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## WORKPLACE FIRST AID KITS – BS8599-1:2019



The new range of BS8599-1 BSi compliant first aid kits have been fully revised for 2019. These kits reflect the changes in both workplace practice and risks, making them demonstrably more ‘fit for purpose’ in today’s working environments.

For peace of mind, the provision of a kit with this updated content is a clear and definitive way for employers to demonstrate they are serious about meeting their legal obligations under the Health & Safety First Aid Regulations.

The BS8599-1:2019 Guidelines now include recommendations on supplementary kits (Personal Issue First Aid Kit & Critical Injury Pack) as an extra resource to British Standard Compliant Small, Medium, Large and Travel & Motoring First Aid Kits.

Recommended Kit Size	Small	Medium	Large
<b>Lower Risk:</b> <i>e.g. offices, shops and libraries etc</i>	Less than 25 employees	25-100 employees	More than 100 employees
<b>Higher Risk:</b> <i>e.g. food processing, assembly work, warehousing, engineering, construction, manufacturing etc</i>	Less than 5 employees	5-25 employees	More than 25 employees

SMALL - BS8599-1:2019 Workplace First Aid Kit	MEDIUM - BS8599-1:2019 Workplace First Aid Kit	LARGE - BS8599-1:2019 Workplace First Aid Kit
<p><b>Contents</b></p> <ul style="list-style-type: none"> <li>1 Bandage, Conforming</li> <li>2 Bandages, Triangular</li> <li>1 Dressing, Burn</li> <li>2 Dressings, Eye Pad</li> <li>2 Dressings, Finger</li> <li>2 Dressings, HSE Medium</li> <li>2 Dressings, HSE Large</li> <li>1 Foil Blanket, Adult</li> <li>6 Gloves, Pairs</li> <li>1 Guidance Leaflet</li> <li>40 Plasters, Washproof Assorted</li> <li>1 Resuscitation Face Shield</li> <li>1 Shears</li> <li>1 Tape, Microporous</li> <li>20 Wipes, Cleansing</li> </ul> <p><b>Size:</b> 22.5cmH x 23cmW x 9.5cmD</p> <p>• <b>Small Workplace Kit</b> £23.00 each + vat</p>	<p><b>Contents</b></p> <ul style="list-style-type: none"> <li>2 Bandages, Conforming</li> <li>3 Bandages, Triangular</li> <li>2 Dressings, Burn</li> <li>3 Dressings, Eye Pad</li> <li>3 Dressings, Finger</li> <li>4 Dressings, HSE Medium</li> <li>3 Dressings, HSE Large</li> <li>2 Foil Blankets, Adult</li> <li>9 Gloves, Pairs</li> <li>1 Guidance Leaflet</li> <li>60 Plasters, Washproof Assorted</li> <li>1 Resuscitation Face Shield</li> <li>1 Shears</li> <li>2 Tapes, Microporous</li> <li>30 Wipes, Cleansing</li> </ul> <p><b>Size:</b> 27cmH x 29.5cmW x 10cmD</p> <p>• <b>Medium Workplace Kit</b> £28.00 each + vat</p>	<p><b>Contents</b></p> <ul style="list-style-type: none"> <li>2 Bandages, Conforming</li> <li>4 Bandages, Triangular</li> <li>2 Dressings, Burn</li> <li>4 Dressings, Eye Pad</li> <li>4 Dressings, Finger</li> <li>6 Dressings, HSE Medium</li> <li>4 Dressings, HSE Large</li> <li>3 Foil Blankets, Adult</li> <li>12 Gloves, Pairs</li> <li>1 Guidance Leaflet</li> <li>100 Plasters, Washproof Assorted</li> <li>2 Resuscitation Face Shields</li> <li>1 Shears</li> <li>3 Tapes, Microporous</li> <li>40 Wipes, Cleansing</li> </ul> <p><b>Size:</b> 32cmH x 35cmW x 10cmD</p> <p>• <b>Large Workplace Kit</b> £38.00 each + vat</p>

## PERSONAL ISSUE FIRST AID KIT – BS8599-1:2019

### BS8599-1:2019 PERSONAL ISSUE FIRST AID KIT

The BS8599-1:2019 Personal Issue First Aid Kit provides basic but relevant first aid consumables in a convenient range of available storage options, providing accessible self-help first aid and readily available consumables

1-kit should be issued to individual first aiders and other employees where appropriate to their role e.g. first aiders, security personnel, cleaners, maintenance, etc.

