

Workplace First Aid Kit Requirements

WorkSafeBC lists the required contents of first aid kit in their [first aid guidelines](#). Below is a summary of kit content requirements. To determine what level of first aid kit your workplace requires use the [First Aid Needs Assessment Tool](#)

If your level 1 or 2 first aid kit is more than three years old, it may not contain a “windlass tourniquet” and “quick straps”. These items were added to required first aid kit content in 2018, and WorkSafeBC has revised the training for level 1 and level 2 first aid attendants to include the windlass tourniquet and quick straps. WSBC has allowed a period of three years to allow all occupational first aid attendants to be trained in the use of the windlass tourniquet and quick straps, and for employers to add them to their first aid kits. All occupational first aid kits (level 1 or 2) must now have the windlass tourniquet and quick straps.



Figure 1. Quick Straps and Windlass Tourniquet

A windlass tourniquet and quick straps can be purchased from the Product Distribution Centre, or a first aid equipment supplier, and added to your current first aid kits. Alternatively, workplaces may wish to purchase new level 1 or level 2 occupational first aid kits which would include these two required items. If your first kit has expired or has damaged items, it may be easier to simply purchase a new kit.

During the pandemic WSBC added a requirement for three disposable masks and two face shields (or safety eyewear) to the contents of the basic first aid kit and to level 1-3 first aid kits. While most workplaces have these items available, they must be placed in the first aid kit for quick access by the first aid attendant.

Basic First Aid Kit

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)
3	Medical masks (also known as procedure or surgical masks)
1	Face shield (or safety eyewear)
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. A kit that meets the CSA Z1220-17 Personal kit with the addition of medical masks and face shield is acceptable as a basic kit in B.C.

Level 1 First Aid Kit

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)
6	Medical masks (also known as procedure or surgical masks)
2	Face shields (or safety eyewear)
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, medical masks, and face shields). A kit that meets the CSA Z1220-17 Type 2 Basic kit (any size) with the addition of a tourniquet, medical masks, and face shield is acceptable as a Level 1 kit in B.C.

Level 2 First Aid Kit

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)
6	Medical masks (also known as procedure or surgical masks)
2	Face shields (or safety eyewear)
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, medical masks, and face shields). A kit that meets the CSA Z1220-17 Type 3 Intermediate kit (medium or large) with the addition of medical masks and face shield is acceptable as a Level 2 kit in B.C.

Level 3 First Aid Kit

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)
6	Medical masks (also known as procedure or surgical masks)
2	Face shields (or safety eyewear)
1	Waterproof waste bag
1	Penlight or flashlight
	Patient assessment charts
	First aid records

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, medical masks, face shields, and Oxygen Kit as described above). A kit that meets the CSA Z1220-17 Type 3 Intermediate kit (large) and all contents of the standard's Table A.1 with the addition of medical masks and face shields is acceptable as a Level 3 kit in B.C.