



# GUIDANCE NOTICE

## Scale F First Aid Kit

This Guidance Notice provides details of the medical supplies and equipment required under the National Standard for Commercial Vessels (NSCV) for the following vessel classes: 1C (with unberthed passengers), 1D (with berthed passengers), 1E (with berthed passengers), 2C and 3C. A medical cabinet stocked with appropriate supplies may also be required.

This Guidance Notice is accurate as at 10 September 2014. Please check the current version of the NSCV and maritime legislation, or contact the National Regulator, to confirm current requirements.

### Introduction

This Fact Sheet specifies the minimum medical supplies and equipment necessary to treat minor medical conditions or injuries, or to temporarily stabilise a patient until transfer to medical assistance can be arranged.

The supplies and quantities specified may need to be expanded in accordance with the particular risks inherent to the voyage, the length of the voyage, access to medical facilities, the cargoes carried, and the number of persons on board. Owners and operators should therefore obtain medical advice in specifying medical supplies for their vessels.

If you are unsure of the nature or seriousness of an illness or injury, radio medical advice should be sought and, if necessary, medical evacuation by helicopter should be initiated. If a child requires treatment, radio medical advice should be sought as the medical inventories are designed for adults.

### Please note the following:

- Persons administering first aid should possess as a minimum a current first aid qualification in accordance with the NSCV Part D.
- Medical supplies must not exceed the expiry date specified by the manufacturer or supplier of the product.
- Products such as analgesics and creams will be considered adequate if an opened package contains at least 50 per cent of the original quantity, and the remaining product is uncontaminated and unaffected by any expiry date as a result of any seal being broken.

- Medication should be provided in original, sealed blister or foil packs where possible.
- All products must carry instructions and directions for use in English and clearly state the adult dose where applicable to enable safe and effective use of the medication for the intended purpose(s).

### First Aid Kits

- All vessels must carry at least one portable first aid kit as specified in the table below.
- This kit must be located adjacent to the Master's accommodation, or in the wheelhouse. In small partly open vessels, the kit must be stowed so as to protect it from incoming spray and weather.
- The kit must be stored in a weather-tight, portable case of a non-corrosive material of suitable strength and size to accommodate the first aid stores. It should be fastened securely with quick-release closures.
- The kit must be labelled FIRST AID on the lid and at least 2 sides for quick identification. The storage location of the kit must be clearly identified with an appropriate sign or sticker.
- The kit must be cleaned and checked every three (3) months.

## Items to be stored in first aid kit

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		

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Notes: † Expiry dated

*Items shown in italics are considered an equivalent substitution when the medication required by the standard is unavailable.*

Description	Qty	Notes	Comments
Normal saline, sterile 30ml polyamp	10	†	Eye irrigation / wound cleaning
<i>Sodium Chloride 0.9% (Normal Saline) ampoule 10mL</i>	20	†	
<i>Sterile injection and irrigation 50mL</i>	3	†	
<i>Sodium Chloride compound eye rinse 120mL</i>	2	†	
Povidone iodine swabs (single use)	20	†	Antiseptic
<i>Povidone-Iodine 10% antiseptic liquid 100mL</i>	1	†	
Anaesthetic + antiseptic cream 30g	1	†	
<i>Cetrimide/Lignocaine compound cream 100g</i>	1	†	
<i>Benzalkonium Chloride/Lignocaine sunburn relief spray 125mL</i>	1	†	
Hydrocortisone 1% cream 30g	1	†	Rashes & bites
<i>Hydrocortisone 0.5% Cream 30g</i>	1	†	
<i>Betamethasone Valerate 0.02% Cream 100g</i>	1	*†	
Paracetamol 500mg tabs or caps	2 x 20	†	Mild pain relief
Paracetamol 500mg / Codeine 8mg	24	†	Moderate pain relief
<i>Paracetamol 500mg/Codeine Phosphate 15mg tablets</i>	40	†	<i>Do NOT exceed EIGHT tablets in ONE day</i>
Ibuprofen 200mg tablets	24	†	Anti-inflammatory
<i>Ibuprofen 400mg tablets</i>	30	†	
<i>Naproxen 250mg tablets</i>	50	*†	
Hyoscine hydrobromide 0.3mg tablets	10	†	Seasickness
<i>Hyoscine Hydrobromide 0.2mg, Dimenhydrinate 50mg</i>	10	†	<i>Potentially more sedating. Alcohol must be avoided.</i>
<i>Caffeine 20mg tablets</i>	10		
Loperimide 2mg tablets	16	†	Diarrhoea
<i>Loperamide 2mg capsules</i>	24	†	
<i>Diphenoxylate HCl 2.5mg/Atropine Sulfate 25mcg tablets</i>	20	*†	
Loratadine HCl 10mg or Fexofenadine HCl 120mg tablets	10	†	Antihistamine (non-sedating)
<i>Cetirizine 10mg Tablets</i>	10	†	
Antacid tablets	50	†	
<i>Antacid liquid 500mL</i>	1	†	
List of contents, brief instructions for use, expiry dates, and last check dates	1		Stowed within or adjacent to the kit

Notes: † Expiry dated

\* Requires prescription

*Items shown in italics are considered an equivalent substitution when the medication required by the standard is unavailable.*