



What's in your kit?

Ensuring your first aid kit complies with CSA Z1220-17,
First aid kits for the workplace.

Did you know that not all first aid kits are equal?

The contents and quantities differ from business to business. Deciding what your first aid kit must have in it will be based on the workplace hazards, the risk of employee exposure to those hazards, the time it will take to access emergency health system resources, as well as the number of employees working each shift.

CSA Z1220, *First aid kits for the workplace* presents three different types of first aid kits. You may use this guide as a reference point to ensure your first aid kit complies with the Standard and local workplace regulations*.

TYPE 1: Personal First Aid Kit

For those working in isolation or who do not have access to a workplace first aid kit. See Clause 5.3 of CSA Z1220 for specific requirements.

TYPE 2: Basic First Aid Kit

For use in most workplaces with a low-risk work environment. See Clause 5.4 of CSA Z1220 for specific requirements.

TYPE 3: Intermediate First Aid Kit

For use in workplaces with higher risk level work environments. See Clause 5.5 of CSA Z1220 for specific requirements.

Examples of Workplace First Aid Kit Containers

Workplace first aid kit containers may vary depending on the employer's first aid risk assessment. See Clause 7 of CSA Z1220 for specific requirements.

* Workplace first aid legislation differs from jurisdiction to jurisdiction in Canada. It is the user's responsibility to determine how applicable legislative requirements relate to this Standard.

TYPE 1:**Personal First Aid Kit**

1	Adhesive bandages	4
2	Gauze pad	4
3	Conforming stretch bandage	5
4	Compress/pressure dressing with ties	5
5	Triangular bandage, cotton, with 2 safety pins	6
6	Adhesive tape	6
7	Antiseptic wound cleansing towelette	7
8	Antibiotic ointment	7
9	Hand/skin cleansing towelette	8
10	Examination gloves	8
11	Biohazard waste disposal bag	9
12	Splinter forceps/tweezers	9
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Note: All workplace first aid kit contents shall be made of latex-free materials.

1 Adhesive bandages

Sterile, assorted sizes (standard strip, large fingertip, knuckle, large patch)



Minimum quantities required

16

2 Gauze pad

Sterile, individually wrapped, 7.6 × 7.6 cm (3 × 3 in)



Minimum quantities required

6

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3 Conforming stretch bandage

Relaxed length, individually wrapped, 5.1 cm × 1.8 m (2 in × 2 yd)



Minimum quantities required

1 roll

4 Compress/pressure dressing with ties

Sterile, 10.2 × 10.2 cm (4 × 4 in)



Minimum quantities required

2

5 Triangular bandage, cotton, with 2 safety pins

101.6 × 101.6 × 142.2 cm (40 × 40 × 56 in)



Minimum quantities required

1

6 Adhesive tape

2.5 cm × 2.3 m (1 in × 2.5 yd)



Minimum quantities required

1 roll

7 Antiseptic wound cleansing towelette

Individually wrapped



Minimum quantities required

6

8 Antibiotic ointment

Topical, single use



Minimum quantities required

2

9 Hand/skin cleansing towelette

Individually wrapped (or equivalent)



Minimum quantities required

4

10 Examination gloves

Disposable, medical grade, one-size, non-latex, powder free



Minimum quantities required

2 pairs

11 Biohazard waste disposal bag

Single use



Minimum quantities required

1

12 Splinter forceps/tweezers

Fine point, stainless steel, minimum 11.4 cm (4.5 in)



Minimum quantities required

1

13 Contents list



Minimum quantities required

1

TYPE 2:
Basic First Aid Kit

1	Adhesive bandages	12
2	Gauze pad	12
3	Abdominal pad	13
4	Conforming stretch bandage, 5.1 cm x 1.8 m (2 in x 2 yd)	13
5	Conforming stretch bandage, 7.6 cm x 1.8 m (3 in x 2 yd)	14
6	Compress/pressure dressing with ties	14
7	Triangular bandage, cotton, with 2 safety pins	15
8	Adhesive tape	15
9	Antiseptic wound cleansing towelette	16
10	Antibiotic ointment	16
11	Hand/skin cleansing towelette	17
12	CPR resuscitation barrier device	17
13	Examination gloves	18
14	Biohazard waste disposal bag	18
15	Bandage scissors	19
16	Splinter forceps/tweezers	19
17	Emergency blanket	20
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Note: All workplace first aid kit contents shall be made of latex-free materials.

