**First Aid Regulations**

**Canada by Province and Bermuda**

This document contains a list of the First Aid Regulations for each Province across Canada and also for Bermuda as of January 2019. This information was compiled largely from the Occupational Health and Safety Acts and Regulations of each location. This document includes the stated requirements for:

* First Aid Kit Contents
* First Aid Room Set Up and Contents
* First Aid Requirements

These regulations differ from location to location. There may be additional First Aid Regulations that pertain to your specific area or ministry type that are not included in this document. Please consult your most up to date Occupational Health and Safety legislation for verification of the various Regulations.

You should be able to select CTRL and select the items on the table of contents that will take you to your specific geographical location’s Regulations. However, this is a large document and that feature may be slow in response time.

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# Alberta Regulations

[Source http://www.qp.alberta.ca/documents/OHS/OHS.pdf](Source%20http%3A/www.qp.alberta.ca/documents/OHS/OHS.pdf)

## Contents Of First Aid Kits – Alberta

### # 1 First Aid Kit – Alberta

A Number 1 First Aid Kit consists of the following:

10 antiseptic cleansing towelettes, individually packaged;

25 sterile adhesive dressings, individually packaged;

10 10 centimetres x 10 centimetres sterile gauze pads, individually packaged;

2 10 centimetres x 10 centimetres sterile compress dressings, with ties, individually packaged;

2 15 centimetres x 15 centimetres sterile compress dressings, with ties,

individually packaged;

2 conform gauze bandages — 75 millimetres wide;

3 cotton triangular bandages;

5 safety pins — assorted sizes;

1 pair of scissors;

1 pair of tweezers;

1 25 millimetres x 4.5 metres of adhesive tape;

1 crepe tension bandage — 75 millimetres wide;

1 resuscitation barrier device with a one-way valve;

4 pairs of disposable surgical gloves;

1 first aid instruction manual (condensed);

1 inventory of kit contents;

1 waterproof waste bag.

### # 2 First Aid Kit - Alberta

A Number 2 First Aid Kit consists of the following:

10 antiseptic cleansing towelettes, individually packaged;

50 sterile adhesive dressings, individually packaged;

20 10 centimetres x 10 centimetres sterile gauze pads, individually packaged;

3 10 centimetres x 10 centimetres sterile compress dressings, with ties, individually packaged;

3 15 centimetres x 15 centimetres sterile compress dressings, with ties, individually packaged;

1 20 centimetres x 25 centimetres sterile abdominal dressing;

2 conform gauze bandages — 75 millimetres wide;

4 cotton triangular bandages;

8 safety pins — assorted sizes;

1 pair of scissors;

1 pair of tweezers;

1 25 millimetres x 4.5 metres roll of adhesive tape;

2 crepe tension bandages — 75 millimetres wide;

1 resuscitation barrier device with a one-way valve;

6 pairs of disposable surgical gloves;

1 sterile, dry eye dressing;

1 first aid instruction manual (condensed);

1 inventory of kit contents;

1 waterproof waste bag.

### # 3 First Aid Kit - Alberta

A Number 3 First Aid Kit consists of the following:

24 antiseptic cleansing towelettes, individually packaged;

100 sterile adhesive dressings, individually packaged;

50 10 centimetres x 10 centimetres sterile gauze pads individually packaged;

6 10 centimetres x 10 centimetres sterile compress dressings, with ties, individually packaged;

6 15 centimetres x 15 centimetres sterile compress dressings, with ties, individually packaged;

4 20 centimetres x 25 centimetres sterile abdominal dressings, individually packaged;

6 conform gauze bandages — 75 millimetres wide;

12 cotton triangular bandages;

12 safety pins — assorted sizes;

1 pair of scissors;

1 pair of tweezers;

2 25 millimetres x 4.5 metres rolls of adhesive tape;

4 crepe tension bandages — 75 millimetres wide;

1 resuscitation barrier device with a one-way valve;

12 pairs of disposable surgical gloves;

2 sterile, dry eye dressings, individually packaged;

1 tubular finger bandage with applicator;

1 first aid instruction manual (condensed);

1 inventory of kit contents;

2 waterproof waste bags.

### Type P First Aid Kit - Alberta

A Type P First Aid Kit consists of the following:

10 sterile adhesive dressings, assorted sizes, individually packaged;

5 10 centimetres x 10 centimetres sterile gauze pads, individually packaged;

1 10 centimetres x 10 centimetres sterile compress dressing, with ties;

5 antiseptic cleansing towelettes, individually packaged;

1 cotton triangular bandage;

1 waterproof waste bag;

1 pair disposable surgical gloves.

## First aid requirements for low hazard work – Alberta

|  |  |  |  |
| --- | --- | --- | --- |
| **Number of workers at work site per shift** | **Close work site (up to 20 minutes)** | **Distant work site (20 – 40 minutes)** | **Isolated work site (more than 40 minutes)** |
| 1 | Type P First Aid Kit | Type P First Aid Kit | Type P First Aid Kit |
| 2 – 9 | No. 1 First Aid Kit | 1 Emergency First Aider No. 2 First Aid Kit | 1 Standard First Aider No. 2 First Aid Kit |
| 10 – 49 | 1 Emergency First Aider No. 1 First Aid Kit | 1 Emergency First Aider No. 2 First Aid Kit | 1 Standard First Aider No. 2 First Aid Kit |
| 50 – 99 | 1 Emergency First Aider 1 Standard First Aider No. 2 First Aid Kit | 1 Emergency First Aider 1 Standard First Aider No. 2 First Aid Kit | 2 Standard First Aiders No. 2 First Aid Kit |
| 100 – 199 | 1 Emergency First Aider 2 Standard First Aiders No. 3 First Aid KitDesignated area for first aid services | 1 Emergency First Aider 2 Standard First Aiders No. 3 First Aid Kit3 blankets, stretcher, splintsDesignated area for first aid services | 3 Standard First Aiders No. 3 First Aid Kit3 blankets, stretcher, splintsDesignated area for first aid services |
| 200 or more | 1 Emergency First Aider 2 Standard First Aiders Plus1 Standard First Aider for each additional increment of 1 to 100 workersNo. 3 First Aid KitDesignated area for first aid services | 1 Emergency First Aider 2 Standard First Aiders Plus1 Standard First Aider for each additional increment of 1 to 100 workersNo. 3 First Aid Kit3 blankets, stretcher, splintsDesignated area for first aid services | 3 Standard First Aiders Plus1 Standard First Aider for each additional increment of 1 to 100 workersNo. 3 First Aid Kit3 blankets, stretcher, splintsDesignated area for first aid services |

Note: Number of first aiders indicated is for a shift at all times.

## First aid requirements for medium hazard work – Alberta

|  |  |  |  |
| --- | --- | --- | --- |
| **Number of workers at work site per shift** | **Close work site (up to 20 minutes)** | **Distant work site (20 – 40 minutes)** | **Isolated work site (more than 40 minutes)** |
| 1 | Type P First Aid Kit | Type P First Aid Kit | Type P First Aid Kit |
| 2 – 9 | 1 Emergency First Aider No. 1 First Aid Kit | 1 Standard First Aider No. 2 First Aid Kit3 blankets | 1 Standard First Aider No. 2 First Aid Kit3 blankets |
| 10 – 19 | 1 Emergency First Aider 1 Standard First Aider No. 2 First Aid Kit | 1 Emergency First Aider 1 Standard First Aider No. 2 First Aid Kit3 blankets | 1. Standard First Aiders No. 2 First Aid Kit
2. blankets
 |
| 20 – 49 | 1 Emergency First Aider 1 Standard First Aider No. 2 First Aid Kit | 1 Emergency First Aider 1 Standard First Aider No. 2 First Aid Kit3 blankets | 1. Standard First Aiders No. 2 First Aid Kit
2. blankets
 |
| 50 – 99 | 2 Emergency First Aiders 1 Standard First Aider No. 3 First Aid Kit | 1. Emergency First Aiders 1 Standard First Aider No. 3 First Aid Kit
2. blankets
 | 3 Standard First Aiders No. 3 First Aid Kit3 blankets |
| 100 – 199 | 2 Emergency First Aiders 2 Standard First AidersNo. 3 First Aid Kit | Standard First Aiders No. 3 First Aid Kit3 blankets, stretcher,splintsDesignated area for first aid services | 3 Standard First Aiders 1 Advanced First Aider No. 3 First Aid Kit3 blankets, stretcher, splintsDesignated area for first aid services |
| 200 or more | 2 Emergency First Aiders 2 Standard First Aiders1 Nurse or 1 ACP Plus1 Standard First Aider for each additional increment of 1 to 100 workersFirst Aid Room | 2 Emergency First Aiders 2 Standard First Aiders1 Nurse or 1 ACP Plus1 Standard First Aider for each additional increment of 1 to 100 workersFirst Aid Room | 4 Standard First Aiders1 Nurse or 1 ACP Plus1 Standard First Aider for each additional increment of 1 to 100 workersFirst Aid Room |

Note: Number of first aiders indicated is for a shift at all times.

## First aid requirements for high hazard work – Alberta

Note: Number of first aiders indicated is for a shift at all times.

|  |  |  |  |
| --- | --- | --- | --- |
| **Number of workers at work site per shift** | **Close work site (up to 20 minutes)** | **Distant work site (20 – 40 minutes)** | **Isolated work site (more than 40 minutes)** |
| 1 | Type P First Aid Kit | Type P First Aid Kit | Type P First Aid Kit |
| 2 – 4 | 1 Emergency First Aider No. 1 First Aid Kit | 1 Standard First Aider No. 2 First Aid Kit3 blankets | 1 Standard First Aider No. 2 First Aid Kit3 blankets |
| 5 – 9 | 1 Emergency First Aider 1 Standard First Aider No. 2 First Aid Kit | 1. Standard First Aiders No. 2 First Aid Kit
2. blankets
 | 1. Standard First Aiders No. 2 First Aid Kit
2. blankets
 |
| 10 – 19 | 1 Emergency First Aider 1 Standard First Aider No. 2 First Aid Kit3 blankets | 1. Standard First Aiders No. 3 First Aid Kit
2. blankets, stretcher, splints
 | 1. Standard First Aiders No. 3 First Aid Kit
2. blankets, stretcher, splints
 |
| 20 – 49 | 1. Emergency First Aiders 1 Standard First Aider No. 2 First Aid Kit
2. blankets
 | 3 Standard First Aiders No. 3 First Aid Kit3 blankets, stretcher, splints | 3 Standard First Aiders No. 3 First Aid Kit3 blankets, stretcher, splints |
| 50 – 99 | 2 Emergency First Aiders2 Standard First AidersNo. 3 First Aid Kit3 blankets | 3 Standard First Aiders No. 3 First Aid Kit3 blankets, stretcher,splints | 4 Standard First Aiders1 Advanced First AiderNo. 3 First Aid Kit3 blankets, stretcher, splints |
| 100 – 199 | 2 Emergency First Aiders 2 Standard First Aiders1 Advanced First Aider First Aid Room | 4 Standard First Aiders 1 Advanced First Aider First Aid Room | 4 Standard First Aiders 1 Advanced First Aider First Aid Room |
| 200 or more | 2 Emergency First Aiders 2 Standard First Aiders1 Nurse or 1 ACP Plus1 Standard First Aider for each additional increment of 1 to 100 workersFirst Aid Room | 4 Standard First Aiders1 Nurse or 1 ACPPlus1 Standard First Aider for each additional increment of 1 to 100 workersFirst Aid Room | 4 Standard First Aiders1 Advanced First Aider1 Nurse or 1 ACP Plus1 Standard First Aiderfor each additional increment of 1 to 100 workersFirst Aid Room |