This portable design allows for frequently used first aid equipment to be accessible without the need to carry a larger kit for every-day incidents.

#### Contents

- 1 Bandage, Triangular
- 1 Dressings, HSE Large
- 1 Foil Blanket, Adult
- 2 Gloves, Pairs
- 1 Guidance Leaflet
- 10 Plasters, Washproof Assorted
- 1 Resuscitation Face Shield
- 1 Shears
- 4 Wipes, Cleansing

- **BS8599-1:2019 Personal Issue First Aid Kit**  
**£10.00 each + vat**

Available in Helsinki Bag, Riga Bum Bag or Small Compact Aura Box



## CRITICAL INJURY PACK – BS8599-1:2019

The Critical Injury Pack is designed to provide immediate, life-saving first aid to someone who has sustained a severe bleeding injury in the workplace. UK Ambulance Services are targeted on reaching a patient within 8 minutes, however, when dealing with catastrophic bleeding every second counts and can mean the difference between life and death. There is nothing in the standard Small/Medium/Large First Aid Kits that be used to stem a catastrophic bleed. Recent Health & Safety Executive guidance now recommends employers provide Haemostatic Dressings and Tourniquets in their first aid provisions for employees working with an identified risk of obtaining severe bleeding injuries.

The Critical Injury Pack is designed to be issued one per person (obviously only to employees exposed to the risk). The injured person then has their pack used on them, rather than a first aider using their pack on someone else.

The HSE recommends that employers arrange training for staff if tourniquets and/or haemostatic dressings are provided in the workplace.

The Critical Injury Pack is also intended for Drop/Throw distribution in the event of a mass casualty incident; such as a terrorist attack.

#### Contents

- 2 Dressing, Haemostatic
- 2 Dressings, Trauma, Large
- 1 Foil Blanket, Adult
- 2 Gloves, Pairs
- 1 Guidance Leaflet
- 1 Universal Shears
- 1 Tourniquet

**Size:** 20cmH x 14cmW x 8cmD

- **BS8599-1:2019 Critical Injury Pack in Stockholm Bag**  
**£95.00 + vat**



## BS8599-1:2019 FIRST AID CATERING KITS

### BS8599-1 compliant Catering Kits

are specifically intended for use in busy kitchens and all catering environments.

Contents are blue, making it an all blue catering kit.



It is an offence to contaminate food. The only way to save yourself from prosecution is to prove due diligence. BS8599-1:2019 Catering Kits have been specifically designed with all blue contents, demonstrating that every reasonable precaution to prevent food contamination has been taken.

For many years it has been a legal requirement to use only Blue Detectable plasters in food preparation areas.

These kits far exceed this requirement by providing you for the first time with a kit where every single product, even the dressings and wipes, are all Blue.

With one of these All Blue Catering Kits in your workplace, there is no better way to demonstrate to the authorities that you are taking your responsibilities seriously.

#### SMALL BS8599-1:2019 Catering First Aid Kit

**Lower Risk: 1 kit per 1- 25 employees**  
**Higher Risk: 1 kit per 1-5 employees**

Complies with food hygiene regulations.

Stylish colour-coded carry case.

All content HSE approved.

Ensures best practice is observed.

Blue integrated bracket included.

**Size:** 22.5cmH x 23cmW x 9.5cmD

- **BS8599-1 Small Catering Kit**  
**£23.00 each + vat**

#### MEDIUM BS8599-1:2019 Catering First Aid Kit

**Low Risk: 1 kit per 25-100 employees**  
**High Risk: 1 kit per 5-25 employees**

Complies with food hygiene regulations.

Stylish colour-coded carry case.

All content HSE approved.

Ensures best practice is observed.

Blue integrated bracket included.

**Size:** 27cmH x 29.5cmW x 10cmD

- **BS8599-1 Medium Catering Kit**  
**£28.00 each + vat**

#### LARGE BS8599-1:2019 Catering First Aid Kit

**Lower Risk: 1 kit per 100 employees**  
**Higher Risk: 1 kit per 25 employees**

Complies with food hygiene regulations.

Stylish colour-coded carry case.

All content HSE approved.

Ensures best practice is observed.

Blue integrated bracket included.

