



## Scale F first aid kit list

### Items to be stored in first aid kit

GES 2015/01 provides an equivalent means of compliance with Annex H for vessels operating in operational areas C, C Restricted, D or E.

Items shown in *italics* are considered an equivalent substitution only when the medication required by the standard is unavailable and Owners/Operators have conducted a risk assessment in accordance with GES 2015/01 to ensure that those items are sufficient for the relevant area of operation.

	Description	Qty	Notes	Comments
	Bandage, conforming 5cm	2		Secure dressing and support injured parts
	Bandage, conforming 10cm	2		Secure dressing and support injured parts
	Bandage, heavy crepe 7.5cm	2		Support bandage
	Bandage, heavy crepe 10cm	1		Support bandage, wide
	Bandage, triangular	4		Sling
	Dressing, combine 10 x 10cm, sterile	3	†	Bleeding control
	Dressing, combine 10 x 20cm, sterile	5	†	Bleeding control, large
	Dressing, non-adherent (10 x 10cm or similar)	10	†	Wound cover
	Dressing, hydroactive (10 x 10cm or similar)	2	†	"Blisters, burns and minor exudate wounds"
	Wound dressing, combination, large	3		Major wounds
	Wound dressing, combination, small	2		Major wounds
	Adhesive roll non-woven fabric 5cm x 10m	1		Securing dressings
	Dressings, elastic fabric strips	50		Minor wound cover
	Gauze swabs, sterile (single use pkt of 3)	9	†	Cleansing / dressing wound
	Eye pad, sterile	4	†	Eye cover
	Wound closure strips, wide, 6 x 38mm	3	†	Securing wound sides
	Tape surgical waterproof 2.5cm x 5m	1		Secure dressing
	Tape surgical waterproof 5cm x 5m	1		Secure dressing
	Towels, disposable, pkt of 2	3		
	Plastic bag set (3 asst L, M and S)	2		Amputated parts
	Plastic bag	2		Disposal of soiled dressings
	Gloves, disposable, large	10		
	Safety pins, stainless, assorted pkt of 12	1		
	Blanket, emergency thermal	1		Hypothermia and shock
	Ice pack, instant	1		
	Resuscitation mask, disposable	1		
	Resuscitation mask, pocket	1		
	Splinter probes, sterile, disposable	10		
	Shears, Stainless, 19cm minimum	1		
	Splinter forceps, 12.5cm	1		
	Scalpel, disposable	2		
	Splint malleable, universal	2		
	Normal saline, sterile 30ml polyamp, or	10	†	Eye irrigation / wound cleaning
	<ul style="list-style-type: none"> <li><i>Sodium Chloride 0.9% (Normal Saline) ampoule 10mL, or</i></li> </ul>	20	†	
	<ul style="list-style-type: none"> <li><i>Sterile injection and irrigation 50mL, or</i></li> </ul>	3	†	

	Description	Qty	Notes	Comments
	<ul style="list-style-type: none"> <li>Sodium Chloride compound eye rinse 120mL</li> </ul>	2	†	
	Povidone iodine swabs (single use), or	20	†	Antiseptic
	<ul style="list-style-type: none"> <li>Povidone-Iodine 10% antiseptic liquid 100mL</li> </ul>	1	†	
	Anaesthetic + antiseptic cream 30g, or	1	†	
	<ul style="list-style-type: none"> <li>Cetrimide/Lignocaine compound cream 100g, or</li> </ul>	1	†	
	<ul style="list-style-type: none"> <li>Benzalkonium Chloride/Lignocaine sunburn relief spray 125mL.</li> </ul>	1	†	
	Hydrocortisone 1% cream 30g, or	1	†	Rashes & bites
	<ul style="list-style-type: none"> <li>Hydrocortisone 0.5% Cream 30g, or</li> </ul>	1	†	
	<ul style="list-style-type: none"> <li>Betamethasone Valerate 0.02% Cream 100g</li> </ul>	1	*†	
	Paracetamol 500mg tabs or caps	2 x 20	†	Mild pain relief
	Paracetamol 500mg/Codeine Phosphate 15mg tablets, or	40	*†	Moderate pain relief <i>Do NOT exceed EIGHT tablets in ONE day</i>
	<ul style="list-style-type: none"> <li>Paracetamol 500mg / Codeine 8mg, or</li> </ul>	24	*†	Moderate pain relief
	<ul style="list-style-type: none"> <li>Paracetamol or ibuprofen, or the two products in combination</li> </ul>	20	†	
	Ibuprofen 200mg tablets, or	24	†	Anti-inflammatory
	<ul style="list-style-type: none"> <li>Ibuprofen 400mg tablets, or</li> </ul>	30	†	
	<ul style="list-style-type: none"> <li>Naproxen 250mg tablets.</li> </ul>	50	*†	
	Hyoscine hydrobromide 0.3mg tablets, or	10	†	Seasickness
	<ul style="list-style-type: none"> <li>Hyoscine Hydrobromide 0.2mg, Dimenhydrinate 50mg, or</li> </ul>	10	†	Potentially more sedating. <i>Alcohol must be avoided.</i>
	<ul style="list-style-type: none"> <li>Caffeine 20mg tablets.</li> </ul>	10		
	Loperimide 2mg tablets, or	16	†	Diarrhoea
	<ul style="list-style-type: none"> <li>Loperamide 2mg capsules, or</li> </ul>	24	†	
	<ul style="list-style-type: none"> <li>Diphenoxylate HCl 2.5mg/Atropine Sulfate 25mcg tablets.</li> </ul>	20	*†	
	Loratadine HCl 10mg or Fexofenadine HCl 120mg tablets, or	10	†	Antihistamine (non-sedating)
	<ul style="list-style-type: none"> <li>Cetirizine 10mg Tablets.</li> </ul>	10	†	
	Antacid tablets, or	50	†	
	<ul style="list-style-type: none"> <li>Antacid liquid 500mL.</li> </ul>	1	†	
	List of contents, brief instructions for use, expiry dates, and last check dates	1		Stowed within or adjacent to the kit
	CPR Instruction chart or card	1		
	Australian First Aid Book	1		

**Notes:**

† Expiry dated

\* Requires prescription