FIRST AID ROOM

DO I NEED A FIRST AID ROOM?

FIRST AID ROOM FIT-OUT
### Do I need a First Aid Room?

A first aid room should be established at the workplace if a risk assessment indicates that it would be difficult to administer appropriate first aid unless a first aid room is provided.

A first aid room is recommended for:

- **Low Risk workplaces with 200 workers or more.**
- **High Risk workplaces with 100 workers or more.**

### Is my Workplace Low or High Risk?

**Low Risk workplace** means a workplace where workers are not exposed to hazards that could result in serious injury or illness such as offices, shops or libraries. Potential work-related injuries and illnesses requiring first aid would be minor in nature.

**High Risk workplace** means a workplace where workers are exposed to hazards that could result in serious injury or illness and would require first aid. Examples of workplaces that may be considered high risk are ones in which workers:

- use hazardous machinery (e.g. mobile plant, chainsaws, power presses and lathes)
- use hazardous substances (e.g. chemical manufacture, laboratories, horticulture, petrol stations and food manufacturing)
- are at risk of falls that could result in serious injury (e.g. construction and staving)
- carry out hazardous forms of work (e.g. working in confined spaces, welding, demolition, electrical work and abrasive blasting)
- are exposed to the risk of physical violence (e.g. working alone at night, cash handling or having customers who are frequently physically aggressive)
- Work in or around extreme heat or cold (e.g. foundries and prolonged outdoor work in extreme temperatures).

### PACKAGE 1  MANDATORY REQUIREMENTS

<table>
<thead>
<tr>
<th>DESCRIPTION</th>
<th>CODE</th>
<th>QTY</th>
<th>PG. No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Aid Kit, R4</td>
<td>R4</td>
<td>1</td>
<td>41-42</td>
</tr>
<tr>
<td>Liquid soap dispenser, 1L refillable, wall mount</td>
<td>WHD110</td>
<td>1</td>
<td>62</td>
</tr>
<tr>
<td>Anti bacterial soap, 5L bulkpack for filling and refilling 1L soap dispenser</td>
<td>WHS155</td>
<td>1</td>
<td>62</td>
</tr>
<tr>
<td>Slimline folded towel dispenser, durable ABS plastic, lockable with viewing window</td>
<td>WRD009</td>
<td>1</td>
<td>62</td>
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<tr>
<td>Folded paper towel to suit slimline dispenser, 230 x 230mm, 3200 towels per buy</td>
<td>WRT090</td>
<td>1</td>
<td>62</td>
</tr>
<tr>
<td>Examination Table</td>
<td>FAE300</td>
<td>1</td>
<td>62</td>
</tr>
<tr>
<td>Sheets, Disposable Sheet Cello, Single bed size, carton of 100</td>
<td>FAB636</td>
<td>1</td>
<td>62</td>
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<tr>
<td>Magnifying lamp, magnifying fluoro with G clamp</td>
<td>LML700</td>
<td>1</td>
<td>62</td>
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<tr>
<td>Cupboard for storage/desk</td>
<td>FAC100</td>
<td>1</td>
<td>62</td>
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<tr>
<td>Garbage bin, tidy bin white swing top 27 litre</td>
<td>WGB030</td>
<td>1</td>
<td>62</td>
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<tr>
<td>Garbage bag, clinical waste bag 51 x 66cm, 27 litre</td>
<td>FRA060</td>
<td>1</td>
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<tr>
<td>Sharps Container, 2L</td>
<td>FSC020</td>
<td>2</td>
<td>49</td>
</tr>
<tr>
<td>Sharps Bracket for Sharps Container</td>
<td>FSB002</td>
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<tr>
<td>Stainless Steel Bowl</td>
<td>FRI150</td>
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<tr>
<td>Stool</td>
<td>FAC300</td>
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<tr>
<td>Privacy Screen</td>
<td>FAP004</td>
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<tr>
<td>First Aid Contact List</td>
<td>FLI001</td>
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### PACKAGE 2  RECOMMENDED ESSENTIALS

