



**arco**<sup>®</sup>  
Experts in Safety

**EXPERT GUIDE**

# First aid in the workplace





Arco is the UK and Ireland's leading safety company; our core purpose is to keep people safe at work.

We distribute a world-class range of over 170,000 branded and own brand products, including personal protective equipment, workwear, safety footwear, gloves, workplace safety and hygiene products.

Arco Professional Safety Services offer training, consultancy, rescue and site services and are market leader in working at height and confined space services.

As Experts in Safety, we help ensure workers go home safe every night. Our product and technical specialists advise on product selection and our sector specialists understand the hazards and issues of your industry.

We make it easy for you to keep your people safe. With a dedicated team in our customer engagement centre and a national network of retail stores, you have access to the equipment you need, when you need it. Plus, our Support Solutions can assist you with eCommerce, bespoke garments, logistical help and more.

Arco is committed to providing safety equipment that is genuine and compliant with relevant standards and regulations. We have a five-step product assurance process supported by an independently accredited testing laboratory. Additionally, we are a member of the BSIF Registered Safety Suppliers Scheme.

Founded in 1884 and with traditional family values at the heart of the business, we pride ourselves on our ethical trading. In 2007 Arco was the first distributor in our industry to become a member of the Ethical Trading Initiative (ETI) and in 2010 we became a member of Sedex, the Supplier Ethical Data Exchange. We are dedicated to our Corporate Social Responsibility programme and demonstrate this by supporting local communities and charities donating in excess of 1% of pre-tax profits annually.

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# Our Service



## Helping to Keep People Safe at Work

As Experts in Safety we are committed to keeping people safe at work. We have produced this guide to advise you on everything you need to know to remain compliant with First Aid at Work regulations. This includes, the provision of first aid kits, their content and quantity of stock, plus arrangements that you may need to make for a designated person, training and provision of a First Aid Room.



## Expert Advice

The Health and Safety (First Aid) Regulations 1981 Approved Code of Practice and Guidance<sup>1</sup> from the Health and Safety Executive (HSE) apply to every workplace and to the self employed. The British Standard BS8599-1 'Workplace first aid kit'<sup>2</sup> specifies the contents required for today's workplace environments.

We can help you to conform to the relevant regulations and standards.



## Comprehensive Product Range

We have compiled a range of first aid kits that are compliant to the standards and offer our customers different configurations and sizes to reflect the needs of different workplace environments, level of risk and number of people on site exposed to those risks.



## First Aid Training

“Where an employer provides first aiders in the workplace, they should ensure they have undertaken suitable training, have an appropriate first aid qualification and remain competent to perform their role.”

Working together to keep your organisation safe in the long term and to help comply with regulation changes, Arco Professional Safety Services offers a suite of first aid training courses suitable for all organisations regardless of size and number of employees.

- Source:
- 1 HSE: The Health and Safety (First Aid) Regulations 1981:  
<https://www.hse.gov/firstaid/legislation.htm>
  - 2 Reliance Medical: The British Standard for First Aid Kits:  
<https://www.reliancemedical.co.uk/british-standard-first-aid-kits-updated/>

# Regulations and Standards

## The Health and Safety (First-Aid) Regulations 1981

Employers have a legal duty to make sure that their employees receive immediate attention if they are injured or taken ill at work. Accidents and illness can happen at any time. First aid can save lives and prevent minor injuries from becoming major ones.

These regulations apply to every workplace, including those with fewer than five employees and the self-employed, and sets out what you need to do to address first aid provision in the workplace.

### Health and Safety (First Aid) Regulations 1981 ACOP 3 (4) states that...

“

An employer shall provide, or ensure that there are provided, such equipment and facilities as are adequate and appropriate in the circumstances for enabling first aid to be rendered to his employees if they are injured or become ill at work.

”



### The HSE provides guidance on the regulations for employers, setting out what you need to do to address first aid provision in the workplace.

- managing the provision of first aid (first-aid kit, equipment, rooms etc); requirements and training for first-aiders;
- requirements for appointed persons;
- making employees aware of first-aid arrangements;
- first aid and the self-employed;
- cases where first-aid regulations do not apply.

### Should a person become ill or injured an employer shall provide, or ensure that there are provided:

1. Equipment and facilities as are adequate and appropriate in the circumstances for enabling first-aid to be rendered
2. A number of suitable persons as is adequate and appropriate in the circumstances for rendering first-aid. Training and qualifications of a person must be appropriate to the circumstances. (Subject to points 3 and 4)
3. Where a person provided in point 2 is absent a person should be appointed, to take charge of the situation relating to an injured or ill employee who will need help from a medical practitioner or nurse, and the equipment and facilities provided.
4. Where the nature of the undertaking, and the number of employees at work, and the location of the establishment, it would be adequate and appropriate if instead of a person for rendering first-aid there was a person appointed to take charge as in point 3, then instead of complying with point 2, the employer may ensure such a person is appointed.

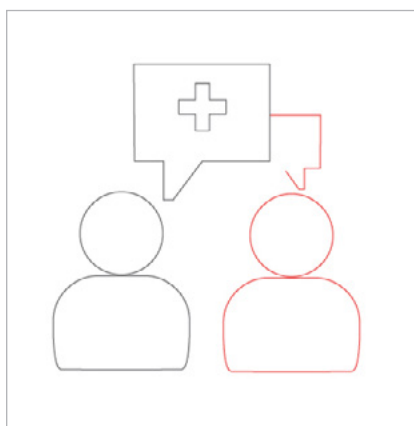
See the full document at:

<https://www.hse.gov.uk/pubns/books/l74.htm>

## Key changes within the L74 (Third edition)<sup>2</sup> within the 2018 reissue.

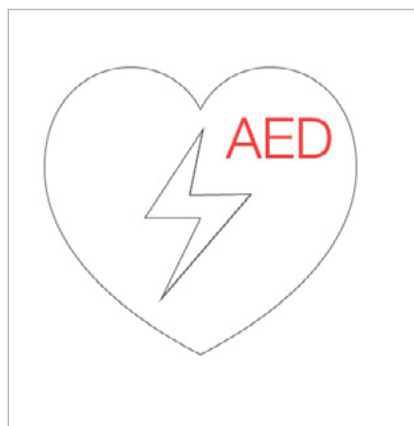
The third edition published 2013 was reissued with minor amendments in 2018.

The most significant amendments being:



### Regulation 3: Duty of employer to make provision for first-aid

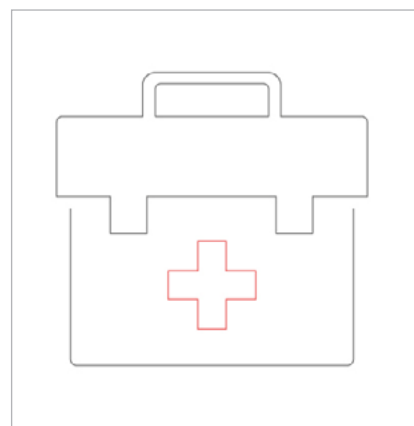
The HSE no longer need to approve first aid training providers. It is the responsibility for individual training providers to validate their own course content. Employers are responsible for identifying the level of training required through their first aid needs assessments.



### Automated External Defibrillators (AEDs)

Employers who have identified through their first aid needs assessment the need to provide an automated external defibrillator (AED), need to comply with the Provision and Use of Workplace Equipment Regulations 1998<sup>3</sup> (PUWER).

To comply to PUWER, employers should provide information and written instructions. Fuller training is likely to make the user more confident and is now an integral part of the syllabus for FAW and EFAW courses.



### British Standard BS8599-1 Workplace First Aid Kit

Employers may wish to refer to British Standard BS8599 which specifies the recommended the contents of workplace first aid kits.

By law your kit doesn't have to meet this standard, but you should check it contains what you've identified in your first aid needs assessment.

Source:

1 The Health and Safety (First-Aid) Regulations 1981 – <https://www.hse.gov.uk/firstaid/legislation.htm>

2 First Aid at Work Regulations 1981 L74 (Third edition, published 2013 – reissued with minor amendments in 2018) – <https://www.hse.gov.uk/pUbn/priced/l74.pdf>

3 Provision and Use of Work Equipment Regulations 1998 (PUWER) [www.hse.gov.uk/pubns/priced/l22](https://www.hse.gov.uk/pubns/priced/l22)

# British Standard BS8599-1

The British Standard BS8599-1 was introduced in 2011 to meet the needs of the industry, users and stakeholders and sets the minimum level that workplace first aid kits should conform to. The standard supports the Health and Safety (First Aid) Regulations 1981 which require all employers to have first aid kits available in the workplace.

Why should you use this standard?

## 1. It specifies the contents that must be included in Workplace First Aid Kits for:

- small, medium, large companies
- travel and motoring
- personal issue
- critical injury packs

## 2. It provides guidance on the appropriate size of kit required based on:

- the number of employees
  - the level of risk present
- should the risk or number of employees deem it necessary the minimum contents can be supplemented by additional items appropriate to the hazards identified.

## 3. It gives requirements for the container holding the contents.

The BS8599-1 builds comprehensive first aid kits that promotes employer and employee safety whilst helping first aiders and emergency responders provide treatment based on available resources.

### What size of kit do I need?

The table featured to the right provides guidance for employers but does not replace the requirement for a risk assessment to be carried out.

#### From your risk assessment, what degree of hazard is associated with your work activities?

##### Low Risk

e.g. shops, offices, libraries etc.

