

Bridgwater & Albion RFC

The minimum RECOMMENDED TEAM FIRST AID KIT CONTENTS		
Item	Monthly Check present & in date	Replenishment required Qty
Antibacterial hand gel		
Single use triangular bandages		
Antiseptic wipes		
Sterile eye Pads		
Disposable gloves		
Sterile Water Pods		
Adhesive plasters (assorted sizes)		
Resuscitation aids (Face Shields and/or Pocket Mask)		
Adhesive & non-adhesive bandages (assorted sizes)		
Water bottle (for cleaning wounds)		
Adhesive Tape (assorted sizes)		
Tough cut scissors/shears		
Micropore Tape		
Tweezers		
Sterile wound dressings (individually wrapped, assorted sizes)		
Safety pins		
Non-Woven Swabs (assorted sizes)		
Emergency foil blanket or Blizzard		
Blanket		
Sterile wound closure strips (assorted sizes)		
Clinical Waste bag		
Blister Plasters (assorted sizes)		
Others PETROLEUM JELLY		
Others CLINGFILM		
Blank Injury/Incident forms (3 types).		
REPORTING/REQUESTING FIRST AIDER:	TEAM:	DATE:

By hand or e-mail your completed or photographed form to Martin Barber RSL at mb.barfc@gmail.com by the first Sunday of each month between September-May.