<table>
<thead>
<tr>
<th>DESCRIPTION</th>
<th>CODE</th>
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<th>PG. No.</th>
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</thead>
<tbody>
<tr>
<td>Multi-Function Patient Chair</td>
<td>FAC200</td>
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<tr>
<td>Stainless Steel Instrument Trolley</td>
<td>FAT521</td>
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<tr>
<td>Patient Steps</td>
<td>FAS402</td>
<td>1</td>
<td>62</td>
</tr>
<tr>
<td>Pillow case, disposable cello carton of 200</td>
<td>FAB615</td>
<td>1</td>
<td>62</td>
</tr>
<tr>
<td>Blanket, cellular, 100% cotton, single bed, blue</td>
<td>FAB640</td>
<td>2</td>
<td>62</td>
</tr>
<tr>
<td>Trek BADGER II Pole Stretcher, 2 Fold, Aluminium Frame, 159Kg Load Limit</td>
<td>RSI052</td>
<td>1</td>
<td>62</td>
</tr>
<tr>
<td>Crutches</td>
<td>FAC280L</td>
<td>1</td>
<td>62</td>
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<tr>
<td>Trek EZYnek Pro</td>
<td>LML700</td>
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<td>55</td>
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<tr>
<td>Cervical Collar</td>
<td>RAC210</td>
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<tr>
<td>Trek Curva-Splint</td>
<td>WGB030</td>
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<td>55</td>
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<tr>
<td>Aluminium Splint</td>
<td>RAS011</td>
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<td>55</td>
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<td>CPR Poster</td>
<td>FLR402</td>
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<tr>
<td>First Aid in the Workplace Poster</td>
<td>FLR404</td>
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<tr>
<td>Eye Care Station II</td>
<td>FADE22</td>
<td>1</td>
<td>46</td>
</tr>
</tbody>
</table>
The First Aid Room

MULTI-FUNCTION PATIENT CHAIR
Chair, metal frame with armrests, lay flat capabilities for use as a bed.
Dimensions: Seat - 70cm (L) x 62cm (W) x 92cm (H)
Laying Flat - 195cm (L) x 62cm (W)
Code: FAC200

EXAMINATION TABLE
Examination table, stainless steel frame, leather upholstered couch, adjustable head section up to 70 degrees.
Dimensions: 180cm (L) x 60cm (W) x 73cm (H)
Code: FAE300

HAND CLEANERS & DISPENSERS
Liquid soap dispenser, 1L refillable, wall mount.
Code: WHD110
Anti bacterial soap, 5L bulkpack for filling and refilling 1L soap dispenser.
Code: WHS155

HAND TOWELS & DISPENSERS
Slimline folded towel dispenser, durable ABS plastic, lockable with viewing window.
Code: WRT090

PRIVACY SCREEN
Privacy screen, four-fold with wheels, stainless steel frame.
Dimensions: Open - 200cm (W) x 189cm (H)
Closed - 50cm (W) x 189cm (H)
Code: FAP004

MAGNIFYING LAMPS
Magnifying lamp, magnifying fluoro with G clamp.
Code: LML700

PILLOWS & PILLOW CASES
Pillow, allergy free. Dimensions: 650 x 400 x 150mm
Code: FAB610
Code: FAB615
Pillow case, polyester cotton white.
Code: FAB614

STEPS
1 Step, stainless steel frame.
Dimensions: 40cm (W) x 20cm (H)
Code: FAS401
2 Steps, stainless steel frame.
Dimensions: 40cm (W) x 36cm (H)
Code: FAS402

SHEETS
Sheets, disposable sheet cello, single bed size, carton of 100.
Code: FAB636
Sheets, polyester cotton white flat, single bed size.
Code: FAB620

TORCHES / EMERGENCY LIGHTING
Penlight torch plastic white with pupil size guide.
Code: LTP001
Torch, “AA” x 2, Krypton Bulb, Batteries Included.
Code: LTH03AA

BLANKETS
Blanket, cellular, 100% cotton, single bed, blue.
Code: FAB640
Blanket, wool rich 70%, single bed, grey check.
Code: FAB644

TROLLEYS
Trolley, stainless steel construction, 2 shelves with wheels and pull out drawer.
Dimensions: 55cm (L) x 50cm (W) x 105cm (H)
Code: FAT521

WASTE DISPOSAL
Garbage bin, tidy bin white swing top 27 litre.
Code: WGB030
Garbage bag, clinical waste bag 51 x 66cm, 27 litre.
Code: FRA060

FIRST AID KITS (R4)
See page 41.

CRUTCHES
Crutches, stainless steel frame, adjustable height with soft arm pads and hand grips.
Size: LARGE Code: FAC280L
Size: MEDIUM Code: FAC280M

STRETCHERS
Trek Badger II Pole Stretcher, 2 fold, aluminium frame, 159kg load limit.
Dimensions: 221cm (L) x 53cm (W) x 15cm (H)
Code: RSF102

FIRST AID ROOM CABINET COMBO
Heavy Duty laminated underbench and overhead cupboard, easy to wipe clean with adjustable shelves. Includes laminated bench top.
Code: FAC100
- **ADHESIVE STRIPS - BLUE DETECTABLE**
  - FRD040 Metal and Visual Detectable, Blue, Pk100
  - FRD042 Metal and Visual Detectable, Blue, Knuckle, Pk100
  - FRD041 Metal and Visual Detectable, Blue, Finger Tip, Pk100