##### High Risk

e.g. light engineering and assembly work, food processing, warehousing, etc.

#### How many employees do you have?

Fewer than 25

25 – 100

More than 100

Fewer than 5

5 – 25

More than 25

#### Quantity and size of kits required.

1 Small Kit

1 Medium Kit

1 Large Kit per 100 employees

1 Small Kit

1 Medium Kit

1 Large Kit per 25 employees

### What's included in BS8599-1:2019 Compliant First Aid Kits?

- 1 The quantities in the travel and motoring first aid kit and personal issue first aid kit are appropriate for one person only.
- 2 The shield is used to protect a first-aiders from infection from a casualty during mouth-to-mouth resuscitation.
- 3 A Burn Dressing cools the burn injury without any prior treatment with water or any other medium. The dressing does not dry out within one hour of application.
- 4 A haemostatic dressing is more effective than packing with plain gauze and pressure.

	SMALL	MEDIUM	LARGE	TRAVEL & MOTORING <sup>1</sup>	PERSONAL ISSUE <sup>1</sup>	CRITICAL INJURY
Bandage, Conforming	1	2	2	0	0	0
Bandage, Triangular	2	3	4	1	1	0
Dressing Pad, Adhesive	0	0	0	1	0	0
Dressing, Burn <sup>3</sup>	1	2	2	2	0	0
Dressing, Eye Pad	2	3	4	0	0	0
Dressing, Finger	2	3	4	0	0	0
Dressing, Haemostatic <sup>4</sup>	0	0	0	0	0	2
Dressing, Sterile, Large	2	3	4	0	1	0
Dressing, Sterile, Medium	2	4	6	1	0	0
Dressing, Trauma, Large	0	0	0	0	0	2
Dressing, Trauma, Medium	0	0	0	1	0	0
Foil Blanket	1	2	3	1	1	1
Gloves, Nitrile (Pairs)	6	9	12	2	2	2
Guidance Leaflet	1	1	1	1	1	1
Plasters, Washproof, Assorted	40	60	100	10	10	0
Resuscitation Face Shield <sup>2</sup>	1	1	2	1	1	0
Shears	1	1	1	1	1	1
Tape, Microporous	1	2	3	0	0	0
Tourniquet	0	0	0	0	0	1
Wipes	20	30	40	10	4	0



# Key changes within BS8599-1 as of January 2019

Following a comprehensive consultation process, the British Standard BS8599-1 was reviewed and updated to reflect current first aid guidance and training protocols.

The BS8599-1:2019 came into effect from January 2019 to ensure the standards are kept up to date with advancements in first aid products and provision technology and to reflect current workplace practices and risks.



**Reduction of Medium Dressings and increase of Large Dressings** to the Small, Medium and Large First Aid Kits.



**Removal of safety pins and additional tapes** from the recommended contents.



**New Travel and Motoring Kit** to match the recommendations from the Medium BS8599-2 Vehicle & Motoring first aid kit.



**New Personal Issue Kit**  
**New Critical Injury Pack**  
two new supplementary first aid kits as an extra resource to Small, Medium, Large standard first aid kits and Travel & Motoring first aid kits

## When do I need a supplementary first aid kit<sup>2</sup>?

If you have lone workers or those who work away from the workplace, such as security, cleaners, maintenance, a Personal Issue Kit enables basic first aid to be provided quickly and easily.

If you have employees who are at risk of a severe life-threatening bleed or in the event of a mass-casualty attack, a Critical Injury Pack is required as standard first aid kits are not appropriately equipped. Your employees also need to have appropriate training so they know how to use it.

The HSE now recommends employers provide Haemostatic Dressings and Tourniquets in their first aid provisions, and appropriate training for employees, where working with an identified risk of obtaining severe bleeding injuries.

Source: 1 BS8599-1:2019 Workplace First Aid Kits – Reliance Medical: <https://www.reliancemedical.co.uk/birtish-standard-first-aid-kits-updated/>





2 Did You Know the HSE has Updated Their Guidelines for Workplace First Aid Kits? Safety Frist Aid Training. <https://www.firstaidtraining.co.uk/did-you-know-the-hse-has-updated-their-guidelines-for-workplace-first-aid-kits/>



# First aid arrangements

Employers must make sure employees get immediate help if they are taken ill or injured at work.

As a minimum, low-risk workplace such as a small office, you must have:

			
<b>A First Aid Needs Assessment</b>	<b>An Appointed Person</b>	<b>First Aid Kit</b>	<b>Employee Information</b>
Appropriate to the hazards and risks of each workplace.	To take charge of first aid arrangements including calling the emergency services.	A suitable, stocked and maintained first aid kit, checked regularly to replace stock and/or expired items.	Employers must provide information about first aid arrangements to their employees.

In workplaces where there's more significant health and safety risks you're likely to need a trained first aider. If you are self-employed then you must make sure that you have adequate first aid provision.

## First Aid Needs Assessment

You need to consider and establish circumstances of your workplace; workforce and the health and safety risks present and identify what possible injuries could occur in order to ensure sufficient first aid provision is available.

Important aspects you need to consider:

### 1. The nature of your work

Evaluate each workplace.

- What kind of work is being undertaken?
- What are the hazards this may cause?

### 2. History of accidents, injuries and illnesses

Ensure your first aid provision caters for all types of injuries and illnesses that may occur.

- What types of injuries and illnesses have occurred in the past and when?

### 3. Size of organisation

The number of employees on site will determine the first aid provision you need to provide.

- Do you require first aiders, additional first aid equipment, location of first-aid equipment and/or a first aid room?

### 4. Type of workforce

Consider the different types of employees you have on site.

- Are there any inexperienced workers, pregnant workers or those with disabilities or health problems?

### 5. Location of workforce (on or off-site)

More first aid provision is required if employees are spread out over vast areas than those who are all in the same building.

- Have you considered specialist circumstances for those employees who travel a lot, work remotely or alone, shift patterns or out of hours?
- Is your workplace remote from emergency medical services?
- Do you have enough provision to cover your appointed trained first aider(s) when absent?

### 6. Visitors

You have no legal duty, under the regulations, to provide first aid for non-employees, however the HSE strongly recommends that you do include them in your first aid provision.



# An Appointed Person

Your first aid needs assessment will help you decide the representatives you need, taking into consideration all relevant circumstances in your workplace.

If First Aiders are required, then their training and qualifications must be appropriate to the circumstances. If your first aid needs assessment identifies that a First Aider is not required, the minimum requirement is to appoint a person to take charge of first aid arrangements in your workplace, look after first aid equipment and facilities and to call the emergency services. An appointed person is not a First Aider and does not need first aid training, however they can provide emergency cover when a First Aider is absent, but they should not attempt to give first aid for which they have not been trained.

## First Aiders

If your first aid needs assessment identifies that a First Aider is required, it will help you to identify how many you need.

Typically, First Aiders will hold a valid certificate of competence in either first aid at work (FAW) or emergency first aid at work (EFAW). EFAW training enables a First Aider to give emergency first aid to someone who is injured or becomes ill at work. FAW training including EFAW also equips the First Aider to apply first aid to a range of specific injuries and illness. These are listed in the full HSE document paragraphs 52-73. ACOP3(6).



“Where an employer provides first aiders in the workplace, they should ensure they have undertaken suitable training, have an appropriate first aid qualification and remain competent to perform their role.”

”

From your risk assessment, what degree of hazard is associated with your work activities?	How many employees do you have?	What first aid personnel do you need?
<b>Low Risk</b> e.g. shops, offices, libraries	Fewer than 25	At least one appointed person.
	25 – 50	At least one first aider trained in EFAW.
	More than 50	One additional first aider trained in FAW for every 100 employed (or thereof).
<b>High Risk</b> e.g. light engineering & assembly work, food processing, warehousing, extensive work with dangerous machinery or sharp instruments, construction, chemical manufacture, work involving special hazards such as confined spaces.	Fewer than 25	At least one appointed person.
	25 – 50	At least one first aider trained in EFAW or FAW depending on the type of injuries that might occur.
	More than 50	At least one first aider trained in FAW for every 50 employed (or thereof).

# How to choose a First Aid Kit

The quantities and sizes of first aid kits to be used in a workplace environment should be determined by the number of people on site and the category of hazard they are exposed to.

The following information categorises workplaces by level of risk, and then recommends an appropriate size of kit, depending on the number of employees and members of the public exposed to those risks.

## 1. Do a risk assessment.

LOW RISK: (e.g. shops, offices, libraries etc.)

HIGH RISK: (e.g. light engineering and assembly work, food processing, warehousing, etc.)

## 2. Decide on the size and quantity of kits required to meet your risk needs assessment.

### SMALL KIT USAGE GUIDELINES

LOW RISK: 1 kit for less than 25 employees

HIGH RISK: 1 kit for less than 5 employees

### MEDIUM KIT USAGE GUIDELINES

LOW RISK: 1 kit per 25-100 employees

HIGH RISK: 1 kit per 5-25 employees

### LARGE KIT USAGE GUIDELINES

LOW RISK: 1 kit per 100 employees

HIGH RISK: 1 kit per 25 employees

## TRAVEL AND MOTORING \*

1 Medium Kit

\* Staff working remotely from a company vehicle should be equipped with a travel and motoring first aid kit. This does not supersede BS8599-2 for vehicle first aid kits, employers should refer to BS8599-2 when equipping vehicles with first aid kits.