# British Columbia Regulations

Source: [https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-guidelines/guidelines-part-03#SectionNumber:FirstAidKits](https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-guidelines/guidelines-part-03%23SectionNumber%3AFirstAidKits)

First Aid Kit Contents – **BC**

### Personal First Aid Kit - BC

|  |  |
| --- | --- |
| 1 | 10 cm X 16.5 cm sterile pressure dressings with crepe ties |
| 6 | Sterile adhesive dressings, assorted sizes, individually packaged |
| 6 | 14 cm X 19 cm wound cleansing towelettes, individually packaged |
| 1 | Waterproof waste bag |

### **Basic First Aid Kit -** BC

|  |  |
| --- | --- |
| 6 | 14 cm x 19 cm wound cleansing towelettes, individually packaged |
| 10 | Sterile adhesive dressings, assorted sizes, individually packaged  |
| 6 | 10 cm x 10 cm sterile gauze dressings, individually packaged  |
| 1 | 10 cm x 16.5 cm sterile pressure dressings with crepe ties  |
| 1 | Cotton triangular bandage, minimum length of base 1.25 m  |
| 1 | 14 cm stainless steel bandage scissors or universal scissors |
| 1 | 2.5 cm x 4.5 m adhesive tape |
| 1 | 7.5 cm x 4.5 m crepe roller bandage |
| 3 | Pairs of medical gloves (preferably non-latex) |
| 1 | Waterproof waste bag |

Note: A kit that meets the requirements for an Alberta Type P first aid kit is acceptable as a basic kit in B.C.

### Level 1 First Aid Kit - BC

|  |  |
| --- | --- |
| 1 | Blanket |
| 24 | 14 cm x 19 cm wound cleansing towelettes, individually packaged |
| 50 | Sterile adhesive dressings, assorted sizes, individually packaged |
| 10 | 10 cm x 10 cm sterile gauze dressings, individually packaged |
| 4 | 10 cm x 16.5 cm sterile pressure dressings with crepe ties |
| 2 | 7.5 cm x 4.5 m crepe roller bandages |
| 2 | 7.5 cm conforming gauze bandages |
| 1 | 2.5 cm x 4.5 m adhesive tape |
| 2 | Cotton triangular bandages, minimum length of base 1.25 m |
| 2 | Quick straps (a.k.a. fracture straps or zap straps) |
| 1 | Windlass style tourniquet |
| 1 | 14 cm stainless steel bandage scissors or universal scissors |
| 1 | 11.5 cm stainless steel sliver forceps  |
| 1 | Pocket mask with a one-way valve and oxygen inlet |
| 6 | Pairs of medical gloves (preferably non-latex) |
| 1 | Waterproof waste bag |
|  | First aid records |

Note: A kit that meets the requirements for an Alberta Number 1 first aid kit is acceptable as a Level 1 first aid kit in B.C. (with the addition of a tourniquet)

### Level 2 First Aid Kit - BC

|  |  |
| --- | --- |
| 1 | Blanket |
| 24 | 14 cm x 19 cm wound cleansing towelettes, individually packaged |
| 50 | Sterile adhesive dressings, assorted sizes, individually packaged |
| 20 | 10 cm x 10 cm sterile gauze dressings, individually packaged |
| 4 | 10 cm x 16.5 cm sterile pressure dressings with crepe ties |
| 4 | 20 cm x 25 cm sterile abdominal dressings, individually packaged |
| 4 | Cotton triangular bandages, minimum length of base 1.25 m |
| 2 | 5 cm x 4.5 m rolls of adhesive tape |
| 2 | 7.5 cm X 4 m conforming gauze bandages  |
| 2 | 7.5 cm x 4.5 m crepe roller bandages |
| 1 | 14 cm stainless steel bandage scissors or universal scissors |
| 1 | 11.5 cm stainless steel sliver forceps |
| 2 | Quick straps (a.k.a. fracture straps or zap straps) |
| 1 | Windlass style tourniquet |
| 1 | Pocket mask with a one-way valve and oxygen inlet |
| 6 | Pairs of medical gloves (preferably non-latex) |
| 1 | Waterproof waste bag |
|  | First aid records |

Note: A kit that meets the requirements for an Alberta Number 2 first aid kit is acceptable as a Level 2 first aid kit in B.C. (with the addition of a tourniquet)

### Level 3 First Aid Kit - BC

|  |  |
| --- | --- |
| 1 | Blanket |
| 24 | 14 cm x 19 cm wound cleansing towelettes, individually packaged |
| 50 | Sterile adhesive dressings, assorted sizes, individually packaged |
| 20 | 10 cm x 10 cm sterile gauze dressings, individually packaged |
| 4 | 10 cm x 16.5 cm sterile pressure dressings with crepe ties |
| 4 | 20 cm x 25 cm sterile abdominal dressings, individually packaged |
| 6 | Cotton triangular bandages, minimum length of base 1.25 m |
| 2 | 5 cm x 4.5 m rolls of adhesive tape |
| 4 | 7.5 cm X 4 m conforming gauze bandages  |
| 4 | 7.5 cm x 4.5 m crepe roller bandages |
| 1 | 14 cm stainless steel bandage scissors or universal scissors |
| 1 | 11.5 cm stainless steel sliver forceps |
| 4 | Quick straps (a.k.a. fracture straps or zap straps) |
| 1 | Windlass style tourniquet |
| 1 | Pocket mask with a one-way valve and oxygen inlet |
| 6 | Pairs of medical gloves (preferably non-latex) |
| 1 | Waterproof waste bag |
| 1 | Penlight or flashlight |
|  | Patient assessment charts |
|  | First aid records |

### Level 3 First Aid Kit With Oxygen - BC

A Level 3 first aid kit includes an Oxygen Kit with the following contents:

|  |  |
| --- | --- |
| 1 | Portable oxygen therapy unit consisting of a cylinder of compressed oxygen, a pressure regulator, a pressure gauge, a flow meter, non-rebreathing mask and nasal cannula |
| 1 | Oropharyngeal airway kit |
| 1 | Manually operated self-inflating bag-valve mask with an oxygen reservoir |
| 1 | Digital pulse oximeter |
| 1 | Portable suction unit |

Note: A kit that meets the requirements for an Alberta Number 3 first aid kit is acceptable as a Level 3 first aid kit in B.C. with the addition of a tourniquet and Oxygen Kit as described above.

Both Level 2 and Level 3 first aid kits may be supplemented in the workplace by the requirement for a dressing station or first aid room facility with the following additional equipment.

**Dressing station** - a dressing station should be at least 4.2 square meters, (48 sq. ft.), and have the following dressing station equipment:

|  |  |
| --- | --- |
| 3 | Blankets |
| 1 | Refuse pail with lid |
| 1 | Package of paper towels |
| 1 | Bifocal magnifier with head strap, 12.5 cm focus |
| 1 | Eye cup |
| 1 | 14 cm stainless steel bandage scissors or universal scissors |
| 1 | 11.5 cm stainless steel sliver forceps |
| 1 | Penlight or flashlight |
| 24 | 14 cm X 19 cm wound cleansing towelettes, individually packaged |
| 1 | 150 ml liquid antibacterial soap |
| 4 | Cold packs |
| 100 | Sterile adhesive dressings, assorted sizes, individually packaged |
| 24 | Sterile skin closures, individually packaged |
| 6 | 20 cm x 25 cm sterile abdominal dressings, individually packaged |
| 3 | 30 cm x 40 cm sterile abdominal dressings, individually packaged |
| 100 | 7.5 cm x 7.5 cm gauze sponges |
| 24 | 7.5 cm x 7.5 cm sterile gauze dressings, individually packaged |
| 24 | 10 cm x 10 cm sterile gauze dressings, individually packaged |
| 4 | 7.5 cm x 4.5 m crepe roller bandages |
| 2 | 10 cm x 16.5 cm sterile pressure dressings with crepe ties |
| 1 | 7.5 cm x 4.5 m adhesive crepe bandage |
| 2 | 2.5 cm x 4.5 m rolls of adhesive tape |
| 2 | 5 cm x 4.5 m rolls of adhesive tape |
| 2 | 5 cm x 1.8 m conforming gauze bandages |
| 2 | 7.5 cm x 4 m conforming gauze bandages |
| 6 | Cotton triangular bandages, minimum length of base 1.25 m |
| 2 | SAM splints or quick splint equivalent |
| 1 | #01 4.5 m tubular finger bandage with applicator |
| 1 | Kidney basin |
| 1 | Wash basin |
| 1 | Cold instrument sterilizer with supply of non-rusting germicidal solution |
| 1 | Chair suitable for treating injured worker (with a non-porous surface or covered with non-porous material) |
|  | Patient assessment charts |
|  | First aid records |
| \* | Optional consideration of an Automatic External Defibrillator - refer to G3.16(2)-2 |

### First Aid Room – BC

 - a first aid room should be at least 9.3 square metres (100 sq. ft.). It should have the following:

