatrics (AAP) standard first aid chart or equivalent first aid guide

### Things to Remember:

- Keep first aid kit out of the reach of children
- No antibiotic ointment should be kept in the kit (unless child care provider has written parental permission to use it on the children)
- No medications should be kept in the kit
- Injuries should be cleaned with soap and water only – it is most effective and it is least likely to cause an allergic reaction
- Anytime you are away from the program site remember to bring in a backpack or fanny pack to carry:
  - A fully stocked first aid kit
  - All health care plans for children with special health care needs
  - Emergency medication (ex. EpiPen, inhaler, etc.)

*Resources : "Caring for Our Children" National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs – 3rd Edition, 2011  
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