The following information below, provides recommendations for employers on quantities of supplementary first aid kits for the workplace as an extra resource to the Small, Medium, Large standard first aid kits and Travel and Motoring first aid kit.

## PERSONAL ISSUE FIRST AID KIT \*\*

e.g. security personnel, cleaners, maintenance, etc.

1 kit should be issued to individual first aiders and other employees where appropriate to their role.

## CRITICAL INJURY PACK \*\*\*

e.g. work with dangerous machinery or sharp instruments, cutting equipment, power tools, construction, agriculture, forestry, etc.

Appropriate numbers of this pack should be stored, in line with the risks assessed. Employers should take into consideration the maximum number of people on site at any one time.

\*\* Employers might consider equipping first aiders in their workplace with a personal issue first aid kit.

\*\*\* In addition, following a risk assessment, an employer might consider storing appropriate quantities of critical injury packs to be equipped to deal with injuries to employees or the public resulting from acts of terrorism or other mass casualty incidents.

## Expiry Dates on First Aid Stocks

Check your first aid kits regularly as some items can expire. If items have passed their expiry date, then they may be ineffective and unsafe and should be disposed of and replaced as soon as possible. We recommend that you check expiry dates on your first aid products, write down the dates and then put a reminder in your calendar.

# First Aid Room

A first aid room will usually be necessary where there are higher hazards such as in chemical industries or on large construction sites, and in larger premises at a distance from medical services. A designated person should be given responsibility for supervising it. The room(s) should be clearly signposted and identified by white lettering or symbols on a green background.

**First aid room(s) should:**

- be large enough to hold an examination/medical couch, with enough space at each side for people to work, a chair and any necessary additional equipment
- have washable surfaces and adequate heating, ventilation and lighting
- be kept clean, tidy, accessible and available for use at all times when employees are at work
- have a sink with hot/cold running water – preferred but not a necessity
- be positioned as near as possible to a point of access for transport to hospital
- display a notice on the door displaying the names, locations and, if appropriate, the contact details of first aiders and how to contact them.

If the first aid room(s) cannot be reserved exclusively for giving first aid, employers need to make sure that the first aid facilities can be made available quickly if necessary.

We've designed our own First Aid Room to offer some guidance on what it should contain.

## The Health and Safety (First Aid)

**Regulations 1981 states:**

Employers should provide a suitable first aid room or rooms where the assessment of first aid needs identifies this as necessary. The first aid room(s) should contain essential first aid facilities and equipment, be easily accessible to stretchers and be clearly signposted and identified. If possible, the room(s) should be reserved exclusively for giving first aid.



# British Standard Workplace First Aid Kits

see page 00 for guidelines and contents



The quantities and sizes of first aid kits to be used in a workplace environment should be determined by the number of people on site and the category of hazard they are exposed to. See page 10 to determine which first aid kit your workplace needs.



## 1. BS8599-1:2019 Workplace Kit in Integral Aura Box

Practical and stylish, suitable for public areas.  
Airtight, dust-proof and water-resistant.

Small	55G1301
Medium	55G1302
Large	55G1303



## 2. BS8599-1:2019 Workplace Kit in Essentials Box

Tough, dustproof, hygienic and practical.  
Traditional, economic choice.

Small	55G1201
Medium	55G1202
Large	55G1203



## 3. BS8599-1:2019 Workplace Kit in Soft Grab Bag

Soft, green grab bags.  
Suited for small storage spaces.

Small	55G6100
Medium	55G6101
Large	55G6102



## 4. BS8599-1:2019 Catering Kit in Integral Aura Box

Contents are predominately blue.

Small	55G1701
Medium	55G1702
Large	55G1703



## 5. BS8599-1:2019 Workplace Kit in Executive Box

Heavy-duty, robust exterior.  
Twist and lock fasteners, internal dividers.

Small	55G2101
Medium	55G2102
Large	55G2103



## 6. First Aid Kit Refills

Immediate refreshment of original kit.  
Fits into your existing box.

Small Workplace Refill	55G1401
Medium Workplace Refill	55G1402
Large Workplace Refill	55G1403
Small Catering Refill	55G2001
Medium Catering Refill	55G2002
Large Catering Refill	55G2003





7. Site Fast Response Kit  
in Rucksack
- BS8599-1:2019 medium kit with  
extra content.  
Detachable smaller 'grab-&-go'  
internal kit.

EXTRA CONTENT

- 2 Burn Dressings, 10cm x 10cm
- 1 Eye Wash, Bottle 500ml
- 1 Dressing, Trauma Medium
- 1 Dressing, Trauma Large
- 8 Foil Blankets, Adult
- 1 Resuscitation Face Shield

Medium	55G6600
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8. BS8599-1:2019 Eye Wash  
First Aid Kit
- BS8599-1:2019 small and  
medium kits with extra content.

EXTRA CONTENT

- 2 Eye Wash, Bottles 500ml

Small	55G2401
Medium	55G2402



9. First Aider Badge
- Enamelled first aider metal badge.  
Fastenings may vary.

Pin Badge	55G9810
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10. First Aider Accessories
- Identify yourself as a first aider.  
Hi-Vis yellow with black lettering.  
Adjustable velcro fastening.

Arm Band	55G9790
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11. Accident Book
- Mandatory requirement for  
workplaces.  
Data protection compliant.  
Guidance included for record  
keeping.40 pages.

Accident Book	55G4900
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# British Standard Supplementary First Aid Kits

If you have lone workers or those who work away from the workplace, such as security, cleaners, maintenance, a Personal Issue Kit enables basic first aid to be provided quickly and easily.

If you have employees who are at risk of a severe life-threatening bleed or in the event of a mass-casualty attack, a Critical Injury Pack is required as standard first aid kits are not appropriately equipped. Your employees also need to have appropriate training so they know how to use it.



See page 18 for full  
range of critical kits.

12. BS8599-1:2019  
Critical Injury Pack

Appropriate numbers of this  
pack should be stored, in  
line with the risks assessed.  
Employers should take into  
consideration the maximum  
number of people on site at any  
one time.

Scandi Bag	4F3012
Single Refill Pack	4F3013
Grap Bag, Pack of 10	4F3014



13. BS8599-1:2019  
Workplace Personal Issue
- 1 kit per employee.  
Rigid box with bracket.

Compact Aura Box	4F3001
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14. BS8599-1:2019  
Workplace Personal Issue
- 1 kit per employee.  
Soft bag with white cross.

Helsinki Bag	4F3002
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15. BS8599-1:2019  
Workplace Personal Issue
- 1 kit per employee.  
Handy vinyl pouch.

Vinyl Pouch	4F3003
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16. BS8599-1:2019  
Workplace Personal Issue
- 1 kit per employee.  
Bum bag with waist strap.

Riga Bum Bag	4F3004
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# British Standard Motoring First Aid Kits



Components have been specifically selected for ease of use, and for coping with (without any special training), both minor and major road traffic accident injuries. To account for various types of vehicle and passenger carrying capability, the BS8599-2 kit is available in three sizes.

“ Staff working remotely from a company vehicle should be equipped with a travel and motoring first aid kit. ”



## 1. BS8599-1:2019 & BS8599-2:2014 Compliant Travel & Motoring Kit

BS8599-1 compliant Travel Kit, for staff working remotely from the office.

BS8599-2 compliant for car, taxi, van, and truck. Maximum 8 passengers.

1 Bandage, Triangular	1 Foil Blanket, Adult
2 Burn Dressings, 10cm x 10cm	2 Gloves, Pair
1 Dressing Pad, Adhesive 7.5cm x 7.5cm	1 Guidance Leaflet
1 Dressing, HSE Medium 12cm x 12cm	10 Plasters, Washproof Assorted
1 Dressing, Trauma Medium	1 Resuscitation Face Shield
	1 Shears
	10 Wipes, Cleansing

Medium in Box	4F3005
Medium in Bag	4F3006
Medium Refill	55G8401

## 2. BS8599-2 Motokit in Aura Box

For moped, motorcycle, motor tricycle, and quadricycle. Maximum 3 passengers.

1 Burn Dressing, 10cm x 10cm	10 Plasters, Washproof Assorted
1 Dressing, Trauma Medium	1 Resuscitation Face Shield
1 Gloves, Pair	1 Shears
1 Guidance Leaflet	5 Wipes, Cleansing

Small in Box	55G8201
Small in Bag	55G8302
Small Refill	55G8402



## 3. BS8599-2 Large Motokit

For minibus, bus, and coach.

Maximum 16 passengers.

Over 16 passengers, additional kit/s required.

2 Bandages, Triangular	Medium
2 Dressing Pads, Adhesive 7.5cm x 7.5cm	3 Foil Blankets, Adult
4 Burn Dressings, 10cm x 10cm	5 Gloves, Pair
2 Dressings, HSE Medium 12cm x 12cm	1 Guidance Leaflet
1 Dressing, Trauma Large	20 Plasters, Washproof Assorted
2 Dressings, Trauma	2 Resuscitation Devices
	1 Shears
	20 Wipes, Cleansing

Large in Box	55G8200
Large in Bag	55G8300
Large Refill	55G8400



## 4. Van and Truck Motokit

Sits neatly in the van or cab.

Can be wall mounted.

2 Bandages, Conforming	2 Gloves, Pairs
2 Bandages, Triangular	1 Guidance Leaflet
5 Dressing Pads, Low Adherent	20 Plasters, Washproof Assorted
1 Dressing, HSE Large 18cm x 18cm	4 Safety Pins
5 Eye Wash, Pods 20ml	1 Scissors
2 Finger Stalls	1 Tape, Microporous
	6 Wipes, Cleansing

Van and Truck Kit	55G8600
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## 5. Accident, Emergency and Breakdown Kit

Safely manage a roadside emergency.