- **ADHESIVE STRIPS - FABRIC**
  - FRD020 Adhesive Strips, Fabric, 72 x 19mm, Pk50
  - FRD026 Adhesive Dressing Strip, Fabric, 75mm x 1m

- **ADHESIVE STRIPS - PLASTIC**
  - FRD005 Adhesive Strips, Plastic, 72 x 19mm, Pk50
  - FRD010 Adhesive Strips, Plastic, 72 x 19mm, Pk100

- **ANTISEPTIC CREAMS & LIQUIDS**
  - FRD003 Burnaid Gel Sachet, 3.5g
  - FRD050 Burnaid Gel Tube, 50g
  - FRD101 Burnaid Dressing, 10 x 10cm
  - FRD102 Burnaid Dressing, 20 x 20cm
  - FRD105 Burnaid Dressing, 55 x 40cm
  - FRD110 Burnaid Face Mask Dressing, 40 x 30cm
  - FRH020 Burn Sheet, Standard, 75 x 220cm
  - FRH090 Cool It Spray, Aerosol Can, 250g

- **BURN RELIEF**
  - FRH003 Burnaid Gel Sachet, 3.5g
  - FRH050 Burnaid Gel Tube, 50g
  - FRH101 Burnaid Dressing, 10 x 10cm
  - FRH102 Burnaid Dressing, 20 x 20cm
  - FRH105 Burnaid Dressing, 55 x 40cm
  - FRH110 Burnaid Face Mask Dressing, 40 x 30cm
  - FRH207 Burn Sheet, Standard, 70 x 75cm
  - FRH220 Burn Sheet, Large 75 x 220cm
  - FRH207 Burn Sheet, Standard, 70 x 75cm
  - FRH220 Burn Sheet, Large 75 x 220cm

- **COTTON APPLICATORS**
  - FRC100 Cotton Tips, 7.5cm, Double Ended, Pk100
  - FRC290 Cotton Balls, 60 pack

- **CREPE BANDAGES - HEAVY WEIGHT**
  - FRB405 Crepe Bandage, Heavy, 5cm Brown
  - FRB407 Crepe Bandage, Heavy, 7.5cm, Brown
  - FRB410 Crepe Bandage, Heavy, 10cm, Brown
  - FRB415 Crepe Bandage, Heavy, 15cm, Brown

- **COMBINE DRESSINGS**
  - FRD236 Combine Dressing, 10 x 10cm, Sterile
  - FRD237 Combine Dressing, 10 x 20cm, Sterile
  - FRD238 Combine Dressing, 20 x 20cm, Sterile
  - FRD250 Multi Trauma Dressing, Large, 20 X 91cm, Sterile

- **CONFORMING BANDAGES**
  - FRB202 Conforming Bandage, 2.5cm, White
  - FRB205 Conforming Bandage, 5cm, White
  - FRB207 Conforming Bandage, 7.5cm, White
  - FRB210 Conforming Bandage, 10cm, White
  - FRB215 Conforming Bandage, 15cm, White
  - FRB900 Bandage Clip, Elastic

- **COTTON APPLICATORS**
  - FRC100 Cotton Tips, 7.5cm, Double Ended, Pk100
  - FRC290 Cotton Balls, 60 pack

- **DISPOSABLE GLOVES**
  - FRG004 Disposable Gloves, Large, Packet Of 4
  - FRG010 Disposable Gloves, Large, Packet Of 10
  - FRG100 Gloves, Latex Powdered, Pk100 Sizes: S, M, L, XL
  - FRG200 Gloves, Latex, Powder Free, Pk100 Sizes: S, M, L, XL
  - FRG320 Gloves, Nitrile, Powder Free, Pk100 Sizes: S, M, L, XL
  - FRG430 Gloves, Vinyl, Disposable, Clear, Pk100 Sizes: S, M, L, XL
  - FRG700 Wall Bracket for Boxes of Gloves (To Suit Pk100 Sizes)

- **EYEPADS**
  - FRD107 Eye Pads, Sterile, Pk1

- **EYEWASH & ACCESSORIES**
  - FRS032 Rapaid, Antiseptic/Itch Relief Cream, 50g Tube
  - FRS032 Rapaid, Antiseptic/Itch Relief Cream, 50g Tube
  - FRS102 Eye Wash Bottle, 236ml, Turn Twist Top
  - FRS103 Eye Wash Bottle, 472ml, Turn Twist Top
  - FRS104 Eye Wash Bottle, 944ml, Turn Twist Top

- **GAUZE SWAB**
  - FRD202 Conforming Bandage, 2.5cm, White
  - FRD205 Conforming Bandage, 5cm, White
  - FRD207 Conforming Bandage, 7.5cm, White
  - FRD210 Conforming Bandage, 10cm, White
  - FRD215 Conforming Bandage, 15cm, White
  - FRB900 Bandage Clip, Elastic