* Storage cupboards
* A counter
* A toilet, or have a toilet facility as near as practicable
* The following first aid room equipment

|  |  |
| --- | --- |
| 3 | Blankets  |
| 1 | refuse pail with lid  |
| 1 | Package of paper towels  |
| 1 | Eye lamp, self-illuminating, magnifying  |
| 1 | Eye cup  |
| 1 | 14 cm stainless steel bandage scissors  |
| 1 | 11.5 cm stainless steel sliver forceps  |
| 1 | 15 cm stainless steel thin nosed plier-type forceps  |
| 1 | Universal scissors  |
| 1 | Penlight or flashlight  |
| 36 | 14 cm x 19 cm wound cleansing towelettes, individually packaged |
| 1 | 150 ml liquid antibacterial soap  |
| 6 | Cold packs  |
| 100 | Sterile adhesive dressings, assorted sizes, individually packaged  |
| 48 | Sterile skin closures, individually packaged  |
| 6 | 20 cm x 25 cm sterile abdominal dressings, individually packaged  |
| 3 | 30 cm x 40 cm sterile abdominal dressings, individually packaged  |
| 6 | Sterile eye pads, individually packaged  |
| 200 | 7.5 cm x 7.5 cm gauze sponges  |
| 72 | 7.5 cm x 7.5 cm sterile gauze dressings, individually packaged  |
| 72 | 10 cm x 10 cm sterile gauze dressings, individually packaged  |
| 6 | 7.5 cm x 4.5 m crepe roller bandages  |
| 4 | 10 cm x 16.5 cm sterile pressure dressings with crepe ties  |
| 2 | 7.5 cm x 4.5 m adhesive crepe bandages  |
| 2 | 2.5 cm x 4.5 m rolls of adhesive tape  |
| 2 | 5 cm x 4.5 m rolls of adhesive tape  |
| 4 | 5 cm x 1.8 m conforming gauze bandages  |
| 4 | 7.5 cm x 4 m conforming gauze bandages  |
| 6 | Cotton triangular bandages, minimum length of base 1.25 m  |
| 4 | SAM splints or quick splint equivalent |
| 1 | #0l 4.5 m tubular finger bandage with applicator  |
| 1 | Kidney basin  |
| 1 | Wash basin  |
| 1 | Cold instrument sterilizer with supply of non-rusting germicidal solution |
| 1 | Chair suitable for treating injured worker with a non-porous surface or covered with a non-porous material |
| 1 | Bed approximately 2 m long X 75 cm wide, with a mattress having a non-porous surface or covered with a non-porous material |
| 2 | Pillows with a non-porous surface or covered with a non-porous material |
| 4 | Sheets |
|  |  |
| 1 | Portable urinal, if overnight care may be required |
| 1 | Bedpan, if overnight care may be required |
|  | Patient assessment charts  |
|  | First aid records |
| \* | Optional consideration of an Automatic External Defibrillator - refer to G3.16(2)-2 |

## First Aid Requirements – BC

**Minimum Levels Of First Aid – BC**

Source <https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-regulation/part-03-rights-and-responsibilities#Schedule3A>

### Low Risk Of Injury – More Than 20 Minutes From Hospital - BC

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Item**  | **Column 1 Number of workers per shift**  | **Column 2 Supplies, equipment, and facility** | **Column 3 Level of first aid certificate for attendant** | **Column 4Transportation** |
| 1 | 1 | * Personal first aid kit
 |   |   |
| 2 | 2-5 | * Basic first aid kit
 |   |   |
| 3 | 6-30 | * Level 1 first aid kit
 | Level 1 certificate |   |
| 4 | 31-50 | * Level 1 first aid kit
* ETV equipment
 | Level 1 certificate with Transportation Endorsement |   |
| 5 | 51-75 | * Level 3 first aid kit
* Dressing station
* ETV equipment
 | Level 3 certificate |   |
| 6 | 76 or more | * Level 3 first aid kit
* First aid room
* ETV equipment
 | Level 3 certificate | ETV |

### Low Risk Of Injury – 20 Minutes Or Less From Hospital - BC

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Item**  | **Column 1 Number of workers per shift**  | **Column 2 Supplies, equipment, and facility** | **Column 3 Level of first aid certificate for attendant** | **Column 4Transportation** |
| 1 | 1 |   |   |   |
| 2 | 2-10 | * Basic first aid kit
 |   |   |
| 3 | 11-50 | * Level 1 first aid kit
 | Level 1 certificate |   |
| 4 | 51-100 | * Level 2 first aid kit
* Dressing station
 | \*Level 2 certificate  |   |
| 5 | 101 or more | * Level 2 first aid kit
* First aid room
 | \*Level 2 certificate |   |

### Moderate Risk Of Injury – More Than 20 Minutes From Hospital - BC

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Item**  | **Column 1 Number of workers per shift**  | **Column 2 Supplies, equipment, and facility** | **Column 3 Level of first aid certificate for attendant** | **Column 4Transportation** |
| 1 | 1 | * Personal first aid kit
 |   |   |
| 2 | 2-5 | * Level 1 first aid kit
 | Level 1 certificate |   |
| 3 | 6-15 | * Level 1 first aid kit
* ETV equipment
 | Level 1 certificate with Transportation Endorsement |   |
| 4 | 16-50 | * Level 3 first aid kit
* Dressing station
* ETV equipment
 | Level 3 certificate | ETV |
| 5 | 51-100 | * Level 3 first aid kit
* First aid room
* ETV equipment
 | Level 3 certificate | ETV |
| 6 | 101-300 | * Level 3 first aid kit
* First aid room
* Industrial ambulance equipment
 | Level 3 certificate | Industrial ambulance |
| 7 | 301 or more | * Level 3 first aid kit
* First aid room
* Industrial ambulance equipment
 | 2 attendants, each with Level 3 certificates | Industrial ambulance |

### Moderate Risk Of Injury –20 Minutes Or Less From Hospital - BC

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Item**  | **Column 1 Number of workers per shift**  | **Column 2 Supplies, equipment, and facility** | **Column 3 Level of first aid certificate for attendant** | **Column 4Transportation** |
| 1 | 1 | * Personal first aid kit
 |   |   |
| 2 | 2-5 | * Basic first aid kit
 |   |   |
| 3 | 6-25 | * Level 1 first aid kit
 | Level 1 certificate |   |
| 4 | 26-75 | * Level 2 first aid kit
* Dressing station
 | \* Level 2 certificate |   |
| 5 | 76 or more | * Level 2 first aid kit
* First aid room
 | \* Level 2 certificate |   |

### High Risk Of Injury – More Than 20 Minutes From Hospital - BC

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Item**  | **Column 1 Number of workers per shift**  | **Column 2 Supplies, equipment, and facility** | **Column 3 Level of first aid certificate for attendant** | **Column 4Transportation** |
| 1 | 1 | * Personal first aid kit
 |   |   |
| 2 | 2-5 | * Level 1 first aid kit
 | Level 1 certificate |   |
| 3 | 6-10 | * Level 1 first aid kit
* ETV equipment
 | Level 1 certificate with Transportation Endorsement | ETV |
| 4 | 11-30 | * Level 3 first aid kit
* Dressing station
* ETV equipment
 | Level 3 certificate | ETV |
| 5 | 31-50 | * Level 3 first aid kit
* First aid room
* ETV equipment
 | Level 3 certificate | ETV |
| 6 | 51-200 | * Level 3 first aid kit
* First aid room
* Industrial ambulance equipment
 | Level 3 certificate | Industrial ambulance |
| 7 | 201 or more | * Level 3 first aid kit
* First aid room
* Industrial ambulance equipment
 | 2 attendants, each with Level 3 certificates | Industrial ambulance |

### High Risk Of Injury –20 Minutes Or Less From Hospital - BC

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Item**  | **Column 1 Number of workers per shift**  | **Column 2 Supplies, equipment, and facility** | **Column 3 Level of first aid certificate for attendant** | **Column 4Transportation** |
| 1 | 1 | * Personal first aid kit
 |   |   |
| 2 | 2-15 | * Level 1 first aid kit
 | Level 1 certificate |   |
| 3 | 16-30 | * Level 2 first aid kit
* Dressing station
 | \* Level 2 certificate |   |
| 4 | 31-300 | * Level 2 first aid kit
* First aid room
 | \* Level 2 certificate |   |
| 5 | 301 or more | * Level 2 first aid kit
* First aid room
 | \* 2 attendants, each with Level 2 certificates |   |

## Manitoba Regulations

**Source**  <https://www.gov.mb.ca/labour/safety/pdf/1_2016_wsh_ar_oc.pdf>

### First Aid Kit Contents - Manitoba

A first aid kit must contain the following items:

general:

 a recent edition of a first aid manual,

 a pair of impervious disposable gloves,

 a disposable resuscitation mask with a one-way valve,

 a disposable cold compress,

 12 safety pins,

 splinter forceps,

 one pair of 12 cm bandage scissors,

 25 antiseptic swabs,

 waterless hand cleaner,

 waterproof waste bag;

dressings — each of the following items must be sterile and individually wrapped in order to maintain sterility:

 16 surgical gauze pads (7.5 cm squares),

 4 pads (7.5 cm 10 cm, non-adhesive),

 32 adhesive dressings (2.5 cm wide),

 2 large pressure dressings,

bandages:

 3 triangular bandages (1 m each),

 2 conforming bandages (10 cm each),

 2 rolls of 2.5 cm adhesive tape,

 1 roll of 7.5 cm elastic adhesive bandage,

 2 rolls of 7.5 cm tensor bandage.

### Contents Of Personal First Aid Kit – Manitoba

A personal first aid kit must contain the following items:

10 sterile adhesive dressings, assorted sizes, individually packaged;

five 10 cm 10 cm sterile gauze pads, individually packaged;

a 10 cm 10 cm sterile compress dressing, with ties;

five antiseptic cleansing towelettes, individually packaged;

a cotton triangular bandage;

a waterproof waste bag;

a pair of impervious disposable gloves;

a roll of 2.5 cm adhesive bandage tape.

### First Aid Room - Manitoba

Every first aid room must contain the following items:

a first aid record book;

a space blanket;

hot and cold packs;

a spine board and straps;

an adjustable cervical collar or set of different sized cervical collars;

a stretcher;

a splint set;

a sphygmomanometer (blood pressure cuff);

a stethoscope;

a thermometer;

dressing forceps;

tongue depressors;

paper towels;

single use, sanitary drinking cups;

a flashlight;

two washbasins, preferably stainless steel;

one kidney basin;

one instrument sterilizer;

one cabinet for dressings;

one magnifying loop with built-in lamp;

one sanitary receptacle with lid and disposable plastic liners;

hospital grade disinfectant;

the contents of four first aid kits as set out in Schedule B, but only one copy of a recent edition first aid manual is required.