Robust clamshell designed bag.

1 BS8599-2 Small Kit in Bag	1 Dressing, Trauma Medium
2 Breathalysers	1 Gloves, Pair
1 Fire Extinguisher 600g	1 Guidance Leaflet
2 High Visibility Vests	10 Plasters, Washproof Assorted
1 Torch	1 Resuscitation Face Shield
1 Warning Triangle	1 Shears
BS8599-2 SMALL KIT	5 Wipes, Cleansing
1 Burn Dressing, 10cm x 10cm	

Accident, Emergency & Breakdown	55G0810
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# Spectra Workplace First Aid System

Compliance doesn't need to be complicated.

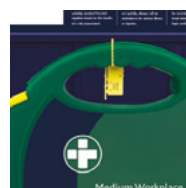
The unique benefits of the Spectra First Aid System™ ensures you have everything you need to meet your regulatory requirements in one simple modular solution.

Spectra™ is customisable to fit within any environment. It's easy to match the panels required with the level of risk in any workplace. Each panel will interlock with others to provide a comprehensive and complimentary first aid solution.

All workplaces are unique, the first aid requirements are too. Choosing from seven individual options will let you create the Workplace First Aid System your risk assessment demands.



Two joining pieces for the top and bottom (included with each system), connect two or more stations together.



First aid kits are supplied complete with a security seal, so Health & Safety Managers can easily monitor first aid usage.



Each panel includes guidance signage to assist in relevant first aid measures.



6. Workplace First Aid System

Compliant to Latest BSI Workplace Standards.

55G0801



7. Catering First Aid System

Compliant to Latest BSI Workplace Standards.

55G0802



8. Eye Wash First Aid System

Provides fast and effective treatment for minor eye injuries.

55G0803



9. Biohazard Clean-up System

Everything required for containment and disposal in individual boxed applications.

55G0804



10. Chemical Splash First Aid System

Neutralising effect, reduces flushing time and volume of liquid required.

55G6700



11. Burns First Aid System

For the treatment of minor burns; various sized dressings to relieve pain, cool, and comfort.

55G0805



12. AED System

Everything required for the effective treatment of adults or children in a CPR emergency. Includes Prep Kit prior to AED treatment.

Includes AED 55G0806

Without AED 55G8700

SPECTRA CONTENTS	Workplace	Catering	Eye Wash	Biohazard	Chemical	Burns	AED
Accident Book	1	1	1	1	1	1	1
Guidance Sign	1	1	1	1	1	1	1
Medium BS8599-1 Workplace Kit	1	-	-	-	-	-	-
Medium BS8599-1 Catering Kit	-	1	-	-	-	-	-
Pilfer Proof Plasters and Dispenser	1	-	-	-	-	-	-
Blue Pilfer Proof Plasters and Dispenser	-	1	-	-	-	-	-
Eye Wash First Aid Kit	-	-	1	-	-	-	-
Eye Wash Pod Kit	-	-	1	-	-	-	-
Biohazard Body Fluid Clean-up Kit	-	-	-	1	-	-	-
Biohazard Sharps Clean-up Kit	-	-	-	1	-	-	-
Eye Wash & Skin Flush Kit	-	-	-	-	1	-	-
Hydrofluoric Acid Treatment Kit	-	-	-	-	1	-	-
Burns First Aid Kit	-	-	-	-	-	1	-
Hydrogel Burn Plasters Kit	-	-	-	-	-	1	-
AED External Defibrillator	-	-	-	-	-	-	1
AED Prep Kit	-	-	-	-	-	-	1

# HSE First Aid Kits

Advice on the difference between Health and Safety Executive (HSE) First Aid Kits and British Standard Institute (BSI) First Aid Kits.

**The HSE compliant first aid kit is the minimum level workplace standard, required to comply with health and safety regulation.**

The British Standard compliant first aid kit was introduced to provide a more comprehensive first aid kit offering greater levels of protection, containing more items, and helping to respond to a wider range of risks in the workplace. See page 12.

The main differences in the British Standard compared to the HSE compliant kits are:

- An increased number of disposable gloves: these must be nitrile – eliminating risk of latex allergies
- A decreased number of triangular bandages, as they are no

longer used to immobilise injured limbs

- Smaller absorbent wound dressings, for finger injuries
- Water based sterile gel burn dressings, which do not require any pre-cooling with water and conforming bandage to secure
- Clothing cutters, to cut bandages and remove clothing from around a wound
- Resuscitation face shield, providing a protective barrier for administering mouth to mouth resuscitation
- Heat-reflecting foil survival blanket, to help keep a casualty warm in cases of clinical shock or exposure to cold temperatures
- Sterile saline wipes instead of alcohol-free wipes, meaning they can now be used on broken skin.

**Whether using a first aid kit complying with BS 8599 or an alternative kit, the contents should reflect the outcome of your first aid needs assessment.**

## 1. HSE Workplace Kit in Integral Aura Box

HSE basic workplace kit.  
Content based on 1997 ACOP



10 Person	55G6800
20 Person	55G6801
50 Person	55G6802

## 2. HSE Workplace Kit in Essentials Box

Standard economic durable carry case.  
Content based on 1997 ACOP



10 Person	55G7602
20 Person	55G7600
50 Person	55G7601

## 3. HSE Workplace Kit in Executive Box

Multiple adjustable compartments.  
Secure wall mounting cradle included.



10 Person	55G7900
20 Person	55G7901
50 Person	55G7902

## 4. HSE Workplace Kit Refill

Immediate refreshment of original kit.  
Keep your existing box.



10 Person Refill	55G7300
20 Person Refill	55G7301
50 Person Refill	55G7302

### 10 PERSON KIT CONTENTS

- 4 Bandages, Triangular
- 2 Dressings, Eye Pad
- 2 Dressings, HSE Large 18cm x 18cm
- 6 Dressings, HSE Medium 12cm x 12cm
- 1 Gloves, Pairs
- 1 Guidance Leaflet
- 20 Plasters, Assorted Washproof
- 6 Safety Pins
- 6 Wipes, Cleansing

### 20 PERSON KIT CONTENTS

- 6 Bandages, Triangular
- 4 Dressings, Eye Pad
- 3 Dressings, HSE Large 18cm x 18cm
- 9 Dressings, HSE Medium 12cm x 12cm
- 2 Gloves, Pairs
- 1 Guidance Leaflet
- 40 Plasters, Assorted Washproof
- 12 Safety Pins
- 10 Wipes, Cleansing

### 50 PERSON KIT CONTENTS

- 8 Bandages, Triangular
- 6 Dressings, Eye Pad
- 4 Dressings, HSE Large 18cm x 18cm
- 12 Dressings, HSE Medium 12cm x 12cm
- 3 Gloves, Pairs
- 1 Guidance Leaflet
- 60 Plasters, Assorted Washproof
- 16 Safety Pins
- 20 Wipes, Cleansing



## 5. HSE 1 Person Workplace Kit

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| 2 Bandages, Triangular            | 10 Plasters, Washproof Assorted |
| 1 Dressing, HSE Large 18cm x 18cm | 6 Safety Pins                   |
| 1 Gloves, Pairs                   | 2 Wipes, Cleansing              |
| 1 Guidance Leaflet                |                                 |

1 Person Kit in Bumbag	55G9940
1 Person Kit in Box	55G9960
1 Person Kit in Pouch	55G9950



## 6. General Purpose First Aid Pouch

- |                                    |                                 |
|------------------------------------|---------------------------------|
| 1 Bandages, Triangular             | 1 Gloves, Pairs                 |
| 3 Burn, Gel Sachet 3.5g            | 1 Guidance Leaflet              |
| 1 Dressing, Eye Pad                | 20 Plasters, Washproof Assorted |
| 1 Dressing, HSE Medium 12cm x 12cm | 12 Safety Pins                  |
| 1 Dressing, HSE Large 18cm x 18cm  | 1 Shears                        |
| 2 Dressings, Low Adherent          | 1 Tape, Microporous             |
|                                    | 10 Wipes, Cleansing             |

General Purpose	55G9710
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# Burns

Burns are a common workplace injury and can usually be effectively treated with simple first aid. Early cooling (within 20 minutes of the injury occurring) reduces burn depth and pain and prevents the burn from getting worse. The BS 8599-1 standard has introduced water based sterile gel burn dressings which do not require any pre-cooling with water and recommends a conforming bandage to secure it.

Burns dressings are an ideal supplementary item, especially in high risk environments where there is greater risk of burn injury.

## Hydrofluoric acid Burns



### 13. Hydrofluoric Acid Treatment kit

Calcium Gluconate Gel works by combining with Hydrofluoric Acid to neutralize the powerful fluoride ion. The immediate application of this antidote gel to the burn site reduces burn damage to bone and deep tissue.

2 Bandages, Conforming 7.5cm x 4m	2 Dressings, Low Adherent
2 C-GEL Calcium Gluconate, 40g	2 Gloves, Nitrile Pairs
	1 Shears

Hydrofluoric Acid Treatment Kit 55G6500



### 14. C-Gel Calcium Gluconate

Combines with hydrofluoric acid to neutralise the powerful fluoride ion, reducing burn damage to bone and deep tissue.

