

Recommendations and checklist for first aid supplies at the workplace

This recommendation is indicative and its contents must be reviewed and, if necessary, modified together with occupational health care when planning first aid preparedness at a workplace.

Workplace, department or workstation

Define the risks of accidents, select the appropriate recommendation and complete the checklist. (Copy if necessary.)

Accident risk levels:

- A** Threat of accident is minor, e.g. offices, agencies
- B** Threat of accident is apparent, e.g. factory work, construction work
- C** Threat of accident is exceptional, e.g. risk of irritant, corrosive and toxic substances, risk of fire, explosion or electrical injury, clearing of storm damage in forestry

First aid equipment needed in all workplaces (accident risk levels A, B and C):

First aid supplies	Quantity	Ok	Shortage
First aid station sign (Cross)			
Emergency notification instructions			
First aid cabinet	1 or more		
First aid cabinet contents / cabinet			
• first aid bandage, small	4		
• first aid bandage, large	4		
• gauze 20 x 20 cm	2		
• flexible, self-adhesive bandage 8–10 cm	2		
• tubular elastic net bandage (head/limb sizes)	1		
• fixing plaster 1.25 cm x 9 m	1–2 rolls		
• triangle sling, cloth non-woven	2		
• scissors	1		
• wound wipe machine or towels	8–10		
• plasters, different sizes (or automat)	20		
Emergency instructions			
Resuscitation mask and protective gloves			
When necessary: Sign posts			
• First aid station (cross)			
• Direction (arrow)			

If there is an apparent or exceptional threat of accident at the workplace (accident risk levels B and C), in addition to the above, it is also necessary to have:

First aid supplies	Quantity	Ok	Shortage
Portable first aid kit (in or beside the first aid cabinet, in addition to the contents of the first aid cabinet)			
• first aid bandage, small	2		
• first aid bandage, large	2		
• triangle sling, cloth non-woven	1		
• bandage supply unit	1		
○ wound dressing 10 x 20 cm	2		
○ wound dressing 15 x 24 cm	2		
○ flexible, self-adhesive bandage 8 cm	1		
○ triangle sling	2		
• bandage supply unit	2		
○ wound dressing 20 x 30 cm	1		
○ flexible, self-adhesive bandage 10 cm	1		
○ triangle sling	2		
Splints for limbs (inflatable air splint)			
Thermal blanket/space blanket			
Stretcher / Lightweight stretcher / carrier			
When necessary: Sign post			
• Stretcher			

If there is an exceptional threat of accident at the workplace (accident risk level C), in addition to the above, it is also necessary to have:

First aid supplies	Quantity	Ok	Shortage
Eye irrigation equipment			
Burn injury bandages			
When necessary: Sign posts			
• Emergency shower			
• Eye irrigation			

Individuals working alone, in pairs and/or in working groups

First aid equipment	Quantity	Ok	Shortage
Pocket pack	Package / employee		
• large emergency bandage	1		
• plasters	5–10		
First aid kit	Package / workgroup		
• e.g. in accordance with SFS 5737			

Cars, vans and lorries

First aid equipment	Quantity	Ok	Shortage
First aid kit <ul style="list-style-type: none">e.g. in accordance with SFS 5737	1 / vehicle		

Buses and coaches

Section 35 of the Ministry of Transport's decision on the structure and equipment of buses and coaches (637/1990) (this section is still applicable) and Appendix 7.

A vehicle with no more than 16 passenger seats must have one first-aid kit located near the driver. A vehicle with a larger number of passengers must also have a second first aid kit in the middle or at the rear of the vehicle. Appendix 7 to the decision (637/1990) defines the minimum requirements for content.