## Minimum First Aid Requirements - Manitoba

### Close Workplace - Manitoba

|  |
| --- |
| **TABLE 1** |
|  | Close Workplace |
| Number of workers per shift | Low hazard work | Other work |
| 1 to 10 | — | — |
| 11 to 40 | FA1 | FA2 |
| 41 to 100 | FA1 | 2 FA2s |
| 101 to 199 | 2 FA1s | 2 FA2s |
| 200 or more | 3 FA1s | 3 FA2s |

### Distant Workplace – Manitoba

|  |
| --- |
| **TABLE 2** |
|  | Distant workplace |
| Number of workers per shift | Low hazard work | Other work |
| 1 to 10 | — | FA1 |
| 11 to 40 | FA1 | FA2 |
| 41 to 100 | FA1 | 2 FA3s |
| 101 to 199 | 2 FA1s | 2 FA3s |
| 200 or more | 3 FA1s | 3 FA3s |

### Isolated Workplace - Manitoba

|  |
| --- |
| **TABLE 3** |
|  | Isolated Workplace |
| Number of workers per shift | Low hazard work | Other work |
| 1 to 10 | FA1 | FA2 |
| 11 to 40 | FA1 | FA3 |
| 41 to 100 | 2 FA1s | 2 FA3s |
| 101 to 199 | 2 FA1s | 3 FA3s |
| 200 or more | 3 FA1s | 4 FA3s |

## New Brunswick Regulations

**Source** <https://www.worksafenb.ca/docs/Official_e.pdf>

## First Aid Kit Contents – New Brunswick

### Contents Of Personal (Type P) First Aid Kit - New Brunswick

10 sterile adhesive strip bandages individually wrapped (assorted sizes)

5 10 cm x 10 cm sterile gauze pads individually wrapped

1 10 cm x 10 cm sterile compress dressing with ties

5 antiseptic cleansing towelettes individually wrapped

1 triangular bandage, cotton

1 waterproof waste bag

1 pair of disposable gloves (latex or vinyl)

### Contents Of First Aid Kit – New Brunswick

1 standard first aid manual (English and French)

1 record book and pen or pencil

1 pair of stainless steel scissors (140 mm)

1 pair of tweezers

1 variety pack of safety pins

24 sterile adhesive strip bandages (size to be determined by nature and hazard of work)

12 sterile gauze pads (various sizes depending on the nature and hazard of work)

2 rolls of sterile gauze bandage (75 mm x 9 m)

2 rolls of elastic bandages (7.5 cm)

4 sterile compress dressings (100 mm x 100 mm)

6 triangular bandages (1 m)

2 rolls of adhesive tape (25 mm x 9 m)

## First Aid Requirements – New Brunswick

|  |  |  |
| --- | --- | --- |
| **Number Of Employees****Per Shift** | **Place Of Employment****With No High****Hazard Work** | **Place Of** **Employment With****High Hazard Work** |
| **1** |  | Personal (Type P)First Aid Kit |
| **2-19** | 1 First Aid Kit1 First Aid Provider | 1 First Aid Kit1 First Aid Provider |
| **20-49** | 1 First Aid Kit1 First Aid Provider | 2 First Aid Kits2 First Aid Providers |
| **50-99** | 2 First Aid Kits2 First Aid Providers | 2 First Aid Kits2 First Aid Providers |
| **100-199** | 2 First Aid Kits2 First Aid Providers, one of whom must have access to the first aid room1 First Aid Room | 3 First Aid Kits3 First Aid Providers, one of whom must have access to the first aid room1 First Aid Room |
| **200 or more** | 3 First Aid Kits3 First Aid Providers, one of whom must have access to the first aid room1 First Aid Room1 additional First Aid Provider and 1 Additional First Aid Kit for each additional increment of 1-100 employees | 4 First Aid Kits4 First Aid Providers, one of whom must have access to the first aid room1 First Aid Room1 additional First Aid Provider and 1 Additional First Aid Kit for each additional increment of 1-100 employees |

## Newfoundland and Labrador Regulations

**Source**  [https://www.assembly.nl.ca/Legislation/sr/Regulations/rc961148.htm#16\_](https://www.assembly.nl.ca/Legislation/sr/Regulations/rc961148.htm%2316_)

## First Aid Kit Contents – NL

### Pocket First Aid Kit - NL

1 15 ml container of sterile eyewash

1 50 ml bottle Dettol, merthiolate or other approved antiseptic

2 ammonia ampoules

1 5 cm by 5 m roller bandage

1 5 cm compressed bandage

2 5 cm by 5 cm sterile gauze pads

12 2.5 cm x 7.5 cm adhesive dressings

1 roll 1.25 cm by 2.3 m adhesive plaster

6 safety pins

1. metal or plastic box container

### #1 First Aid Kit - NL

EQUIPMENT

1 emergency first aid safety oriented manual

1 first aid record book

12 safety pins

1 splinter tweezers, blunt nose

1 pair scissors - 10 cm

DRESSINGS (Each item to be individually wrapped to maintain sterility.)

2 sterile bandage compresses, 10 cm x 10 cm

12 sterile adhesive dressings, 2.5 cm x 7.5 cm

12 sterile pads, 7.5 cm x 7.5 cm

4 triangular bandages, 95 cm x 95 cm

ANTISEPTIC

1 100 ml bottle peroxide

ADHESIVE TAPE

1. roll - 1.25 cm x 2.3 m

### #2 First Aid Kit - NL

EQUIPMENT

1 emergency first aid safety oriented manual

1 first aid record book

12 safety pins

1 splinter tweezers, blunt nose

1 pair scissors, 10 cm

DRESSINGS (Each item to be individually wrapped to maintain sterility.)

2 sterile bandage compresses, 10 cm x 10 cm

16 sterile pads, 7.5 cm x 7.5 cm

16 sterile adhesive dressings, 2.5 cm x 7.5 cm

6 triangular bandages, 95 cm x 95 cm

ADHESIVE TAPE

1 roll - 2.5 cm x 5 m

ANTISEPTIC

1 100 ml bottle peroxide

### #3 First Aid Kit - NL

EQUIPMENT

1 standard safety oriented first aid manual

1 first aid record book

12 safety pins

1 splinter tweezers, blunt nose

1 pair scissors, 10 cm

DRESSINGS (Each item to be individually wrapped to maintain sterility.)

6 sterile bandage compresses, 10 cm x 10 cm

32 sterile pads, 7.5 cm x 7.5 cm

32 sterile adhesive dressings, 2.5 cm x 7.5 cm

6 triangular bandages, 95 cm x 95 cm

BANDAGES

2 rolls of adhesive tape, 2.5 cm x 5 m

1 tubular finger bandage with applicator,.01 size x 4.5 m

10 finger tip dressings

10 knuckle pad dressings

ANTISEPTIC

1 100 ml bottle peroxide

### First Aid Room - NL

FURNISHINGS

Hot and cold water

Permanent sink installations (knee or elbow controls preferred)

1 refuse pail with cover

1 treatment chair with arm rests

1 bed with pillows, sheets and blankets, the whole to be covered with a plastic sheet

1 cabinet suitable for storing dressings and instruments

EQUIPMENT

1 advanced first aid safety oriented manual, current edition

1 first aid record book

1 pair bandage scissors, 13.9 cm

1 dressing forceps, 12.5 cm

1 splinter tweezers, blunt nose

1 dozen safety pins, assorted

2 wash basins (stainless steel or polypropylene)

1 nail brush

1 package paper towels

1 package of disposable paper cups

1 eye lamp

1 cold sterilizer or equivalent, with a supply of non-rusting germicidal solution to keep instruments sterile

1 kidney basin, polypropylene or stainless steel

1 carrying stretcher with 3 blankets

1 set wooden or air splints, assorted sizes

3 splints - x-ray transparent or equivalent

1 emergency first aid kit (No. 3) and flashlight for use outside the first aid room at the scene of the accident

Those other supplies, in addition to those required under these regulations, as the first aid attendant in consultation with a physician considers necessary.

## First Aid Requirements

### #1 First aid kit - NL

Every workplace shall have at least a #1 first aid kit containing supplies as specified in Schedule B.

### #2 First aid kit - NL

Where there are more than one but less than 15 workers at a workplace, that workplace shall have at least a #2 first aid kit containing supplies as specified in Schedule C.

### #3 First aid kit - NL

 Where there are 15 or more but less than 200 workers at a workplace, that workplace shall have at least a #3 first aid kit containing supplies as specified in Schedule D.

## Northwest Territories and Nunavut Regulations

**Source** <https://www.firstaidcanada.com/media/wysiwyg/OHS_Regulations_NT.pdf>

## First Aid Kit Contents – NWT and Nunavut

### Contents of First Aid Box – NWT and Nunavut

Amounts or quantities of the following supplies and equipment adequate for the expected emergencies, contained in a well-marked container:

Antiseptic, wound solution or antiseptic swabs

Bandage – triangular, 100 cm folded, and safety pins

Bandage – gauze roller, various sizes

Bandage – adhesive strips and hypoallergenic adhesive tape

Disposable latex or vinyl gloves

Dressing – sterile and wrapped gauze pads and compresses, various sizes including abdominal pad size

Dressing – self-adherent roller, various sizes

Forceps – splinter

Pad with shield or tape for eye

Pocket mask with disposable one-way re-breathe valves

Scissors – bandage

Soap

### Additional Supplies and Equipment - Level 1 Qualification – NWT and Nunavut

Bag – ice or cold water

Bag – hot water or hot pack

Bandage – elastic, 5 cm and 10 cm widths

Sterile burn sheet

Any other first aid supplies and equipment that are appropriate to the dangers and other circumstances of the work site and commensurate with the training of the first aid attendant

### Additional Supplies and Equipment - Level 2 Qualification – NWT and Nunavut

Bag – hot water or hot pack

Bag – ice or cold water

Bag valve and mask resuscitator

Bandage – elastic, 5 cm and 10 cm widths

Emergency oxygen system

Sphygmomanometer

Sterile burn sheet

Stethoscope with a bell

Thermometer

Where there are potential causes of spinal injury, short and long spine boards with adequate restraining straps and medium and large cervical collars

Any other first aid supplies and equipment that are appropriate to the dangers and other circumstances of the work site and commensurate with the training of the first aid attendant

### First Aid Room- NWT and Nunavut

If there are likely to be 100 or more workers working at a distant or isolated work site at any one

time, an employer shall provide a first aid room that

(a) is of adequate size, is clean and is provided with adequate lighting, ventilation and heating;

(b) is equipped with

(i) a permanently installed sink, with hot and cold water,

 (ii) the first aid supplies, documents and equipment required by this Part, and

(iii) a cot or bed with pillows;

(c) is under the charge of a first aid attendant with the qualifications required by this

Part, who is readily available to provide first aid; and

(d) is used exclusively for the purposes of administering first aid.