40g 55G8000



### 7. CoolTherm Professional Burn Dressings

Non-woven, gel based carrier dressing.  
Minimises trauma and skin damage.

Sachet 4g	55G9700
10cm x 10cm	55G1000
10cm x 40cm	55G2700
Face Mask	56G0900



### 8. CoolTherm Professional Kit for Burns

Professional emergency first aid kit for burns.  
Sturdy clamshell EVA bag

2 Bandages, Conforming 7.5cm x 4m	1 Burn Dressing, Face Mask
2 Burn Dressings, 5 x 15cm	3 Burn Gel Sachets 4g
1 Burn Dressing, 10 x 10cm	2 Gloves, Pair
1 Burn Dressing, 10 x 40cm	1 Guidance Leaflet
	6 Safety Pins
	1 Shears

CoolTherm Burns Kit 55G1100



### 11. CoolTherm Professional Kit for Burns

Contains CoolTherm Dressings and Gel.  
Includes integral bracket.

1 Bandage, Conforming 5cm x 4m	1 Dressing Pad, Low Adherent 7.5 x 7.5cm
1 Bandage, Conforming 7.5cm x 4m	1 Dressing, HSE Large 18cm x 18cm
2 Burn Dressings, 5cm x 15cm	1 Dressing, HSE Medium 12cm x 12cm
4 Burn Dressing, 10cm x 10cm	1 Eye Wash, Bottle 500ml
1 Burn Gel, Bottle 60ml	2 Gloves, Pair
8 Burn Gel, Sachets 4g	1 Guidance Leaflet
1 Dressing Pad, Low Adherent 5cm x 5cm	1 Shears
	1 Tape, Microporous 2.5cm x 5m

Premium 55G7500



### 12. BurnSoothe Burn Gel

Instant relief from burns in a sachet, minimising trauma and damage to skin.

3.5g	55G9900
10cm x 10cm	56G0700
20cm x 20cm	56G0600
20cm x 45cm	56G0500
50ml Bottle	56G0801
125ml Bottle	56G0800



### 9. Burns Kit in Integral Aura Box

Specifically stocked for treating burns.  
Includes integral bracket.

1 Bandage, Conforming 10cm x 4m	2 Burn Dressings, 10cm x 10cm
1 Bandage, Conforming 7.5cm x 4m	1 Burn Gel, 125ml Bottle
1 Burn Dressing, 20cm x 20cm	8 Burn Gel, 3.5g Sachets
1 Burn Dressing, 5cm x 15cm	1 Gloves, Pair
	1 Guidance Leaflet
	1 Shears

Small 55G7400



### 10. Burns Kit in Compact Aura

General purpose compact burns kit.  
Suitable for smaller work environments.

1 Bandage, Conforming 5cm x 4m	2 Eye Wash, Pods 20ml
1 Bandage, Conforming 7.5cm x 4m	1 Foil Blanket, Adult
2 Burn Dressings, 2.5cm x 5cm	1 Gloves, Pair
2 Burn Dressings, 10cm x 10cm	1 Guidance Leaflet
6 Burn Gel, Sachets 3.5g	3 Plasters, Burn Large
	2 Plasters, Burn Small
	1 Shears
	1 Tape, Microporous 1.25cm x 1m

Compact 55G7100

# Trauma First Aid and Catastrophic Bleeds

Supplementary first aid kits for the workplace as an extra resource British Standard Compliant Small, Medium, Large and Travel & Motoring First Aid Kits.

If you work with dangerous machinery or sharp instruments, cutting equipment, power tools, construction, agriculture, forestry, etc., appropriate numbers of this pack should be stored, in line with the risks assessed. Employers should take into consideration the maximum number of people on site at any one time.



## 1. BS8599-1:2019 Critical Injury Pack

Appropriate numbers of this pack should be stored, in line with the risks assessed. Employers should take into consideration the maximum number of people on site at any one time.

2 Dressing, Haemostatic	1 Guidance Leaflet
2 Dressings, Trauma, Large	1 Shears
1 Foil Blanket, Adult	1 Tourniquet
2 Gloves, Pairs	

Single 4F3012



## 3. TraumaFix Advanced Trauma Dressing with Pressure Pad

Highly absorbent dressing pad.  
Pressure bandage.  
Advanced safety absorbency protection.

Medium 10cm x 18cm	4F3018
Large 15cm x 18cm	4F3019



## 5. CELOX Gauze

For life threatening emergencies - severe high pressure bleeding, arterial & venous bleeding, bullet, blast, knife & shrapnel wounds, wound packing, applying through strong blood flows and application to all bleeding wounds.

- Approved by CoTCCC for DoD use
- Single use only
- Size: 7.6cm x 3m

Single 56G1901

## 2. Severe Bleeding Control Kit

Simple to use emergency medical packs. Designed to treat the types of severe bleeding injuries standard first aid items can't. Multiple packs can be used for mass casualty incidents.

ONE PACK CONTAINS	1 Gloves, Pair
1 Dressing, Haemostatic	1 Shears
1 Dressing, Trauma, Large	1 Tourniquet

Single Pack Refill	4F3013
10 Pack in Haversack	4F3014
20 Pack in Single Wall Station	4F3015
40 Pack in Double Wall Station	4F3016



## 4. CAT Tourniquet

One-handed operation. Lightweight and compact. Quick-release lock-and-lock design allows complete emergency hemostasis with one hand.

Single	4F3017
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## 6. QuikClot® 4x4 Hemostatic Dressing

A 4x4 inch, 4-ply, soft white non-woven hydrophilic gauze impregnated with kaolin (an inorganic mineral) that is both safe and effective in accelerating the body's natural clotting cascade without any exothermic reactions or use of animal or human proteins.

- X-ray detectable strip for easy identification.
- Packaged in foil peel pouch for aseptic removal

Pack of 10	56G1801
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## 7. Major Incident First Aid Kit

Maximum portability in the event of a major trauma emergency.

Ideal first aid responder first aid kit.

8 Airways, Guedal (8 sizes)	1 Guidance Leaflet
2 Airways, Nasopharyngeal (2 sizes)	1 Pen Torch
1 Bandage, Cohesive 5cm x 4m	40 Plasters, Washproof Assorted
2 Bandages, Conforming 10cm x 4m	1 Resuscitation Device, Pocket Mask
6 Bandages, Triangular	12 Safety Pins
1 Blood Pressure Monitor	1 Shears
2 Dressing, Trauma Large	10 Skin Closure Strips, 6mm x 75mm (3)
2 Dressing, Trauma Medium	1 Stethoscope
2 Dressings, Ambulance No.1	1 Tape, Microporous 2.5cm x 5m
2 Dressings, Ambulance No.2	2 Tourniquet, Quick Release
2 Dressings, Ambulance No.3	2 Waste Bags
2 Dressings, Ambulance No.4	40 Wipes, Cleansing
4 Dressings, Eye Pad	
2 EuroSplint, Finger 9.5cm x 4.5cm	BURNS PACK
1 EuroSplint, Roll 11cm x 90cm	1 CoolTherm Burn Gel, Bottle 60ml
1 Eye Wash, Bottle 500ml	1 CoolTherm Dressing, 10cm x 10cm
2 Foil Blankets, Adult	1 CoolTherm Dressing, 5cm x 15cm
1 Forceps, Splinter	1 CoolTherm Dressing, Face Mask
10 Gloves, Pairs	1 CoolTherm Dressing, Hand

Single

55G0780

A range of trauma kits that bring professional medical style treatments into workplace first aid practices.

Designed to deal with life-threatening injuries, typical to those potentially occurring in the colsed protection and security services. Complete with a quick response, grab and go rucksack.



## 9. Standard Trauma Kit

2 Bandages, Triangular	1 Guidance Leaflet
2 Dressings, Eye Pad	1 Resuscitation Device, Pocket Mask
2 Dressings, HSE Large 18cm x 18cm	1 Shears
2 Dressings, Trauma Large	2 Tourniquet, CAT
1 Eye Wash, Pod 20ml	1 Waste Bag
1 Foil Blanket, Adult	2 Wipes, Bioguard Disinfectant
2 Gauze, Celox 5ft Z-Fold	10 Wipes, Cleansing
4 Gloves, Pairs	

Single

4F3007



## 10. Industrial Trauma Kit

2 Bandages, Triangular	5 Eye Wash, Pod 20ml
1 Cling Film, Roll 30cm x 60m	1 Foil Blanket, Adult
1 Dressing, Cooltherm Burns 10cm x 40cm	2 Gauze, Celox 5ft Z-Fold
1 Dressing, Cooltherm Burns Face Mask	4 Gloves, Pairs
1 Dressing, Cooltherm Burns Glove	1 Guidance Leaflet
2 Dressings, Eye Pad	1 Resuscitation Device, Pocket Mask
2 Dressings, HSE Large 18cm x 18cm	1 Shears
2 Dressings, Trauma Large	2 Tourniquet, CAT
2 Eye Wash, Bottle 500ml	2 Waste Bags
	2 Wipes, Bioguard Disinfectant
	10 Wipes, Cleansing

Single

4F3008



## 8. Acid Attack

Exclusively to deal with chemical related attacks. Chemical resistant PPE to ensure safety of the first responder.