1 Adhesive bandages

Sterile, assorted sizes (standard strip, large fingertip, knuckle, large patch)



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
25	50	100

2 Gauze pad

Sterile, individually wrapped, 7.6 × 7.6 cm (3 × 3 in)



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
12	24	48

3 Abdominal pad

Sterile, individually wrapped, 12.7 × 22.9 cm (5 × 9 in)



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
1	2	2

4 Conforming stretch bandage

Relaxed length, individually wrapped, 5.1 cm × 1.8 m (2 in × 2 yd)



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
1 roll	2 rolls	4 rolls

5 Conforming stretch bandage

Relaxed length, individually wrapped, 7.6 cm x 1.8 m (3 in x 2 yd)



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
1 roll	2 rolls	4 rolls

6 Compress/pressure dressing with ties

Sterile, 10.2 x 10.2 cm (4 x 4 in)



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
2	4	8

7 Triangular bandage, cotton, with 2 safety pins

101.6 × 101.6 × 142.2 cm (40 × 40 × 56 in)



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
2	4	8

8 Adhesive tape

2.5 cm (1 in)



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
2.3 m (2.5 yd) total length	4.6 m (5 yd) total length	9.1 m (10 yd) total length

9 Antiseptic wound cleansing towelette

Individually wrapped



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
25	50	100

10 Antibiotic ointment

Topical, single use



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
6	12	24

11 Hand/skin cleansing towelette

Individually wrapped (or equivalent)



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
6	12	24

12 CPR resuscitation barrier device

With one-way valve



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
1	1	1

13 Examination gloves

Disposable, medical grade, one-size, non-latex, powder free



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
4 pairs	8 pairs	16 pairs

14 Biohazard waste disposal bag

Single use



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
1	2	2

15 Bandage scissors

Stainless steel (with angled, blunt tip) minimum 14 cm (5.5 in)



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
1	1	1

16 Splinter forceps/tweezers

Fine point, stainless steel, minimum 11.4 cm (4.5 in)



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
1	1	1

17 Emergency blanket

Aluminized, non-stretch polyester, minimum 132 × 213 cm (52 × 84 in)



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
1	1	1

18 Contents list



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
1	1	1

TYPE 3:
Intermediate First Aid Kit

1	Adhesive bandages	22
2	Gauze pad, 7.6 × 7.6 cm (3 × 3 in)	22
3	Gauze pad, 10.2 × 10.2 cm (4 × 4 in)	23
4	Non-adherent dressing	23
5	Abdominal pad	24
6	Conforming stretch bandage, 5.1 cm × 1.8 m (2 in × 2 yd)	24
7	Conforming stretch bandage, 7.6 cm × 1.8 m (3 in × 2 yd).....	25
8	Compress/pressure dressing with ties, sterile, 10.2 × 10.2 cm (4 × 4 in)	25
9	Compress/pressure dressing with ties, sterile, 15.2 × 15.2 cm (6 × 6 in)	26
10	Triangular bandage, cotton, with 2 safety pins	26
11	Tourniquet, arterial	27
12	Adhesive tape	27
13	Elastic support/compression bandage	28
14	Eye dressing pad, sterile, and eye shield with elastic strap	28
15	Cold pack	29
16	Antiseptic wound cleansing towelette	29
17	Antibiotic ointment	30
18	Hand/skin cleansing towelette	30
19	Glucose tablets	31
20	CPR resuscitation barrier device	31
21	Examination gloves	32
22	Biohazard waste disposal bag	32
23	Bandage scissors	33
24	Splinter forceps/tweezers	33
25	Splint	34
26	Emergency blanket	34
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Note: All workplace first aid kit contents shall be made of latex-free materials.