## First Aid Requirements – NWT and Nunavut

Minimum: Each work site must have a first aid box containing supplies as set out in Schedule H, a manual, a register and emergency information. Additional requirements are listed below:

|  |  |  |  |
| --- | --- | --- | --- |
| **Number of Workers****at Work Site** | **Close Work Site**(½ hour or less to medical facility) | **Distant Work Site**(½ - 2 hours to medical facility) | **Isolated Work Site** (More than 2 hours by surface transport to medical facility or by aircraft if normal mode of transport is by aircraft) |
| 1 | minimum | minimum | minimum |
| 2 - 4 | minimum | minimum plus1. one first aid attendant with Level 1 qualification and supplies for high hazard work
2. blankets, stretcher and splints
 | minimum plus1. one first aid attendant with Level 1 qualification and supplies for high hazard work
2. blankets, stretcher and splints
 |
| 5 -9 | minimum plus1. one first aid attendant with Level 1 qualification and supplies for high hazard work
 | minimum plus1. one first aid attendant with Level 1 qualification and supplies
2. blankets, stretcher and splints
 | minimum plus1. one first aid attendant with Level 1 qualification and supplies
2. blankets, stretcher and splints
 |
| 10 - 20 | minimum plus1. one first aid attendant with Level 1 qualification and supplies
 | minimum plus* one first aid attendant with Level 1 qualification and supplies
* blankets, stretcher and splints
 | minimum plus* one first aid attendant with Level 1 qualification and supplies
* blankets, stretcher and splints
 |

# Nova Scotia Regulations

**Source** <https://www.novascotia.ca/just/regulations/regs/ohsfirst.htm>

## First Aid Kit Contents – NS

### ****First Aid Kit #1 – NS****

Where there is only one employee regularly employed at a worksite, the employer shall provide a Number 1 First Aid Kit or a Number 2 or 3 First Aid Kit.

A Number 1 First Aid Kit shall include

1 first aid guide;

1 first aid record book, or instructions on how first aid treatment records are to be maintained;

1 pencil;

6 safety pins;

1 splinter tweezers;

1 pair of 100 mm scissors;

2 pairs of disposable latex gloves or gloves made of material that provides an equivalent level of protection against the spread of infections or contagious conditions;

**A**t least the following individually wrapped dressings:

2 sterile bandage compresses (100 mm X 100 mm),

12 sterile adhesive dressings (25 mm wide),

12 sterile pads (75 mm X 75 mm),

3 triangular bandages (1 m), and

1 Roller Bandage (50 mm wide)(i) one roll of adhesive tape (25 mm wide by 2.5 m long);

**1 marked** plastic bag for the disposal of biohazardous waste;

**1** airway barrier device for rescue breathing; and

**A**t least the following antiseptics:

disinfectant in the form of

1 100 ml bottle of an adequate antiseptic, or

12 individually wrapped towellettes with an adequate antiseptic, and

6 hand cleaners

### ****First Aid Kit # 2****- NS

Where there are more than one and fewer than 20 employees regularly employed on any one shift at a worksite, the employer shall provide a Number 2 or a Number 3 First Aid Kit.

A Number 2 First Aid Kit shall contain:

1 first aid guide;

1 first aid record book, or instructions on how first aid treatment records are to be maintained;

1 pencil;

12 safety pins;

1 splinter tweezers;

1 pair of 100 mm scissors;

2 pairs of disposable latex gloves or gloves made of material that provides an equivalent level of protection against the spread of infections or contagious conditions;

at least the following individually wrapped dressings:

2 sterile bandage compresses (100 mm X 100 mm),

24 sterile adhesive dressings (25 mm wide),

16 sterile pads (75 mm X 75 mm),

6 triangular bandages (1 m)

2 roller bandages (50 mm wide);

**1** roll of adhesive tape (25 mm wide by 2.5 m long);

at least the following antiseptics:

disinfectant in the form of

1 100 ml bottle of an adequate antiseptic, or

12 individually wrapped towellettes with an adequate antiseptic, and

24 hand cleaners;

**1** marked plastic bag for disposal of biohazardous waste; and

**1** `airway barrier device for rescue breathing.

### ****First Aid Kit # 3**** – NS

Where there are more than 20 and fewer than 50 employees regularly employed on any one shift at a worksite, the employer shall provide a Number 3 First Aid Kit.

**A Number 3 First Aid Kit shall contain:**

1 first aid guide;

1 first aid record book, or instructions on how first aid treatment records are to be maintained

1 pencil;

12 safety pins;

1 splinter tweezers;

1 pair of 100 mm scissors;

4 pairs of disposable latex gloves or gloves made of material that provides an equivalent level of protection against the spread of infections or contagious conditions;

at least the following individually wrapped dressings:

6 sterile bandage compresses (100 mm x 100 mm),

32 sterile adhesive dressings (25 mm wide),

32 sterile pads (75 mm x 75 mm),

6 triangular bandages (1 m),

3 roller bandages (50 mm wide);

2 rolls of adhesive tape (25 mm wide by 2.5 m long)(j) at least the following antiseptics:

disinfectant in the form of

1 100 ml bottle of an adequate antiseptic, or

12 individually wrapped towellettes with an adequate antiseptic, and

24 hand cleaners;

**1** marked plastic bag for disposal of biohazardous waste; and

**1** airway barrier device for rescue breathing.

Where there are more than 49 employees regularly employed on any one shift at a worksite, the employer shall provide at least one Number 3 First Aid Kit, with an increase in the supply of dressings, bandages, and antiseptics that is proportionate to the number of employees in excess of 49.

### ****First aid rooms**** – NS

Where the worksite is not an office and there are 100 or more employees regularly employed on any one shift at the worksite, the employer shall provide at least one first aid room or other approved first aid facility.

A first aid room shall

* be of sufficient size to accommodate the supplies and services required by these regulations and have an entrance that can easily accommodate a stretcher;
* be kept clean, well lighted, heated, ventilated and in a sanitary condition;
* contain a telephone or other means of communication between the first aid room and worksite
* have emergency telephone numbers posted;
* include the following furniture:

1 permanent sink with hot and cold running water,

1 refuse pail with a cover,

1 chair with arm rests that ensure that the chair is suitable to treat injured employees,

1 bed, covered with a plastic sheet,

1 pillows and blankets, and

1 cabinet suitable for storing dressings and instruments;

contain the following material, equipment and supplies:

1 first aid guide,

1 pair of 150 mm heavy-duty scissors,

1 splinter tweezers,

12 assorted safety pins,

1 wash basin made of stainless steel or polypropylene,

1 nail brush,

1 package of paper towels,

1 hand soap

1 package of disposable paper cups,

1 cold sterilizer with a supply of non-rusting germicidal solution or a means of sterilization that provides an equivalent level of protection,

1 kidney basin made of stainless steel or polypropylene,

1 set of assorted x-ray permeable splints,

1 portable Number 2 First Aid Kit and a flashlight for use outside the room at the scene of an accident,

20 additional pairs of disposable latex gloves or gloves made of material that provides an quivalent level of protection against the spread of infections or contagious conditions,

1 first aid record book, or instructions on how first aid treatment records are to be maintained,

2 rolls of adhesive tape (25 mm wide by 2.5 m long),

antiseptics, including

a disinfectant in the form of

1 100 ml bottle of an adequate antiseptic, and

36 hand cleaners,

1 marked plastic bag for disposal of biohazardous waste,

1 airway barrier device for rescue breathing, and

1 magnifying lamp.

at least the following dressings, individually wrapped:

6 sterile bandage compresses (100 mm X 100 mm),

48 sterile adhesive dressings (25 mm wide),

32 sterile pads (75 mm X 75 mm),

6 triangular bandages (1 m),

3 roller bandages (50 mm wide),

1 roll of tubular finger bandages with applicator,

10 finger tip dressings,

10 knuckle pad dressings, and

4 sterile abdominal bandages (200 mm X 300 mm).

## First Aid Requirements - NS

First Aid Certificates
**(1)** Where a full time employee is employed in any type of employment that regularly requires the employee to work where there is no one available who could administer first aid or summon assistance within a reasonable length of time, the employee shall hold a valid emergency first aid certificate.

**(2)** Where the worksite is an office and the office is not part of a larger worksite where activities other than office-related activities are carried out, the employer shall ensure that at least one employee on each shift holds a valid emergency first aid certificate.

**3)** Where the worksite is not an office, the employer shall ensure,

**(a)** where there are more than one but fewer than 20 employees regularly employed on any one shift, that at least one employee on that shift holds a valid emergency first aid certificate;

**(b)** where there are 20 or more, but fewer than 100 employees regularly employed on any one shift, that at least one employee on that shift holds a valid standard first aid certificate; and

**(c)** where there are 100 or more employees regularly employed on any one shift, that at least one employee on that shift holds a valid advanced first aid certificate.

# Ontario Regulations

**Source Regulation 1101** [http://www.wsib.on.ca/WSIBPortal/faces/WSIBDetailPage?cGUID=WSIB014092&rDef=WSIB\_RD\_ARTICLE&\_afrLoop=517167683459000&\_afrWindowMode=0&\_afrWindowId=null#%40%3FcGUID%3DWSIB014092%26\_afrWindowId%3Dnull%26\_afrLoop%3D517167683459000%26rDef%3DWSIB\_RD\_ARTICLE%26\_afrWindowMode%3D0%26\_adf.ctrl-state%3Dpc1p6h40o\_4](http://www.wsib.on.ca/WSIBPortal/faces/WSIBDetailPage?cGUID=WSIB014092&rDef=WSIB_RD_ARTICLE&_afrLoop=517167683459000&_afrWindowMode=0&_afrWindowId=null%23%40%3FcGUID%3DWSIB014092%26_afrWindowId%3Dnull%26_afrLoop%3D517167683459000%26rDef%3DWSIB_RD_ARTICLE%26_afrWindowMode%3D0%26_adf.ctrl-state%3Dpc1p6h40o_4)

## First Aid Kit Contents – Ontario

Every employer employing not more than five workers in any one shift at a place of employment shall provide and maintain at the place of employment a first aid station with a first aid

box containing as a minimum,

1 current edition of a standard St. John Ambulance First Aid Manual;

1 card of safety pins; and

dressings consisting of,

12 adhesive dressings individually wrapped,

4 sterile gauze pads, 3 inches square,

2 rolls of gauze bandage, 2 inches wide,

2 field dressings, 4 inches square or 2 four-inch sterile bandage compresses, and

1 triangular bandage.

The employer shall ensure that the first aid station is at all times in the charge of a worker who,

(a) is the holder of a valid St. John Ambulance Emergency First Aid Certificate or its equivalent; and

(b) works in the immediate vicinity of the station.

Every employer employing more than five workers and not more than fifteen workers in any one shift at a place of employment shall provide and maintain a first aid station with a first aid box containing as a minimum,

1 current edition of a standard St. John Ambulance First Aid Manual;

1 card of safety pins; and

dressings consisting of,

24 adhesive dressings individually wrapped,

12 sterile gauze pads, 3 inches square,

4 rolls of 2-inch gauze bandage,

4 rolls of 4-inch gauze bandage,

4 sterile surgical pads suitable for pressure dressings, individually wrapped,

6 triangular bandages,

2 rolls of splint padding, and

1 roll-up splint.

The employer shall ensure that the first aid station is at all times in the charge of a worker who,

(a) is the holder of a valid St. John Ambulance Standard First Aid Certificate or its equivalent; and

(b) works in the immediate vicinity of the box.