1 Chemical Safety Goggles	1 Face Mask, Valve
1 Cling Film, Roll 30cm x 60m	1 Gloves, Chemical Resistant, Pair
2 Dressings, HSE Large 18cm x 18cm	1 Guidance Leaflet
4 Eye Wash Redcap, Bottles 500ml	1 Shears
2 Eye Wash, Pods 20ml	1 Universal Indicator Paper, 20 strips
	2 Waste Bags

Single

4F3011



## 11. Agriculture Trauma Kit

2 Bandages, Triangular	5 Eye Wash, Pod 20ml
1 Cling Film, Roll 30cm x 60m	1 Foil Blanket, Adult
1 Dressing, Cooltherm Burns 10cm x 40cm	2 Gauze, Celox 5ft Z-Fold
1 Dressing, Cooltherm Burns Face Mask	4 Gloves, Pairs
1 Dressing, Cooltherm Burns Glove	1 Guidance Leaflet
2 Dressings, Eye Pad	1 Resuscitation Device, Pocket Mask
2 Dressings, HSE Large 18cm x 18cm	1 Shears
2 Dressings, Trauma Large	2 Tourniquet, CAT
2 Eye Wash, Bottle 500ml	2 Waste Bag
	2 Wipes, Bioguard Disinfectant
	10 Wipes, Cleansing

Single

4F3009



## 12. Security Trauma Kit

2 Bandages, Triangular	1 Guidance Leaflet
2 Chest Seals, Russell	1 Resuscitation Device, Pocket Mask
2 Dressings, Eye Pad	1 Shears
2 Dressings, HSE Large 18cm x 18cm	2 Tourniquet, CAT
2 Dressings, Trauma Large	2 Waste Bags
1 Eye Wash, Pod 20ml	2 Wipes, Bioguard Disinfectant
1 Foil Blanket, Adult	10 Wipes, Cleansing
2 Gauze, Celox 5ft Z-Fold	
4 Gloves, Pairs	

Single

4F3010

# Eye Wash and Eye Wash Stations

If mains tap water is not readily available for eye irrigation, at least one litre of sterile water or sterile normal saline (0.9% w/v) in sealed, disposable containers should be provided. Once the seal has been broken, containers should not be kept for reuse. Containers should not be used beyond their expiry date HSE ACOP 3(40).



1. Double Eye Wash Station in Medium Integral Aura Box

Deluxe version with eye pods and insert.  
Durable, stylish, polypropylene box.  
Wall mountable with integrated bracket.

2 Dressings, Eye Pad	2 Eye Wash, Pods 20ml
2 Eye Wash, Bottles 500ml	1 Mirror

55G9300



2. Eye Wash Station

Double eye wash station in traditional green box.  
Translucent door for easy stock check.  
Complete with bracket, easily wall mountable.

2 Dressings, Eye Pad	2 Eye Wash, Bottles 500ml
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55G9200



3. Eye Wash Station

Handy eye pod kit for minor eye injuries.  
Fits Spectra range of stations.

10 Eye Pods, 20ml	4 Tissues, Packs 10
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55G9100



4. Premier Emergency Eye Wash Station

Robust premier eye wash station.  
Wipe clean, hardwearing, ABS plastic.  
Luminous, printed instructions.  
Includes integral eye bath.

2 Dressings, Eye Pad	5 Eye Wash, Pods 20ml
2 Eye Wash, Bottles 500ml	1 Mirror

55G1801



5. Emergency Eye Wash Station

High visibility eye wash station. Illuminated, printed instructions. Holds two 500ml sterile saline solution bottles. Provides fast and effective treatment for minor eye injuries.

2 Dressings, Eye Pad	
2 Eye Wash, Bottles 500ml	1 Mirror

55G1601



6. Eye Pod Station

High visibility eye pod station.  
Illuminated, printed instructions.  
For use on minor eye irritations only.  
Holds eight 20ml sterile saline pods.

2 Dressings, Eye Pad	
8 Eye Wash, Pods 20ml	1 Mirror

55G9500





## 7. Saline Eye Wash

Sodium Chloride 0.9%w/v Ph.Eur.  
Mandatory under HSE regulations.  
Sterile, safe, and non-toxic.  
Twist-seal cap.

500ml	4F3100
250ml	4F3200
500ml with cap	55G3101



## 8. Saline Eye Wash

For minor eye irritations only.  
Sodium Chloride 0.9%w/v

Box of 25	55G2901
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## 9. Eye Pad Dressings

Low adherent sterile eye pad.  
Complete with bandage.

	55G5300
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# Eye Wash & Skin Flush for Acid and Alkali Splashes

Reduced flushing time.

Reduced volume of fluid.

Reduced patient discomfort.

Reduced risk to first aider.



## 10. Eye Wash and Skin Flush Kit

Neutralising effect, reduces flushing time and volume of fluid required.  
to dilute acid and alkali splashes.

2 Dressings, Eye Pad	2 Eye Wash, Pods 20ml
2 Redcap Eye Wash, Bottles 500ml	1 Mirror

	55G6300
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## 11. Chemical Splash Eye Wash Station

Luminous, printed instructions.  
Bottle includes integral eye bath.  
Eye wash for acid and alkali.

2 Dressings, Eye Pad	5 Eye Wash, Pods 20ml
2 Eye Wash Redcap, Bottles 500ml	1 Mirror

	55G2201
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After eye or skin contact with acid or alkalis, it is only seconds before the pH value is significantly altered, and the corrosive damage may lead to permanent injury. Acid and alkalis must be quickly neutralised to a pH value equal to the normal level in the eye or on the skin. The use of ordinary water or 0.9 % sodium chloride will only provide a limited degree of effective dilution with an increased flushing time.

Redcap™ Phosphate Buffer Solution has a neutralising effect which significantly reduces the flushing time and the volume of fluid required to dilute and neutralise acid and alkali splashes.

Easy-to-squeeze bottles, allow the eye or skin to be irrigated easily and efficiently, reducing the risk of severe injury caused by acid, alkali, or particulate contamination.



## 12. Redcap Eye Wash and Skin Flush

Purified water 95.1%.  
Phosphate buffer solution.  
Eye Wash and skin flush for acid and alkali.

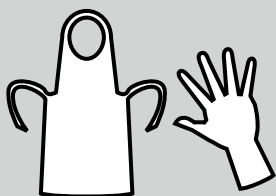
500ml with cap	55G3400
500ml	55G4000

# Biohazard Clean-up

Everything  
required in one  
simple pack.

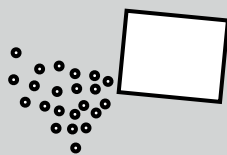
Kits contain individual applications as an efficient, simple stepped approach to biohazard control.

1.



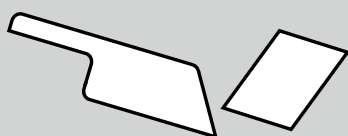
Put on the protective apron and gloves.

2.



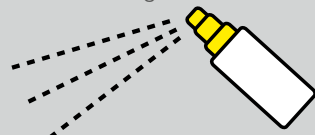
Sprinkle absorbent granules over spill.

3.



Allow spill to turn gelatinous, then scoop and scrape it into biohazard bag.

4.



Disinfect the area, and wipe down. Place everything into the biohazard bag and destroy.

Grab...  
use...  
destroy...



## 1. Biohazard Body Fluid Clean Up Kit

Individually boxed with full requirements.  
Complete protection for users.

1 APPLICATION CONTAINS	1 Spray, Disinfectant 8ml
1 Absorbent Granules 10g	1 Tissues, Pack 10
1 Apron, Polythene	1 Waste Bag
1 Gloves, Pair	1 Wipe, Cleansing
1 Scoop/Scraper	2 Wipes, Dry

1 Application	55G8900
5 Applications	55G8902
2 Applications	55G8901



## 3. Biohazard Combination Kit

Complete biohazard and sharps protection.  
Contains 3 clean-up and 2 sharps applications.

SINGLE BODY FLUID APPLICATION	SINGLE SHARPS APPLICATION
1 Absorbent Granules 10g	1 Forceps
1 Apron, Polythene	1 Gloves, Pair
1 Sanitiser Spray 8ml	1 Sanitiser Spray 8ml
1 Scoop/Scraper	1 Sharps Container 0.2ltr
1 Tissues, Pack 10	1 Waste Bag
1 Waste Bag	1 Wipe, Cleansing
3 Wipes, Cleansing	

5 Applications	55G9600
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## 2. Biohazard Sharps Clean Up Kit

Handy single-use incident pack.

1 Forceps	1 Sharps Container 0.2ltr
1 Gloves, Pair	1 Waste Bag
1 Sanitiser Spray 8ml	1 Wipe, Cleansing

1 Application	55G3500
5 Applications	55G8500



## 4. Absorbent Granules

Sufficient quantity for several spills.  
Storage container with full instructions.

240g	55G5500
500g	55G5400

# Bandages and Dressings

To reduce the risk of infection, only sterile medical dressings should be used if being applied directly to broken skin. All sterile medical devices will come with an expiry date clearly marked on the packaging. Depending on the nature of the product and the method of sterilisation used the shelf life of the product could be anything between 12 months and 5 years. It is important to check the dates on all sterile medical devices to ensure they are compliant and safe to use.



## 9. Finger Dressings

Small protective dressing designed for fingers.

3.5cm	55G4100
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## 10. Cotton Gauze Swabs

Cushion and clean areas around a wound.

7.5cm x 7.5cm	55G9910
10cm x 10cm	55G9920
7.5cm x 7.5cm Sterile	55G9930



## 11. Conforming Bandages

Soft, lightweight, conformable.  
Excellent for securing dressings.

