

# Sample Portable Off-Site First Aid Kit Contents

## Scissors

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- 1 pair universal scissors or 1 pair tweezers

## Bandages/Dressings/Tape

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- 12 adhesive bandages
- 1 roll adhesive tape
- 1 roll gauze bandage
- 2 triangular bandages
- 1 sterile surgical pad suitable for pressure dressing, individually wrapped

## Ice

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- Access to ice and 1 plastic self-sealing bag or 4 cold packs

## Other

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- 5 antiseptic towelettes
- 1 pocket first aid manual
- 1 5cm (2") tensor bandage
- 1 10cm (4") tensor bandage
- 3 or more pairs of non-latex (Nitrile) gloves
- Emergency phone numbers
- Concussion identification tool (consult the [Sample Tool to Identify a Suspected Concussion](#))

Source: Worker's Compensation Board Sheridan College Risk Management Program, Sports Injury Prevention and Care Program