Every employer employing more than fifteen and fewer than 200 workers in any one shift at a place of employment shall provide and maintain at the place of employment one stretcher,

two blankets and a first aid station with a first aid box containing as a minimum,

1 current edition of a standard St. John Ambulance First Aid Manual;

24 safety pins;

1 basin, preferably stainless steel; and

dressings consisting of,

48 adhesive dressings, individually wrapped,

2 rolls of adhesive tape, 1 inch wide,

12 rolls of 1-inch gauze bandage,

48 sterile gauze pads, 3 inches square,

8 rolls of 2-inch gauze bandage,

8 rolls of 4-inch gauze bandage,

6 sterile surgical pads suitable for pressure dressings, individually wrapped,

12 triangular bandages,

splints of assorted sizes, and

2 rolls of splint padding.

The employer shall ensure that the first aid station is at all times in the charge of a worker who,

(a) is the holder of a valid St. John Ambulance Standard First Aid Certificate or its equivalent; and

(b) works in the immediate vicinity of the box.

## First Aid Room – Ontario

Every employer employing 200 or more workers in any one shift at a place of employment shall provide and maintain a first aid room equipped with,

1 current edition of a standard St. John Ambulance First Aid Manual;

instruments consisting of,

dressing scissors,

dressing forceps,

safety pins,

graduated medicine glass,

tongue depressors, and

applicators, cotton-tipped;

denatured ethyl alcohol;

dressings consisting of,

adhesive dressings, individually wrapped,

sterile gauze pads of assorted sizes, individually wrapped,

gauze bandages of assorted sizes,

adhesive plaster,

absorbent cotton,

triangular bandages,

splints of assorted sizes, and

splint padding; and

1 enamel foot bath,

1 sanitary disposal receptacle with lid,

1 first aid box containing as a minimum the items required by subsection 9 (1), for use by the attendant at the scene of an accident before the patient is moved to the first aid room or general hospital

1 couch curtained off or in a separate cubicle,

1 stretcher, and 2 blankets.

## First Aid Requirements – Ontario

A first aid station shall contain,

(a) a first aid box containing the items required by this Regulation; and

b) a notice board displaying,

(i) the Board’s poster known as Form 82

(ii) the valid first aid certificates of qualification of the trained workers on duty, and

(iii) an inspection card with spaces for recording the date of the most recent inspection of the first aid box and the signature of the person making the inspection.

(2) A first aid station shall be in the charge of a worker who works in the immediate vicinity of the first aid station and who is qualified in first aid to the standards required by this

Regulation.

(3) First aid stations shall be so located as to be easily accessible for the prompt treatment of any worker at all times when work is in progress.

# Prince Edward Island Regulations

**Source General Regulations Document**

<http://www.wcb.pe.ca/Workplace/OHSActAndRegulations>

## First Aid Kit Contents – PEI

### Contents Of A First Aid Kit #1 – PEI

1 first aid instruction manual;

6 safety pins;

1 pair of splinter tweezers;

1 pair of 10 centimetre scissors;

2 pairs of disposable surgical gloves;

the following individually wrapped dressings:

2 sterile bandage compresses, 10 centimetres x 10 centimetres,

12 sterile adhesive dressings 2.5 centimetres in width,

12 sterile pads, 7.5 centimetres x 7.5 centimetres,

3 triangular bandages, and

1 roller bandage, 5 centimetres in width;

1 roll of adhesive tape, 2.5 centimetres x 2.5 metres;

disinfectant in the form of

1 container of antiseptic disinfectant, or

12 antiseptic towelettes individually wrapped;

6 hand cleaners; and

1 airway barrier device for rescue breathing.

### Contents Of A First Aid Kit #2 - PEI

1 first aid instruction manual;

12 safety pins;

1 pair of splinter tweezers;

1 pair of 10 centimetre scissors;

2 pairs of disposable surgical gloves;

the following individually wrapped dressings:

2 sterile bandage compresses, 10 centimetres x 10 centimetres,

14 sterile adhesive dressings 2.5 centimetres in width,

16 sterile pads, 7.5 centimetres x 7.5 centimetres,

6 triangular bandages, and

2 roller bandages, 5 centimetres in width;

1 roll of adhesive tape, 2.5 centimetres x 2.5 metres;

disinfectant in the form of

1 container of antiseptic disinfectant, or

12 antiseptic towelettes individually wrapped;

24 hand cleaners; and

1 airway barrier device for rescue breathing

### Contents Of A First Aid Kit #3 – PEI

1 first aid instruction manual;

12 safety pins;

1 pair of splinter tweezers;

1 pair of 10 centimetre scissors;

4 pairs of disposable surgical gloves;

the following individually wrapped dressings:

6 sterile bandage compresses, 10 centimetres x 10 centimetres,

32 sterile adhesive dressings 2.5 centimetres in width,

32 sterile pads, 7.5 centimetres x 7.5 centimetres,

6 triangular bandages, and

3 roller bandages, 5 centimetres in width;

2 rolls of adhesive tape, 2.5 centimetres x 2.5 metres;

disinfectant in the form of

1 container of antiseptic disinfectant, or

12 antiseptic towelettes individually wrapped;

24 hand cleaners; and

1 airway barrier device for rescue breathing

### First aid room – PEI

Where either

1. the only work conducted at a workplace is work other than low hazard work, or
2. both low hazard work and work other than low hazard work are conducted at a workplace; and
3. there are 100 or more workers regularly employed on any one shift at the workplace,

the employer shall provide a first aid room at the workplace.

An employer who is required under subsection (1) to provide a first aid room at a workplace shall ensure that the first aid room

(a) has adequate lighting, ventilation and heating;

(b) is kept clean and in a sanitary condition;

(c) is of adequate size to accommodate a stretcher;

(d) has posted emergency telephone numbers;

(e) is used only for the purpose of administering first aid;

(f) is equipped with

(i) a telephone or other means of communication between the first aid room and workplace areas served by the first aid room,

(ii) instructions on how and where to access a first aid provider,

(iii) a permanently installed sink with hot and cold running water,

(iv) a bed or cot with a moisture-protected mattress and two pillows,

(v) blankets,

(vi) a treatment chair with arm rests,

(vii) a cabinet suitable for storing supplies required by this section;

(g) contains the supplies described in Schedule D; and

(h) is accessible by the workers at all times during their shift

## First Aid Requirements – PEI

### Low hazard work

(2) Where the only work conducted at a workplace is low hazard work, the employer shall ensure that at least one first aid provider who holds a valid Emergency First Aid Certificate is available at the workplace while the work is conducted.

### Work other than low hazard work

(3) Where

(a) the only work conducted at a workplace of an employer is work other than low hazard work; or

(b) both low hazard work and work other than low hazard work are conducted at a workplace of an employer, the employer shall ensure,

(c) if there are more than one and less than 20 workers regularly employed on any one shift at the workplace, that at least one first aid provider is available on that shift who holds a valid Emergency First Aid Certificate;

(d) if there are 20 or more and less than 100 workers regularly employed on any one shift at the workplace, that at least one first aid provider is available on that shift who holds a valid Standard First Aid Certificate; and

(e) if there are 100 or more workers regularly employed on any one shift at the workplace, that at least one first aid provider is available on that shift who holds a valid Advanced First Aid Certificate.

**First aid kit # 1**

(1) Where there is only one worker regularly employed at a workplace, the employer of the worker shall ensure that a first aid kit #1 containing the supplies specified in Schedule A is kept at the workplace and is accessible by the worker at all times during working hours.

**First aid kit # 2**

(2) Where there is more than one and less than 20 workers regularly employed on any one shift at a workplace, the employer of the workers shall ensure that a first aid kit #2 containing the supplies specified in Schedule B is kept at the workplace and is accessible by the workers at all times during their shift.

### First aid kit # 3

(3) Subject to subsection (4), where there are 20 or more workers regularly employed on any one shift at a workplace, the employer of the workers shall ensure that a first aid kit #3 containing the supplies specified in Schedule C is kept at the workplace and is accessible by the workers at all times during their shift.

# Quebec Regulations

[Source http://legisquebec.gouv.qc.ca/en/ShowDoc/cr/A-3.001,%20r.%2010](Source%20http%3A/legisquebec.gouv.qc.ca/en/ShowDoc/cr/A-3.001%2C%20r.%2010)

## First Aid Kit Contents – Quebec

An adequate number of first-aid kits must be provided by an employer in his establishment.

The kits must be placed as near as possible from the work premises, be easy to reach and available at all times.

The minimum content of the first-aid kit is the following:

1 first-aid manual approved by the Commission;

the following instruments:

1 pair bandage scissors,

1 pair splinter forceps,

12 safety pins (assorted sizes);

the following dressings (or equivalent sizes):

25 sterile bandages (25 mm × 75 mm) individually wrapped,

25 sterile gauze squares (101.6 mm × 101.6 mm) individually wrapped,

4 rolls sterile gauze bandage (50 mm × 9 m) individually wrapped,

4 rolls sterile gauze bandage (101.6 mm × 9 m) individually wrapped,

6 triangular bandages,

4 sterile bandage compresses (101.6 mm × 101.6 mm) individually wrapped,

1 roll adhesive tape (25 mm × 9 m);

antiseptics:

25 alcohol swabs individually wrapped.

The employer in an establishment having more than 100 workers and the principal contractor on a construction site having more than 100 workers must provide a room where the first-aider can administer first-aid; it must be available and easily accessible at all times during working hours, kept clean and in good order, ventilated, lighted, adequately heated and provided with water.

This room must contain in particular:

(*a*) a stretcher;

(*b*) one table and two chairs;

(*c*) soap and a nail brush;

(*d*) paper towels;

(*e*) at the minimum, the content of the kit prescribed in section 4.

## First Aid Requirements – Quebec

The employer of an establishment must make sure that at least one first-aider is present at all times during working hours where there are 50 or less workers on a shift and another first-aider for every additional 100 workers or fraction thereof assigned to the shift.