5cm x 4m	55G4600
7.5cm x 4m	55G4700
10cm x 4m	55G9740
15cm x 4m	55G9750



## 12. Triangular Bandage

Multi-functional bandage.  
Ideal for slings and splinting.

Calico	55G9760
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## 13. Crepe Bandages - HQ

Woven, elasticated HQ grade.  
Light-duty support for sprains.

7.5cm x 4m	55G4400
5cm x 4m	55G4500
10cm x 4m	55G9720
15cm x 4m	55G9730



## 14. Crepe Bandages - BP

Strong weave and high elasticity.  
Superb stretch.  
Excellent for support, sprains etc.

10cm x 4.5m	55G9860
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## 15. Scissors

First Aid Box essentials.

Small 6"	55G1901
Large 7.6"	55G1902



## 16. Tubular Bandage

Supportive radial bandage.  
Ideal for soft tissue injuries,  
dislocations and sprains.

Hand Size C	55G9840
Leg Size D	55G9850



## 17. Adhesive Dressing Pads

Low-allergy, sterile, adhesive dressings. Highly absorbent pad.  
Breathable stretch fabric that conforms to the body.  
Sterile and individually wrapped.

5cm x 7.5cm	55G3201
7.5cm x 10cm	55G3301



## 18. Low-Adherent Dressing Pads

Sterile low-adherence absorbent pads. Double-sided; prevents misapplication. For minor abrasions and lacerations.

5cm x 5cm	55G3700
7.5cm x 7.5cm	55G9780
10cm x 10cm	55G3800



# Adhesive Dressings



## 1. Dependaplast Washproof Plasters

Soft, flexible washproof material.  
Allows skin to breathe.  
Low allergy adhesive.  
Latex-free.

100 4x4cm	55G2410
100 6x2cm	55G2420
100 7.5x2.5cm	55G2430
50 7.5x2.5cm	55G2440
100 Assorted	55G2450
20 Assorted	55G2451



## 2. Dependaplast Advanced Fabric Plasters

Stretchable fabric weave.  
Water-repellent.  
Super-sticky adhesive.  
Lightweight. Latex-free.

100 4x4cm	55G4130
100 6x2cm	55G4140
100 7.5x2.5cm	55G4150
50 7.5x5cm	55G4160
100 Assorted	55G4170
20 Assorted	55G4171



## 3. Dependaplast Traditional Fabric Plasters

Excellent strength.  
Cushioning protection.  
Super-sticky adhesive.  
Latex-free.

100 4x4cm	55G4190
100 6x2cm	55G4210
100 7.5x2.5cm	55G4220
50 7.5x5cm	55G4230
100 Assorted	55G4180



## 4. Dependaplast Blue Plasters

Metal detectable.  
Soft, flexible washproof material.  
Allows skin to breathe.  
Low allergy adhesive.  
Latex-free.

100 4x4cm	55G0950
100 6x2cm	55G0960
100 7.5x2.5cm	55G0970
100 Assorted	55G0980
20 Assorted	55G0981



## 5. Dependaplast Clear Plasters

Soft, flexible washproof material.  
Allows skin to breathe.  
Low allergy adhesive.  
Latex-free.

100 4x4cm	55G9880
100 7.5x2.5cm	55G9890
100 Assorted	55G9870



## 6. Easiplaster - The Fast Plaster Alternative

Fast, easy application.  
Sticks to itself, not to skin, hair, or wounds.  
Easy-tear, tear to size.  
Adhesive-free.  
Stretchy and washproof.

6cm x 5m	55G4800
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## 7. Pilfer Proof Dispenser

Ready-to-apply plasters in a  
Hygienic, secure dispenser.  
Self-locking transparent lid.  
Unique wallet 'Release®' key.  
Easy application.  
Wall mounting.

Em;ty	55G9400
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## 8. Pilfer Proof Plasters

Meets all food hygiene regulations.  
Soft, blue, flexible, washproof material.  
Designed to fit plaster dispensers.  
Special low-allergy adhesive.  
Suitable for sensitive skin.

IBlue	55G2480
Fabric	55G2460
Washproof	55G2470



# Consumables



## 9. Relief Instant Ice Pack

Free from ammonium nitrate.  
Compact and economic size.  
Suitable for first aid kits.  
Ideal sports product.

Mini 15x13cm	55G4110
28x13cm	55G4120



## 10. Relief Hot/Cold Pack

Simple to heat or chill.  
Clear instructions on the pack.

Reusable	55G2490
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## 11. Resuscitation Device with Valve

Plastic film containing a one-way valve, helps prevent infection.

Mask with valve	55G8100
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## 12. Resuscitation Pocket Mask with Valve

Attached valve ensures breath can be given with control and accuracy.

Pocket mask	55G8101
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## 13. Safety Pins

Assorted sizes.

Pack of 12	55G9770
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## 14. Skin Closure Strips

Traditional non-stitch paper suture.  
Low-allergy adhesive.  
Box of 50 envelopes.

3 x 75mm	55G4200
6 x 75mm	55G4300



## 15. Wound Cleansing Wipes

Sterile and alcohol-free.  
Designed for all mandatory kits.  
Extra strong soft fabric material.  
Safe for all skin types.

Box of 100	55G1501
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## 16. Finger Buddies

Complete finger length protection.  
No need for scissors or tape.  
Pre-rolled, ready to use.  
Blue option for food areas.

White	55G9820
Blue	55G9830



## 17. Microporous Tape

Low-allergy multi-use paper tape easily tearable by hand.

Clear	55G2601
Bue	55G3001



## 18. Foil Blanket

Helps treat or prevent hypothermia.  
Available for adult and child.

Adult	55G5000
Child	55G5200



## 19. Cellular Blanket

100% cotton cellular design.  
Light, with excellent heat retention.  
Use to cover patient, elevate limbs, or as emergency pillow.  
Natural fibres prevent irritation.

200cm x 150cm	55G5100
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## 20. Relief Hot/Cold Pack

Simple to heat or chill.  
Clear instructions on the pack.

Reusable	55G2490
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# Defibrillators



## 1. ZOLL® AED 3

Provides detailed CPR guidance with Real CPR Help® technology.  
Full colour vision screen.  
CPR cycle timer.  
Audio and text prompts.  
Real-time CPR feedback.  
WIFI connectivity.



Semi Automatic Defibrillator	55G0701
Automatic Defibrillator	55G0703
Battery Pack 5-Year	55G0706
CPR Uni Pad	55G0705
CPR Uni Training Pad	55G0710
Carry Case	55G0707

## 2. ZOLL® AED Plus®

With Real CPR Help® technology guides rescuers to perform CPR.  
Measures chest compression.  
Audio and visual prompts.



Semi-automatic Defibrillator	55G0702
Automatic Defibrillator	55G0704
Adult CPRD Pad	55G0712
Pedi Pad	55G0713
Batteries (Pack of 10)	55G0714

## 3. Lifeline VIEW AED

Has all the great features of the Lifeline AED and offers step-by-step visual feedback for performing CPR, rescue breathing and external defibrillation.  
Full colour vision screen.  
Clear and concise voice instructions.  
IP55 Ingress Protection rating.  
Portable and lightweight: 1.4 kg.



Semi-automatic Defibrillator	55G0011
Automatic Defibrillator)	55G0150
Battery Pack 4-Year	55G0012
Adult Pads (pack of 2)	55G0013
Paediatric Pads (pack of 2)	55G0042
Carry Case	55G0014

## 4. Lifeline AED

So simple to use that even non-medical personnel can effectively save lives in the event of a sudden cardiac arrest.  
Available both as an Automatic or Semi-automatic.  
Clear and concise voice instructions.  
Hardwearing – tested to military standards.  
Portable and lightweight: 1.9 kg.



Semi-automatic Defibrillator	55G0001
Automatic Defibrillator	55G0016
Battery Pack 5-Year	55G0002
Battery Pack 7-Year	55G0003
Adult Pads (pack of 2)	55G0005
Paediatric Pads (pack of 2)	55G0041

## 5. Powerheart G5

Provides powerful combination of features for treatment of Sudden Cardiac Arrest.  
Suitable for all users of all abilities.  
Gives real time feedback on compressions.  
IP55 Ingress Protection rating.  
Clear voice, graphical and text prompts.  
Available with CPR feedback.  
Can be configured with dual languages.



Automatic Defibrillator	55G0111
Automatic Defibrillator with CPR	55G0112
Semi-automatic Defibrillator	55G0113
Semi-automatic Defibrillator with CPR	55G0114
Adult Pad	55G0115
Adult Pad with CPR	55G0116
Child Pad	55G0117
Battery 4-Year	55G0118

## 6. Powerheart G3

Utilities Rescue Ready®, RescueCoach™ and STAR® biphasic technology to make your rescue as simple as possible.  
RescueCoach™ voice and text prompts.  
Built-in automatic synchronisation feature and pacemaker detection.  
Bright backlit text display.



Automatic Defibrillator	55G0135
Semi-automatic Defibrillator	55G0136
Adult Pad	55G0137
Child Pad	55G0138
Battery 4-Year	55G0139
Carry Case	55G0140

## 7. Resuscitation Device with Valve

Plastic film containing a one-way valve, helps prevent infection.



Mask with valve	55G8100
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## 8. Resuscitation Pocket Mask with Valve

Attached valve ensures breath can be given with control and accuracy.



