

Workplace First Aid Kit Requirements

On November 1, 2024, WorkSafeBC's new first aid regulation comes into effect. The BCPSA first aid assessment tool will assist your workplace in determining the level of first aid kits and supplies that are needed under the new regulation.

The names and contents of the kits are changing:

- **Basic** first aid kit is comparable to the old **Level 1** kit
- **Intermediate** first aid is comparable to the old **Level 2** kit
- **Advanced** first aid kit is comparable to the old **Level 3** kit

Does my workplace have to buy a new first aid kit?

If the results from your new first aid assessment indicate that your workplace's level of first aid does not change, you may only need to update the supplies in the kit.

If your kit is not fully stocked, including items from WorkSafeBC's updated supplies list in 2018 (windlass tourniquet and quick straps) and 2020 (COVID supplies), your current first aid kits will not meet the new requirements. WorkSafeBC States:

Employers are expected to move to these new contents as new kits are purchased or supplies are replaced. Existing kits should be supplemented with any significantly different components required in the equivalent CSA-aligned kit; however, there is no expectation for employers to dispose of existing first aid

supplies that are substantially the same, with only minor differences in sizes or description

Workplaces should conduct an inventory of their current first aid supplies. Broken, unserviceable or expired first aid supplies should be disposed of properly.

Workplaces should use the list of first aid kit contents in this document in determining if they have the correct supplies to meet the new requirements.

For all situations requiring first aid, ensure that face masks, face shields/safety eyewear and disposable nitrile gloves are well stocked for use by first aid attendants.

What if I need to buy a new first aid kit?

If you are buying a first aid kit for your workplace, ensure that it is compliant with the new Occupational Health and Safety Regulation (OHSR). A kit that is only CSA compliant will not contain the extra items that the new WorkSafeBC OHSR regulation requires.

Vendors based in BC should be ensuring that the kits they sell are compliant. If there is doubt about the completeness of the contents of your first aid kits, compare them to the lists in this document.

Depending on the status of the items in your current kit, you may not need to replace all the contents. It may be sufficient to order a refill kit of the equivalent new level. Your current first aid bag, cabinet, or box can be used to store and transport first aid supplies to the injured worker at the workplace.

What if I need assistance with other first aid equipment?

For complex situations, including dressing stations, first aid rooms, or emergency transport vehicles (ETVs):

Submit an [AskMyHR](#) (IDIR restricted) service request using the categories: Myself (or) My Team/Organization > Workplace Safety > Safety Training & Support.

Write 'First Aid' in the subject line.

Personal First Aid Kit Contents

- 16 adhesive bandages, sterile, assorted sizes (standard strip, large fingertip, knuckle, large patch)
- 6 Gauze pads, sterile, individually wrapped, 7.6 x 7.6 cm (3" x 3")
- 1 Roll conforming stretch bandage, relaxed length, individually wrapped, 5.1 cm x 1.8 m. (2" x 2 yd)
- 2 Compress/pressure dressings with ties, sterile, 10.2 x 10.2 cm (4" x 4")
- 1 Triangular bandage, cotton, with 2 safety pins, 101.6 x 101.6 x 142.2 cm (40" x 40" x 56")
- 1 Adhesive tape, 2.5 cm x 2.3 m. (1" x 2.5 yd)
- 6 Antiseptic wound cleansing towelettes, individually wrapped
- 4 Hand/skin cleansing towelettes, individually wrapped (or equivalent)
- 2 pairs Examination gloves, disposable, medical grade, one size, non-latex, powder free
- 1 Biohazard waste disposal bag (single use)
- 1 Splinter forceps/tweezers, fine point, stainless steel, minimum 11.4 cm (4.5")
- Contents list
- Blank first aid record

Basic First Aid Kit Contents

- 50 Adhesive bandages, sterile, assorted sizes (standard strip, large fingertip, knuckle, large patch)
- 24 Gauze pads, sterile, individually wrapped, 7.6 x 7.6 cm (3" x 3")
- 2 Abdominal pads, sterile, individually wrapped, 12.7 x 22.9 cm (5" x 9")
- 2 Rolls Conforming stretch bandage, relaxed length, individually wrapped, 5.1 cm x 1.8 m. (2" x 2 yd)
- 2 Rolls Conforming stretch bandage, relaxed length, individually wrapped, 7.6 cm x 1.8 m. (3" x 2 yd)
- 4 Compress/pressure dressings with ties, sterile, 10.2 x 10.2 cm (4" x 4")
- 4 Triangular bandages, cotton, with 2 safety pins, 101.6 x 101.6 x 142.2 cm (40" x 40" x 56")
- 4.6m Adhesive tape, 2.5 cm (1")
- 50 Antiseptic wound cleansing towelettes, individually wrapped
- 12 Hand/skin cleansing towelette, individually wrapped (or equivalent)
- 1 CPR resuscitation barrier device with one-way valve (barrier type or pocket mask)
- 8 pairs examination gloves, disposable, medical grade, one size, non-latex, powder free
- 2 Biohazard waste disposal bag (single use)
- 1 Bandage scissors, stainless steel
- 1 Splinter forceps/tweezers
- 1 Emergency blanket (Emergency blanket, aluminized, non-stretch polyester, minimum 132 x 213 cm (52" x 84"))
- Arterial bleed tourniquet (windlass or ratcheting type)
- 6 Medical grade face-mask
- 2 Face shield or safety eyewear
- Contents list
- Blank first aid records