# Saskatchewan Regulations

**Source** <https://www.firstaidcanada.com/media/wysiwyg/Provincial-Regulations/First_Aid_in_Saskatchewan_Workplaces_Guide_2004.pdf>

## First Aid Kit Contents – SK

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| --- |
| **Contents Of The First Aid Box - SK** **And Recommended Quantities Per Number Of Workers** |
|  **Supply** | **<10 workers** | **10-40** | **>40** |
| Antiseptic, wound solution or antiseptic swabs | 50-100 ml bottle10-25 swabs | X 2 | X 3 |
| Bandage - adhesive strips and hypoallergenic adhesive tape | 12-50 strips1-2 | X 2X 2 | X 3X 3 |
| Bandage - triangular, 100 centimetre folded, and safety pins | 2-34-6 | X 2X 2 | X 3X 3 |
| Bandage - gauze roller, various sizes 5 cm X 5-10 m10 cm X 5-10 m | 2-32-3 | X 2X 2 | X 3X 3 |
| Dressing - sterile and wrapped gauze pads and compresses, various sizes including abdominal pad size5 cm X 5 cm 7.5 cm x 7.5 cm10 cm x 10 cm15 cm x 20 cm | 8-16 total2-42-42-42-4 | X 2X 2X 2X 2X 2 | X 3X 3X 3X 3X 3 |
| Dressing - self-adherent roller, various sizes5 cm X 5 m10 cm X 5 m | 2-4 total1-21-2 | X 2X 2X 2 | X 3X 3X 3 |
| Pad with shield or tape for eye | 1-2 | X 2 | X 3 |
| Soap | 1 | X 1 | X 1 |
| Disposable gloves (e.g. nitrile, vinyl) small medium largeor one universal size | 12-100 | X 1 | X 1 |
| Pocket mask with disposable one- way rebreathe valves | 11-2 | X 1X 1 | X 1X 1 |
| Forceps - splinter | 1 | X 1 | X 1 |
| Scissors - bandage | 1 | X 1 | X 1 |

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| Class A Additional Supplies And Equipment – SK **And Recommended Quantities Per Number Of Workers** |
| **Supply** | **<10 workers** | **10-40** | **>40** |
| Bag - hot water or hot pack | - | 1 | X 1 |
| Bag - ice or cold water | - | 1 | X 1 |
| Bandage – elastic5 cm and10 cm widths | -- | 1-21-2 | X 2X 2 |
| Sterile burn sheets | - | 1-2 | X 2 |
| Any other first aid supplies and equipment that are appropriate to the dangers and other circumstances of the place of employment and commensurate with the training of the first aid attendant. |

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| Class B Additional Supplies And Equipment Required – SK **And Recommended Quantities Per Number Of Workers** |
| **Supply** | **<10 workers** | **10-40** | **>40** |
| Bag - hot water or hot pack | - | 1 |  |
| Bag - ice or cold water | - | 1 |  |
| Bandage - elastic,5 cm and 10 cm widths | -- | 1-21-2 |  |
| Sterile burn sheet | - | 1-2 |  |
| Stethoscope with a bell | - | 1-2 |  |
| Sphygmomanometer | - | 1 |  |
| Thermometer | - | 1 |  |
| Where there is a potential cause of spinal injury, short and long spine boards with adequate restraining straps and medium and large cervical collars. | ---- | 1111 | X 1X 1X 1X 1 |
| Emergency oxygen system | - | 1 | X 1 |
| Bag valve and mask resuscitator | - | 1 | X 1 |
| Any other first aid supplies and equipment that are appropriate to the dangers and other circumstances of the place of employment and commensurate with the training of the first aid attendant. |

### First aid rooms – SK

First aid rooms are required where there are 100 or more workers who are more than 30 minutes from a medical facility. The room must be used exclusively to provide first aid, medical examinations and rest for injured workers. The room must:

• be clean, heated and well ventilated

• have a permanent sink with hot and cold water

• have a cot

• have appropriate first aid supplies

• be under the control of a first aid attendant

## First Aid Requirements – SK

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| **SUMMARY OF FIRST AID REQUIREMENTS**Minimum: Every place of employment requires a first aid box containing standard supplies ,a manual, a register and emergency information. Additional requirements are listed below:  |
| Workers | Close(1/2 hour or less to medical facility) | Distant(1/2 - 2 hours to medical facility) | Isolated(More than 2 hours’ surface transport to medical facility, or normal mode of transport is aircraft) |
| 1 | minimum | minimum | minimum |
| 2-4 | minimum | minimum plus* blankets, stretcher and splints Class A attendant and additional supplies - if high hazard work
 | minimum plus* blankets, stretcher and splints
* Class A attendant and additional supplies - if high hazard work
 |
| 5-9 | Minimum plus* Class A attendant and additional supplies - if high hazard work
 | minimum plus* Class A attendant and additional supplies
* blankets, stretcher and splints
 | minimum plus * Class A attendant and additional supplies

 * blankets, stretcher and splints
 |
| 10-20 | minimum plus* Class A attendant and additional supplies
 | Minimum plus * Class A attendant and additional supplies
* blankets, stretcher and splints
 | minimum plus * Class A attendant and additional supplies
* blankets, stretcher and splints
 |
| 21-40 | minimum plus* Class A attendant and additional supplies
 | minimum plus* Class A attendant and additional supplies
* blankets, stretcher and splints
 | Minimum plus* Class B attendant and additional supplies - if high hazard work
* Class A attendant and additional supplies if not high hazard work
* blankets, stretcher and splints
 |
| 41-99 | Minimum plus* Class A attendant and additional supplies
 | minimum plus* Class B attendant and additional supplies - if high hazard work
* Class A attendant and additional supplies for other work
* blankets, stretcher and splints
 | minimum plus* Class A attendant and additional supplies - if low hazard work
* EMT - if high hazard work
* Class B attendant and additional supplies for other work
* blankets, stretcher and splints
 |
| 100+ | minimum plus* 2 Class A attendants and additional supplies
 | minimum plus* first aid room
* 1 EMT and 1 Class B attendant and additional supplies - if high hazard work
* 2 Class A attendants and additional supplies for other work
* blankets, stretcher and splints
 | Minimum plus* first aid room
* 1 EMT and 1 Class B attendant and additional supplies – if high hazard work
* 2 Class A attendants and additional supplies for low hazard work
* 2 Class B attendants and additional supplies for other work
* blankets, stretcher and splints
 |

# Yukon Regulations

**Source** <https://yukonregs.ca/RegsPublic/Home/Details/3>

## Contents Of First Aid Kits – Yukon

### Personal First-Aid Kit – Yukon

A Personal first-aid kit must include all of the following supplies, in the quantities indicated

10 sterile adhesive dressings, assorted sizes, individually packaged

5 10 cm x 10 cm sterile gauze pads, individually packaged

1 10 cm x 10 cm sterile compress dressing, with ties

5 antiseptic cleansing towelettes, individually packaged

1 cotton triangular bandage

1 waterproof waste bag

1 disposable surgical gloves

### Level 1 first-aid kit – Yukon

A Level 1 first-aid kit must include all of the following supplies, in the quantities indicated

10 antiseptic cleansing towelettes, individually packaged

25 sterile adhesive dressings, individually packaged

10 10 cm x 10 cm sterile gauze pads, individually packaged

2 10 cm x 10 cm sterile compress dressings, with ties, individually packaged

2 15 cm x 15 cm sterile compress dressings, with ties, individually packaged

2 conform gauze bandages, 75 mm wide

3 cotton triangular bandages

5 safety pins, assorted sizes

1 scissors

1 tweezers

1 adhesive tape, 25 mm x 4.5 m

1 crepe tension bandage, 75 mm wide

1 resuscitation barrier device, with one-way valve

4 pairs of disposable surgical gloves

1 first-aid instruction manual (condensed)

1 inventory of kit contents

1 waterproof waste bag

### Level 2 first-aid kit – Yukon

A Level 2 first-aid kit must include all of the following supplies, in the quantities indicated

10 antiseptic cleansing towelettes, individually packaged

50 sterile adhesive dressings, individually packaged

20 10 cm x 10 cm sterile gauze pads individually packaged

3 10 cm x 10 cm sterile compress dressings, with ties, individually packaged

3 15 cm x 15 cm sterile compress dressings, with ties, individually packaged

1 20 cm x 25 cm sterile abdominal dressing

2 conform gauze bandages, 75 mm wide

4 cotton triangular bandages

8 safety pins, assorted sizes

1 scissors

1 tweezers

1 adhesive tape, 25 mm x 4.5 m

2 crepe tension bandages, 75 mm wide

1 resuscitation barrier device with a one-way valve

6 pairs disposable surgical gloves,

1 dry eye dressing, sterile

1 first-aid instruction manual (condensed)

1 inventory of kit contents

1 waterproof waste bag

### Level 3 First aid kit – Yukon

A Level 3 first-aid kit must include all of the following supplies, in the quantities indicated

24 antiseptic cleansing towelettes, individually packaged

100 sterile adhesive dressings, individually packaged

50 10 cm x 10 cm sterile gauze pads individually packaged

6 10 cm x 10 cm sterile compress dressings, with ties, individually packaged

6 15 cm x 15 cm sterile compress dressings, with ties, individually packaged

4 20 cm x 25 cm sterile abdominal dressings, individually packaged

6 conform gauze bandages, 75 mm wide

12 cotton triangular bandages

12 safety pins, assorted sizes

1 scissors

1 tweezers

2 adhesive tape, 25 mm x 4.5 m

4 crepe tension bandages, 75 mm wide

1 resuscitation barrier device, with one-way valve

12 pairs disposable surgical gloves

2 dry eye dressings, sterile, individually packaged

1 tubular finger bandage, with applicator

1 first aid instruction manual (condensed)

1 inventory of kit contents

2 waterproof waste bags

### First-Aid Room Requirements – Yukon

**1.** If an employer is required to provide a first-aid room at a workplace, the employer must ensure that in addition to having available whatever Schedule 2 requires, the first-aid room meets the requirements of this Schedule.

**2.** A first-aid room must be

(a) located near the work area or areas it is to serve;

(b)easily accessible to workers at all times;

(c)able to accommodate a stretcher;

(d)close to washroom facilities; and

(e)a minimum of 9 square meters or 100 square feet in area;

**3.** An employer who is required to provide a first-aid room must ensure that the first-aid room is

(a) kept clean and sanitary;

(b) adequately lit;

(c) designated as a non-smoking area;

(d) under the direct supervision of an advanced first-aid attendant;

(e) clearly identified as a first-aid facility, and with clear instructions as to how and where to find the first-aid attendant; and

(f) unless the first-aid room is a temporary or mobile facility, used only to administer first aid or health related services.