- **HOT & COLD PACKS**
  - FRH458 Cold Pack Instant, Standard, Boxed
  - FRH500 Cold Pack Instant, Medium, Boxed
  - FRH510 Hot/Cold Pack, Medium Nylon Reusable
  - FRH515 Hot/Cold Pack, Large Nylon Reusable

- **ISLAND DRESSINGS - WATERPROOF**
  - FRD163 Island Dressing, 6 x 7cm, Waterproof
  - FRD165 Island Dressing, 10 x 12cm, Waterproof

- **KIDNEY TRAYS & GALIPOTS**
  - FRI060 Kidney Tray, Plastic, 210cm
  - FRI066 Bowl, Galipot, 125ml Clear

- **LITERATURE**
  - FLL500 CPR Flowchart, Wallet Size
  - FLB001 Emergency First Aid Information Booklet, Basic, DL Size
  - FLB220 First Aid Handbook, In-depth Instructions with Graphics
### NON-ADHERANT DRESSINGS

- **FRD304**: Non-Adherent Dressing, 5cm x 7.5cm Sterile
- **FRD306**: Non-Adherent Dressing, 10cm x 7.5cm Sterile
- **FRD308**: Non-Adherent Dressing, 20cm x 10cm Sterile

### PAIN RELIEF TABLETS

- **FRM001**: Febridol Tablets, Paracetamol 500mg, Pk24

### PLASTIC BAGS - CLIP SEAL

- **FRA003**: SMALL Plastic Bag, Resealable, 100 x 125mm
- **FRA004**: MEDIUM Plastic Bag, Resealable, 150 x 230mm
- **FRA005**: LARGE Plastic Bag, Resealable, 230 x 305mm

### RESUSCITATION

- **RCF050**: CPR Mask, Pocket Size In Plastic Clam Shell Case With Oxygen Port
- **RCF036**: CPR Face Shield, Disposable With Non-Return Valve
- **RCF065**: CPR Face Shield, Disposable With Non-Return Valve, Key Ring Bag

### SAFETY PINS & SPLINTER PROBES

- **FR012**: Safety Pins Card Of 12 Assorted
- **FR036**: Splinter Probe, 4cm Disposable, Pk100

### SCISSORS & FORCEPS

- **FR100**: Scissors, Stainless Steel, 12.5cm, Sharp/Blunt
- **FR101**: Scissors, Steel 9cm
- **FR102**: Shears, Universal 8", Stainless Steel Blades And Blue Handle
- **FR140**: Forceps, Splinter, Stainless Steel, 12.5cm
- **FR141**: Forceps, Stainless Steel 8cm
- **FR142**: Forceps, Plastic Dressing Forceps, 11cm

### EMERGENCY SHOCK BLANKETS

- **FRA111**: Rescue/Thermal Blanket Silver Space

### REGISTER OF INJURIES

- **FLB002**: Register of Injuries Book, Carbonless Duplicate Copies
- **FRA901**: Accident Report Note Book

### TAPES

- **FRT002**: Paper Tape, 2.5cm x 9m, Hypo-Allergenic White
- **FRT020**: Tape Fabric Zinc Oxide, 2.5cm x 5m Brown
- **FRT308**: Sports Strapping Tape, Premium, 38mm x 13.7m
- **FRT315**: Sports Strapping Tape, Premium, 50mm x 13.7m

### THERMOMETERS

- **FRI160**: Thermometer, Mercury Glass
- **FRI164**: Thermometer, Digital

### TRIANGULAR BANDAGES

- **FRB620**: Triangular Bandage, N/W Disposable, 110cm
- **FRB630**: Triangular Bandage, Cotton, Large, 110cm

### WOUND DRESSINGS

- **FRD513**: Wound Dressing, #13 Sterile
- **FRD514**: Wound Dressing, #14 Sterile
- **FRD515**: Wound Dressing, #15 Sterile

### SIGNAGE

- **SE001A-POLY**: (A) 600 x 450 mm, Poly
- **SE001C-POLY**: (A) 300 x 225 mm, Poly
- **SE004A-POLY**: (B) 600 x 450 mm, Poly
- **SE005A-POLY**: (C) 600 x 450 mm, Poly
- **SE006A-POLY**: (D) 600 x 450 mm, Poly
- **SE010A-POLY**: (F) 600 x 450 mm, Poly
- **SE013A-POLY**: (G) 600 x 450 mm, Poly
- **SE016A-POLY**: (H) 50mm Ø, Self Adhesive (10 Pack)
- **SE056G-SA**: (I) 50mm Ø, Self Adhesive (10 Pack)
- **FL600W-SA**: (J) 80 x 110 mm, Self Adhesive
- **FL601X-SA**: (K) 115 x 170 mm, Self Adhesive