First Aid Kit Contents

It’s a good idea to have a first aid kit handy in your home, cottage, car, boat, workplaces, and recreation area. Store it in a dry place and replace used or outdated contents regularly. According to Canadian Red Cross, a first aid kit should contain the following:

- Emergency telephone numbers for EMS/9-1-1, your local poison control centre, and your personal doctors
- Home and office phone numbers for family members, friends, or neighbours who can help
- Sterile gauze pads (dressings) in small and large squares to place over wounds
- Adhesive tape
- Sterile gauze pads (dressings) in small and large squares to place over wounds
- Adhesive tape
- Roller and triangular bandages to hold dressings in place or to make an arm sling
- Adhesive bandages in assorted sizes
- Scissors
- Tweezers
- Safety pins
- Instant ice packs
- Disposable non-latex gloves, such as surgical or examination gloves
- Flashlight with extra batteries in a separate bag
- Antiseptic wipes or soap
- Pencil and pad
- Emergency blanket
- Eye patches
- Thermometer
- Barrier devices, such as a pocket mask or face shield
- Coins for pay phone
- Canadian Red Cross first aid manual

*source: http://www.redcross.ca
March 2017 First Aid Summary Report

Chemical Storage

Staff and students might know how to safely handle chemicals, but what about their safe storage? If chemicals are not stored properly they can cause a fire, explosion, or injury.

Learning and implementing safe storage procedures will help keep the BCIT community free of chemical-related accidents. Here are some important factors in chemical storage safety.

- Use the MSDS as a guide for making storage decisions.
- Keep chemicals in their original containers.
- Make sure containers have appropriate labels. The label is a quick way of determining whether the material is a fire, health or reactivity hazard.
- Store chemicals in well-ventilated areas away from direct sunlight or heat sources.
- Keep away from sparks, flames, static electricity, or other sources of ignition.
- Shelving should be fitted with a raised lip or tilted slightly backward so the containers won’t slip off the edge.
- Store chemical above eye level. If the chemical is knocked over you could risk being showered with the chemical substance resulting in injury.
- Make sure first aid kits, shower and eye wash stations and materials for cleaning spilled chemicals are readily accessible and functional.
- Don’t store chemical containers on top of each other or on the floor where they could accidentally be knocked over.
- Make sure empty or damaged chemicals containers are disposed of properly.

WHY HEALTH & SAFETY NEWSLETTER?

Health and Safety is a priority at BCIT. OHS newsletters contain monthly first aid statistics, compliance concerns, and updates of new legislation and interest articles.

Please visit the Safety and Security Office at the North End of SW01 for printed copies of the newsletters.

To submit ideas or suggestions for future installations, please contact OHS Office.