**4.** A first-aid room must be equipped with

(a)a communication system;

(b)a permanently installed sink with hot and cold running water;

(c)a cot or bed with a moisture-protected mattress and two pillows;

(d)eye wash equipment;

(e)a shower;

(f)a treatment chair; and

(g)all of the following supplies, in the quantities indicated

6 towels

4 sheets

3 blankets

1 refuse pail with lid

1 pack paper towels

12 pairs disposable surgical gloves

1 eye cup

18 safety pins

2 4.5 kg sand bags

1 11.5 cm stainless steel sliver forceps

1 15 cm stainless steel thin nosed pliers-type forceps

1 14 cm stainless steel bandage scissors

1 universal scissors

1 oral thermometer

1 nail brush

1 penlight or flashlight, with batteries, 1

50 patient assessment charts

1 first-aid record book, with pencil or pen

36 14 cm x 19 cm antiseptic towelettes, individually packaged

1 liquid antibacterial soap, 150 ml

1 eye lamp, self-illuminating, magnifying

6 cold packs

12 expanded metal splints, minimum length 60 cm

50 tongue depressors

100 cotton-tip applicators

1 water-soluble burn treatment, 30 g tubes

1 liquid adhesive tape remover, 100 ml

150 sterile adhesive dressings

48 sterile skin closures

6 20 cm x 25 cm sterile abdominal dressings, individually packaged

6 sterile eye pads, individually packaged

6 30 cm x 40 cm sterile abdominal dressings, individually packaged

200 7.5 cm x 7.5 cm gauze sponges

72 7.5 cm x 7.5 cm sterile gauze dressings, individually packaged

72 10 cm x 10 cm sterile gauze dressings, individually packaged

6 10 cm x 16.5 cm sterile pressure dressings, with crepe ties

2 2.5 cm x 4.5 m adhesive crepe bandages

4 2.5 cm x 4.5 m rolls of adhesive tape

3 5 cm x 4.5 m rolls of adhesive tape

6 7.5 cm x 4.5 m crepe roller bandages

1 7.5 cm x 4.5 m Esmarch gum rubber bandage

4 5 cm x 1.8 m conforming gauze roller bandages

4 7.5 cm x 1.8 m conforming gauze roller bandages

24 cotton triangular bandages, minimum length of base 1.25 m

2 #0l - 4.5 m tubular finger bandages, with applicators

2 sterile 0.9% sodium chloride solution (saline), in 500 ml containers

1 kidney basin

1 wash basin

1 cold instrument sterilizer

1 non-rusting germicidal solution for instrument tray, 4.5 litres

1 portable urinal (if overnight care may be required)

1 bedpan (if overnight care may be required)

1 approved oxygen therapy equipment

## First Aid Requirements – Yukon

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| First Aid Requirements For Class C Hazard Work |
| **Number of workers at workplace per shift** | **Close workplace (up to 20 minutes' travel surface time from medical facility)** | **Distant workplace (more than 20 minutes' surface travel time from medical facility)** | **Isolated workplace** |
| 1 | Personal first-aid kit | Personal first-aid kit | Personal first-aid kit |
| 2-9 | Level 1 first-aid kit | Level 2 first-aid kit1 standard first-aid attendant | Level 2 first-aid kit1 standard first-aid attendant |
| 10-49 | Level 1 first-aid kit1 standard first-aid attendant | Level 2 first-aid kit2 standard first-aid attendants | Level 2 first-aid kit2 standard first-aid attendants |
| 50-99 | Level 2 first-aid kit2 standard first-aid attendants | Level 2 first-aid kit3 standard first-aid attendants | Level 2 first-aid kit1 advanced first-aid attendant |
| 100-199 | Level 3 first-aid kit3 standard first-aid attendantsDressing station | Level 3 first-aid kit3 standard first-aid attendants3 blankets, stretcher, splintsDressing station | Level 3 first-aid kit1 advanced first-aid attendant3 blankets, stretcher, splintsFirst-aid room |
| 200 or more | Level 3 first-aid kit3 standard first-aid attendants plus1 standard first-aid attendant for each additional increment of 1 to 100 workersDressing station  | Level 3 first-aid kit3 standard first-aid attendants3 blankets, stretcher, splints plus1 standard first-aid attendant for each additional increment of 1 to 100 workersDressing station  | Level 3 first-aid kit1 advanced first-aid attendant3 blankets, stretcher, splints plus1 standard first-aid attendant for each additional increment of 1 to 100 workersFirst-aid room  |
| Note: Number of first-aid attendants indicated is for a shift at all times.If work activities in different hazard classes occur simultaneously at a workplace, the whole workplace is subject to the most stringent of the Tables in this Schedule that apply to those hazard classes.  |

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| First Aid Requirements For Class B Hazard Work  |
| **Number of workers at workplace per shift** | **Close workplace (up to 20 minutes' surface travel time from medical facility)** | **Distant workplace (more than 20 minutes' surface travel time from medical facility)** | **Isolated workplace** |
| 1 | Personal first-aid kit | Personal first-aid kit | Personal first-aid kit |
| 2-9 | Level 1 first-aid kit1 standard first-aid attendant | Level 2 first-aid kit1 standard first-aid attendant3 blankets | Level 2 first-aid kit1 standard first-aid attendant3 blankets |
| 10-19 | Level 2 first-aid kit1 standard first-aid attendant | Level 2 first-aid kit2 standard first-aid attendants3 blankets | Level 2 first-aid kit2 standard first-aid attendantsStretcher and 3 blankets |
| 20-49 | Level 2 first-aid kit2 standard first-aid attendants | Level 2 first-aid kit1 advanced first-aid attendantStretcher and 3 blankets | Level 3 first-aid kit1 advanced first-aid attendantApproved oxygen therapy equipmentDressing station |
| 50-99 | Level 3 first-aid kit1 advanced first-aid attendant | Level 3 first-aid kit1 advanced first-aid attendant1 standard first-aid attendantApproved oxygen therapy equipmentDressing station  | Level 3 first-aid kit1 advanced first-aid attendant1 standard first-aid attendantFirst-aid room  |
| 100 or more | Level 3 first-aid kit1 advanced first-aid attendant1 standard first-aid attendant plus1 standard first-aid attendant for each additional increment of 1 to 100 workersApproved oxygen therapy equipmentDressing station  | Level 3 first-aid kit1 advanced first-aid attendant1 standard first-aid attendant plus1 standard first-aid attendant for each additional increment of 1 to 100 workersFirst-aid room  | Level 3 first-aid kit2 advanced first-aid attendants plus1 standard first-aid attendant for each additional increment of 1 to 100 workersFirst-aid room  |
| Note: Number of first-aid attendants indicated is for a shift at all times.If work activities in different hazard classes occur simultaneously at a workplace, the whole workplace is subject to the most stringent of the Tables in this Schedule that apply to those hazard classes.  |

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| First Aid Requirements For Class A Hazard Work  |
| **Number of workers at workplace per shift** | **Close workplace (up to 20 minutes' surface travel time from medical facility)** | **Distant workplace (more than 20 minutes' surface travel time from medical facility)** | **Isolated workplace** |
| 1 | Personal first-aid kit | Personal first-aid kit | Personal first-aid kit |
| 2-4 | Level 1 first-aid kit1 standard first-aid attendant | Level 2 first-aid kit1 standard first-aid attendant3 blankets | Level 2 first-aid kit1 standard first-aid attendant3 blankets |
| 5-9 | Level 2 first-aid kit1 standard first-aid attendant | Level 2 first-aid kit1 standard first-aid attendant3 blankets, stretcher, splints | Level 2 first-aid kit2 standard first-aid attendants3 blankets, stretcher, splints |
| 10-19 | Level 2 first-aid kit2 standard first-aid attendants3 blankets, stretcher, splints | Level 3 first-aid kit1 advanced first-aid attendant3 blankets, stretcher, splints | Level 3 first-aid kit1 advanced first-aid attendantDressing station |
| 20-49 | Level 3 first-aid kit1 advanced first-aid attendant3 blankets, stretcher, splints | Level 3 first-aid kit1 advanced first-aid attendant1 standard first-aid attendantApproved oxygen therapy equipmentDressing station  | Level 3 first-aid kit1 advanced first-aid attendant1 standard first-aid attendantFirst-aid room  |
| 50-99 | Level 3 first-aid kit1 advanced first-aid attendant1 standard first-aid attendant plus1 standard first-aid attendant for each additional increment of 1 to 100 workersApproved oxygen therapy equipmentDressing station  | Level 3 first-aid kit1 advanced first-aid attendant1 standard first-aid attendant plus1 standard first-aid attendant for each additional increment of 1 to 100 workersFirst-aid room  | Level 3 first-aid kit1 advanced first-aid attendant2 standard first-aid attendants plus1 standard first-aid attendant for each additional increment of 1 to 100 workersFirst-aid room  |
| Note: Number of first-aid attendants indicated is for a shift at all times.If work activities in different hazard classes occur simultaneously at a workplace, the whole workplace is subject to the most stringent of the Tables in this Schedule that apply to those hazard classes.  |

# Bermuda Regulations

**Source** <http://www.bermudalaws.bm/Laws/Consolidated%20Laws/Occupational%20Safety%20and%20Health%20Regulations%202009.pdf>

## First Aid Kit Contents – Bermuda

### First aid kit - Bermuda

A first aid kit shall contain the following items, according to the maximum number of employees employed at the place of employment at any particular time—

|  |  |  |
| --- | --- | --- |
| **ITEM #** | **First-aid Supplies** | **Number Of Employees** |
|  |  | **1-25** | **Over 25** |
| **1** | Packages of sterile 2” gauze bandages (small) | **6** | **24** |
| **2** | Packages of sterile 3” gauze bandages (medium) | **3** | **12** |
| **3** | Packages of sterile 4” gauze bandages (large) | **3** | **12** |
| **4** | Adhesive wound dressing in assorted sizes | **12** | **36** |
| **5** | Triangular bandages (standard) | **2** | **4** |
| **6** | Roll of adhesive tape – 1” size | **1** | **1** |
| **7** | Safety pins | **6** | **12** |
| **8** | Adhesive bandages | **20** | **40** |
| **9** | Eye pads | **2** | **8** |
| **10** | Bandage scissors | **1** | **1** |
| **11** | Mouth-Piece | **1** | **2** |
| **12** | Alcohol FREE Wipes | **6** | **12** |
| **13** | Disposable Gloves – (large) pairs | **4** | **8** |

### First Aid Room – Bermuda

At every place of employment, the employer shall ensure that there is at least one first aid station which shall be—

* located at or near the workstation of a first-aid attendant, if there is one;
* provided with a first aid kit in accordance with regulation 95;
* accessible to employees during all working hours; and
* clearly identified by a conspicuous sign.

## First Aid Requirements – Bermuda

At every place of employment with 5 or more employees, the employer shall ensure that there is at least one first aid attendant who holds a valid St. John Ambulance Standard First Aid Certificate or its equivalent.

If a first-aid attendant is absent from the place of employment, the employer shall make alternative arrangements for the provision of first aid to employees at the place of employment

Where a person’s skin or eyes may be injured by exposure to a caustic, acidic or other hazardous substance at a place of employment, the employer shall provide at the place of employment—

* an emergency shower or other equipment sufficient for removal of the substance from the person’s skin; and
* an eye wash fountain, an eye station with single use eye wash bottles or other equipment sufficient for removal of the substance from the person’s eyes