Pocket mask	55G8101
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# Defibrillators

If employers have identified through their first aid needs assessment the need to provide an automated external defibrillator (AED), then the Provision and Use of Workplace Equipment Regulations 1998 (PUWER) apply. To comply to PUWER, employers should provide information and written instructions. Fuller training is likely to make the user more confident and is now an integral part of the syllabus for FAW and EFAW courses.



## 9. Outdoor Metal Wall Cabinet with Integrated Alarm

Wall mountable. Compatible with all AED's.  
Three security options. AED signage.  
Mechanical, lit keypad. Digital temperature display.  
Integrated alarm with remote control.  
Internal LED light.

Internal: 50cmH x 40cmW x 22cmD	55G7801
External: 37cmH x 38cmW x 17cmD	



## 10. Storage Cabinet

Toughened durable glass door. Compatible with all AED models. Safe and visible.  
Alarm sounds when opened. Wall mountable.

Internal: 43.4cmH x 43.4cmW x 21.7cmD	55G0740
External: 44.4cmH x 44.4cmW x 22.7cmD	



## 11. Alarmed AED Metal Cabinet with Glass Door

Toughened durable glass door. Compatible with most AED models. Alarm sounds when opened.  
Lockable. Quick release push-button. Fixed shelf for added storage. Wall mountable.

Internal: 31.5cmH x 26.5cmW x 13cmD	55G7800
External: 46cmH x 30cmW x 14.5cmD	



## 12. Mediana AED A15

Adult/Child setting with one switch.  
Suitable for workplace, schools and clubs.  
Automatic switch-on when lid opens.  
Exceptional value. Low lifetime cost.  
Easy to use and completely safe.  
Requires no experience or formal training.  
Pads attached, ready for use.  
Electrode pads are suitable for use on both adult and paediatric casualties.  
Free tutorial and guide with every purchase.

1 Mediana HeartOn AED A15	1 Set Adult/Paediatric Defibrillation Pads
1 Instruction Manual	1 Soft Carry Case
1 SD Card	

Mediana AED A15	55G0101
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## 14. Mediana A15 Bundle

Includes Defib, SD Card, and AED Prep Kit.

Mediana A15 Bundle	55G0105
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## 16. AED Bracket

Universal AED bracket. Sturdy metal bracket, ideal for hanging any AED on a wall.

Metal AED Bracket	55G7700
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## 13. Mediana A15 HeartOn AED Trainer

Replicates features and functions of the Mediana A15. Provides simulated shock delivery.  
Infrared remote control.  
Pre-configured with 10 training scenarios.  
PC software allows trainer to configure custom scenarios. Shockable or non-shockable rhythm can be simulated by using the remote control.

1 HeartOn T15 (including the battery)	1 Remote Control
1 AED Trainer Software CD (Option)	1 Storage Bag (Nylon)
1 DC Adapter	1 Training Pad for adult/paediatric (reusable up to 100 times)
1 Operating manual	

Mediana AED A15 Trainer	55G0770
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## 15. Mediana A15 Consumables

Pads, Adult/Paediatric	55G0102
SD Card	55G0103
Battery Pack	55G0104



## 17. AED Prep Kit

Includes the essential items normally vital for an AED emergency.

AED Prep Kit	55G0200
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# First Aid Room



A first aid room will usually be necessary where there are higher hazards such as in chemical industries, on large construction sites, and in larger premises at a distance from medical services. A designated person should be given responsibility for supervising it. The room(s) should be clearly signposted and identified by white lettering or symbols on a green background.

## CONTENTS

	Medical Room 1	Medical Room 2	Medical Room 3	Medical Room 4
	55G0910	55G0920	55G0930	55G0940
Rest Couch	1	1	-	-
Instrument Trolley	1	1	1	1
Stainless Steel Bin	1	1	1	1
Metal Wall Cabinet, Double	1	1	1	1
Medical Screen	-	1	-	1
Column Scales	-	1	-	1
Treatment Couch with Couch Roll Holder	-	-	1	1
Couch Step	-	-	1	1



### 1. Evacuation Chair

Complete with cover and wall bracket.  
Lightweight and compact for easy use and storage.  
Adjustable head pad and patient restraint.  
Impervious to bodily fluids.  
Aluminium alloy materials.  
Two rear wheels.  
Easy to clean and maintain.  
5 year warranty.  
Chair weight: 10kg.  
Maximum load: up to 159kg.

55G6900



### 2. Wheelchair

Super-light folding wheelchair.  
Powder-coated thicker steel frame.  
24" solid rear wheel.  
Polyurethane solid front wheel.

55G2300

# First Aid Room



## 3. Rest Couch

Fixed height.  
Two sections.  
Adjustable head/back rest from horizontal to 85°.  
Soft faux leather covered padding.  
Easy to clean and maintain.  
Couch weight: 19.5kg.  
Maximum load: up to 150kg.

55G0850



## 4. Treatment Couch

Fixed height.  
Two sections.  
Complete with couch roll holder.  
Adjustable head/back rest, from horizontal to 85°.  
Soft faux leather upholstery.  
Easy to clean and maintain.  
Couch weight: 20.5kg.  
Maximum load: up to 150kg.

55G2501



## 5. Portable Couch

Adjustable heights.  
Complete with carry case.  
Black and powder-coated metal frame.  
Easy to clean.  
Couch weight: 18.5kg.  
Maximum load: up to 159kg.

55G0840



## 6. Bi-Fold Stretcher

High-strength aluminium alloy frame.  
Waterproof, fireproof, anti-cracking material.  
Complete with fully zipped carry bag and straps.  
Hi-Vis orange.  
Easy to clean.  
Stretcher weight: 5.5kg.  
Maximum load: up to 159kg.

55G6400



## 7. Extrication Board

Hi-Vis orange PE material spinal board.  
Can also be used with head immobiliser.  
X-ray compatible, due to its translucent properties.  
High-density polyethylene plastic.  
Impervious to bodily fluids.  
Includes three straps.  
Easy to clean.  
Stretcher weight: 5.5kg.  
Maximum load: up to 159kg.

55G7000



## 8. Two-Piece Rescue Stretcher

For gentle patient manoeuvring without rolling or lifting.  
Open centre allows spinal x-ray without moving patient.  
Lightweight aluminium.  
Adjustable length.  
Easy to clean.  
Complete with three straps.  
Stretcher weight: 8.5kg.  
Maximum load: up to 159kg.

55G0790

# First Aid Room



1. Stool

Saddle-style black padded seat: Diameter 42cm.  
5-star plastic base with twin castor wheels:  
Diameter 46cm. 360° rotation. Gas lift system.  
Pneumatic height range: 46.5cm-61.5cm.  
Nett weight: 4kg.  
Working weight: 160kg.  
Size: 60cmH x 42cmW x 40cmD

55G6200



2. Head Immobiliser

Unique head/chin strap is designed to conform to patients forehead.  
Large ear holes for monitoring the patients ear canal.  
Minimal interference with X-ray, MRI or CT scan procedures.  
Waterproof vinyl-dipped foam makes it easy to clean.  
Compatible with all flat backboards.  
Bright red, for attention.  
Compatible with spine board and cervical collars.

55G0750



3. Spider Straps

Reduces risk of patient movement.  
Suitable for boards and stretchers.  
Ten straps for complete security.  
High-strength Velcro.  
Fixed and secure in seconds.

55G0760



4. Metal Cabinets

Ideal first aid room cabinet. Secure storage for supplies.  
Suitable for clinical environments. Durable stove-enamelled construction.  
Supplied with two keys, wall fixings and identity sticker.

Single	55G7200
Double	55G7201



5. Medical Screen

Stainless steel frame.  
Removable curtains.  
Simple maneuverability.  
Folds away for neater storage.  
Screen weight: 12.5kg.

55G3900



# First Aid Training

After completion of your workplace first aid needs assessment, this should indicate the type and level of training required. Typically, this will be either be first aid at work (FAW) training or emergency first at work (EFAW) training. However, it may also indicate that some other level of first aid training, outside the usual framework, is required.

To help you comply with regulations, we can offer both guidance on your workplace first aid needs assessment and provide a full programme of first aid courses suitable for all types of businesses regardless of size and number of employees.

- **Emergency First Aider at Work (EFAW)**

Delegates will learn how to administer first aid to casualties who are unconscious, choking, suffering from shock or wounded and bleeding as well as minor injuries such as grazes. This course is suitable for a one-day training plan, designed to provide sufficient preparation in case of a first aid emergency at work.

- **First Aid at Work (FAW)**

This three-day course has the same content as EFAW course but also gives delegates the ability to administer first aid in a range of specific injuries and illness such as: fractures, sprains and strains, poisoning and eye injuries. This course is ideal for anyone nominated as workplace first aider and for people who want a good grounding in first aid.

- **First Aid at Work Annual Refresher**

This course offers a chance to refresh knowledge learned on the FAW course. It reinforces knowledge learned on the FAW course. This course is open to delegates who hold either an EFAW or FAW certificates.

- **First Aid at Work Annual Requalification**

This two-day course is useful to refresh knowledge learned on the FAW course. This must be completed 28 days of the expiry of the FAW qualification, otherwise the full three-day course needs to be retaken.

- **First Aid at Height**

A one-day course conducted at our training centre or at your site. Provides delegates with knowledge and practical experience to provide emergency first aid in the workplace.

This course meets the requirements for Emergency First Aid at Work.

**For more information about the services available or to book onto a course**

**Tel 01785 850222, email [info@arcoservices.co.uk](mailto:info@arcoservices.co.uk) or visit [www.arcoservices.co.uk](http://www.arcoservices.co.uk)**



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