Intermediate First Aid Kit Contents

- ❑ 50 Adhesive bandages, sterile, assorted sizes (standard strip, large fingertip, knuckle, large patch)
- ❑ 24 Gauze pad, sterile, individually wrapped, 7.6 x 7.6 cm (3" x 3")
- ❑ 12 Gauze pad, sterile, individually wrapped, 10.2 x 10.2 cm (4" x 4")
- ❑ 8 Non-adherent dressing, sterile, individually wrapped, 5.1 x 7.6 cm (2" x 3")
- ❑ 2 Abdominal pads, sterile, individually wrapped, 12.7 x 22.9 cm (5" x 9")
- ❑ 2 Rolls conforming stretch bandage, relaxed length, individually wrapped, 5.1 cm x 1.8 m. (2" x 2 yd)
- ❑ 2 Rolls conforming stretch bandage, relaxed length, individually wrapped, 7.6 cm x 1.8 m. (2" x 2 yd)
- ❑ 2 Compress/pressure dressings with ties, sterile, 10.2 x 10.2 cm (4" x 4")
- ❑ 2 Compress/pressure dressings with ties, sterile, 15.2 x 15.2 cm (6" x 6")
- ❑ 4 Triangular bandages, cotton, with 2 safety pins, 101.6 x 101.6 x 142.2 cm (40" x 40" x 56")
- ❑ 1 Arterial bleed tourniquet (windlass or ratcheting type)
- ❑ 4.6m Adhesive tape, 2.5 cm (1")
- ❑ 2 Elastic support/compression bandage, 7.6 cm (3")
- ❑ 2 sets eye dressing pads, sterile, and eye shield with elastic strap
- ❑ 2 Cold packs or equivalent
- ❑ 50 Antiseptic wound cleansing towelettes, individually wrapped
- ❑ 12 Hand/skin cleansing towelettes, individually wrapped (or equivalent)
- ❑ 2 doses of a source of glucose as recommended by Diabetes Canada
- ❑ 1 CPR pocket mask with one-way valve
- ❑ 8 pairs Examination gloves, disposable, medical grade, one size, non-latex, powder free
- ❑ 4 biohazard waste disposal bags (single use)
- ❑ 1 pair Bandage scissors, stainless steel (with angled, blunt tip) minimum 14 cm (5.5")
- ❑ 1 Splinter forceps/tweezers, fine point, stainless steel, minimum 11.4 cm (4.5")
- ❑ 1 Splint, padded, malleable, minimum size 10.2 x 61 cm (4" x 24")

Intermediate First Aid Kit Contents (con't)

- ❑ 2 Emergency blankets (Emergency blanket, aluminized, non-stretch polyester, minimum 132 x 213 cm (52" x 84"))
- ❑ Contents list
- ❑ 6 Medical grade face masks
- ❑ 2 Face shield or safety eyewear
- ❑ Blank first aid records

Advanced First Aid Kit Contents

- ❑ 50 Adhesive bandages, sterile, assorted sizes (standard strip, large fingertip, knuckle, large patch)
- ❑ 24 Gauze pads, sterile, individually wrapped, 7.6 x 7.6 cm (3" x 3")
- ❑ 12 Gauze pads, sterile, individually wrapped, 10.2 x 10.2 cm (4" x 4")
- ❑ 8 Non-adherent dressing, sterile, individually wrapped, 5.1 x 7.6 cm (2" x 3")
- ❑ 2 Abdominal pads, sterile, individually wrapped, 12.7 x 22.9 cm (5" x 9")
- ❑ 2 Rolls conforming stretch bandage, relaxed length, individually wrapped, 5.1 cm x 1.8 m. (2" x 2 yd)
- ❑ 2 Rolls conforming stretch bandages, relaxed length, individually wrapped, 7.6 cm x 1.8 m. (2" x 2 yd)
- ❑ 2 Compress/pressure dressings with ties, sterile, 10.2 x 10.2 cm (4" x 4")
- ❑ 2 Compress/pressure dressings with ties, sterile, 15.2 x 15.2 cm (6" x 6")
- ❑ 4 Triangular bandaged, cotton, with 2 safety pins, 101.6 x 101.6 x 142.2 cm (40" x 40" x 56")
- ❑ 1 Arterial bleed tourniquet (windlass or ratcheting type)
- ❑ 4.6m Adhesive tape, 2.5 cm (1")
- ❑ 2 Elastic support/compression bandages, 7.6 cm (3")
- ❑ 3 sets eye dressing pad, sterile, and eye shield with elastic strap

Advanced First Aid Kit Contents (con't)

- 2 Cold packs or equivalent
- 50 Antiseptic wound cleansing towelette, individually wrapped
- 12 Hand/skin cleansing towelette, individually wrapped (or equivalent)
- 2 doses of a source of glucose as recommended by Diabetes Canada
- 1 CPR pocket mask with one-way valve
- 8 Pairs examination gloves, disposable, medical grade, one size, non-latex, powder free
- 4 Biohazard waste disposal bags (single use)
- 1 pair scissors, stainless steel (with angled, blunt tip) minimum 14 cm (5.5")
- 1 Splinter forceps/tweezers, fine point, stainless steel, minimum 11.4 cm (4.5")
- Splint, padded, malleable, minimum size 10.2 x 61 cm (4" x 24")
- 2 Emergency blanket (Emergency blanket, aluminized, non-stretch polyester, minimum 132 x 213 cm (52" x 84"))
- Contents list
- 6 Medical grade face-masks
- 1 Face shield or safety eyewear
- 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
- 1 Penlight or flashlight
- 1 Blank first aid records
- Patient assessment charts