

# Monkey's FIRST AID KIT LIST



## ESSENTIALS & TIPS

Most pharmacies and supermarkets have ready made First Aid Kits but you can make your own.

Keep your first aid kit in a waterproof container large enough for the contents to be arranged so that items can be found quickly. (A plastic container with a tight fitting lid is perfect.)

Keep a basic first aid manual or instruction booklet with your first aid kit as this may be really useful.

Keep your first aid kit in a secure place out of children's reach.

Label your first aid kit so it's easily recognisable. It's a good place to stick/keep your local contact numbers too.

Make sure everyone in the family knows where to find the first aid kit.

Frequently check the use by dates, make sure items are clean and replace anything once it's been used.

## CHECK LIST

Monkey knows it's important to have a first aid kit that's stocked up for when accidents happen. Here are some ideas about what your first aid kit might contain:



- Alcohol-free cleansing wipes** for cleaning cuts and grazes
- Antihistamine cream or tablets** - to help with allergies and stings
- Antiseptic cream** to help to fight infections
- Crêpe rolled bandages** of various sizes for arms or legs
- Disposable sterile gloves** for keeping hands clean
- Distilled water** for cleaning wounds
- Hypoallergenic sticky tape** for securing bandages and dressings
- Liquid hand gel** for getting rid of any germs
- Oral syringe** for measuring just the right amount of medicine
- Pain relievers** such as paracetamol (or infant liquid paracetamol for children), aspirin (not to be given to children under 16), or ibuprofen
- Safety pins** in various sizes for securing bandages and dressings
- Scissors** for cutting tape or bandages
- Skin rash cream** for soothing a rash or itch
- Sterile eye dressings** to protect an eye
- Sterile eyewash and eye bath** to clean and remove anything that may have got into an eye
- Sterile gauze dressings** in different sizes to keep cuts and grazes clean
- Sting reliever spray or cream** to soothe and relieve bites and stings
- Thermometer** ideally a digital one, to see if you are too hot or too cold
- Triangular arm bandages** to support injured arms and shoulders
- Tweezers** for removing things like splinters or stings
- Waterproof plasters** in a variety of shapes for cuts once they've been cleaned