1 Adhesive bandages

Sterile, assorted sizes (standard strip, large fingertip, knuckle, large patch)



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
25	50	100

2 Gauze pad

Sterile, individually wrapped, 7.6 × 7.6 cm (3 × 3 in)



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
12	24	48

3 Gauze pad

Sterile, individually wrapped, 10.2 × 10.2 cm (4 × 4 in)



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
6	12	24

4 Non-adherent dressing

Sterile, individually wrapped, 5.1 × 7.6 cm (2 × 3 in)



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
4	8	16

5 Abdominal pad

Sterile, individually wrapped, 12.7 × 22.9 cm (5 × 9 in)



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
1	2	4

6 Conforming stretch bandage

Relaxed length, individually wrapped, 5.1 cm × 1.8 m (2 in × 2 yd)



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
1 roll	2 rolls	4 rolls

7 Conforming stretch bandage

Relaxed length, individually wrapped, 7.6 cm x 1.8 m (3 in x 2 yd)



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
1 roll	2 rolls	4 rolls

8 Compress/pressure dressing with ties

Sterile, 10.2 x 10.2 cm (4 x 4 in)



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
1	2	4

9 Compress/pressure dressing with ties

Sterile, 15.2 x 15.2 cm (6 x 6 in)



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
1	2	4

10 Triangular bandage, cotton, with 2 safety pins

101.6 x 101.6 x 142.2 cm (40 x 40 x 56 in)



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
2	4	8

11 Tourniquet, arterial



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
1	1	1

12 Adhesive tape

2.5 cm (1 in)



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
2.3 m (2.5 yd) total length	4.6 m (5 yd) total length	9.1 m (10 yd) total length

13 Elastic support/compression bandage

7.6 cm (3 in)



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
1	2	2

14 Eye dressing pad, sterile, and eye shield with elastic strap



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
2 sets	2 sets	4 sets

15 Cold pack
Instant (or equivalent)



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
1	2	4

16 Antiseptic wound cleansing towelette
Individually wrapped



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
25	50	100

17 Antibiotic ointment

Topical, single use



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
6	12	24

18 Hand/skin cleansing towelette

Individually wrapped (or equivalent)



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
6	12	24

19 Glucose tablets

4 g (10 per package) or acceptable alternative*

* The Canadian Consensus Guidelines recommend glucose tablets as the preferred treatment for a hypoglycemic event. The Guidelines further recommend that if glucose tablets are not available, the second choice is hard candy, and the last choice orange or other fructose juice.



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
1 package	2 packages	2 packages

20 CPR resuscitation barrier device

With one-way valve



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
1	1	1

21 Examination gloves

Disposable, medical grade, one-size, non-latex, powder free



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
4 pairs	8 pairs	16 pairs

22 Biohazard waste disposal bag

Single use



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
2	4	8

23 Bandage scissors

Stainless steel (with angled, blunt tip) minimum 14 cm (5.5 in)



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
1	1	1

24 Splinter forceps/tweezers

Fine point, stainless steel, minimum 11.4 cm (4.5 in)



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
1	1	1

25 Splint

Padded, malleable, minimum size 10.2 × 61 cm (4 × 24 in)



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
1	1	2

26 Emergency blanket

Aluminized, non-stretch polyester, minimum 132 × 213 cm (52 × 84 in)



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
1	2	2

27 Contents list



Minimum quantities required

Small (2-25 workers/shift)	Medium (26-50 workers/shift)	Large (51-100 workers/shift)
1	1	1

Examples of Workplace First Aid Kit Containers

Workplace first aid kit containers may vary depending on the employer's first aid risk assessment. See Clause 7 of CSA Z1220 for specific requirements.



A rigid box style that is both portable and mountable

A soft-sided bag style that has handles and is portable



Now that you know what's in your kit...

If, after reviewing this guide, you realize your first aid kit is missing items, or the kit contents are not consistent with CSA Z1220, *First aid kits for the workplace*, contact your first aid kit supplier or your workplace health and safety representative.



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