**Size:** 32cmH x 35cmW x 10cmD

- **BS8599-1 Large Catering Kit**  
**£38.00 each + vat**



#### STEROPLAST 70-PIECE FIRST AID KIT (IDEAL FOR HOME)

Supplied in a soft nylon bag. All products are easy to see in clear compartments. Each compartment secured with zipper. Compact and easy to store. Ideal for home and car. **Not BSi compliant.**

- **STEROPLAST 70-PIECE FIRST AID KIT**  
**£8.75 each + vat**

## BURN KITS & DRESSINGS

### BurnSoothe®

soothing, cooling gel for burns

- Single use dressings.
- Varying sizes to treat different areas.
- Sterile and non-toxic.
- Instant minor burn relief and protection.



Single use dressings. Varying sizes to treat different body areas. Sterile and non-toxic. Instant minor burn relief and protection. Available as dressings or bottled gels.

- **BurnSoothe Burn Gel, Sachet 3.5g**  
£.50p each + vat
- **BurnSoothe Burn Dressing 10cm x 10cm**  
£1.50 each + vat
- **BurnSoothe Burn Gel, Bottle 50ml**  
£3.00 each + vat
- **BurnSoothe Burn Gel, Bottle 125ml**  
£5.50 each + vat



### Burns Kit in Integral Aura Box

Specifically stocked for treating burns. Provides fast and effective treatment. Meets current HSE guidelines. Includes integral bracket.

#### Contents:

- 2 Burn Dressings 10cm x 10cm
- 1 Burn Dressing 20cm x 20cm
- 1 Burn Dressing 5cm x 15cm
- 1 Burn Gel, 125ml Bottle
- 8 Burn Gel, 3.5g Sachets
- 1 Conforming Bandage 10cm x 4m
- 1 Conforming Bandage 7.5cm x 4m
- 1 Gloves (Pair)
- 1 Guidance Leaflet
- 1 Universal Shears

**Size:** 22.5cmH x 22cmW x 9cmD

- **Burns First Aid Kit in Orange/Orange Integral Aura Box**  
£25.00 each + vat

## EYE WASH STATIONS & SOLUTIONS

### Saline Eye Wash

Eye Washes are sterile solutions used to clean, refresh or soothe eyes. Can be used for daily or emergency eye cleansing and are effective in flushing loose foreign objects, chlorine, pollen and other irritants from the eye.

Sodium Chloride 0.9% w/v Ph.Eur.  
Mandatory under HSE regulations.  
Sterile, safe, and non-toxic.  
Twist-seal cap.

- **Reliwash 500ml Bottle**  
£4.00 each + vat
- **Reliwash 250ml Bottle**  
£2.00 each + vat
- **Reliwash 20ml Pods - box of 25**  
£9.50 each + vat



### Premier Emergency Eye Wash Station

Robust premier eye wash station. Dual purpose. HSE compliant. Wipe clean, hardwearing ABS plastic. Illuminated, printed instructions.

#### Contents:

- 2 Eye Pad Dressings
- 2 Eye Wash 500ml Bottles
- 5 Eye Wash 20ml Pods
- 1 Mirror



**Size:** 36cmH x 51cmW x 10cmD

- Premier Eye Wash Station - Green/Clear Lid  
£28.00 each + vat

### Eye Wash Station in Medium Integral Aura Box

Deluxe version with eye pods and insert. Durable, stylish polypropylene box. Wall mountable with integrated bracket. Meets current HSE regulations. Fast and effective treatment.

#### Contents:

- 2 Eye Wash 500ml Bottles
- 2 Eye Wash 20ml Pods
- 2 Eye Pad Dressings
- 1 Mirror



**Size:** 27cmH x 29.5cmW x 10cmD

- Double Eye Wash Station in Blue/Blue Integral Aura Box  
£16.00 each + vat

## ADHESIVE DRESSINGS (PLASTERS)



### DEPENDAPLAST

technology | quality | construction

- PROTECTIVE FILM** — Easy to remove without touching the wound pad.
- WOUND CONTACT LAYER** — Designed not to stick to the wound site.
- ABSORBENT LINT** — Modern high absorbency materials.
- FOIL (BLUE FOOD ONLY)** — Metal detectors will reject food contaminated by lost plasters.
- ADHESIVE** — Our fabric plasters use traditional high bond adhesive. For sensitive skin, all other materials feature special low allergy adhesives.
- PLASTER MATERIAL** — Five great materials for every need including, Heavyweight Fabric, Fabric, Multisoft, Washproof and Blue.
- OUTER PROTECTIVE WRAPPER** — Made from paper to allow for easy fumble-free opening while maintaining sterility.



## DEPENDAPLAST

### Quality, Technology and Construction

Dependaplast plasters offer a full and comprehensive range of the most popular sizes and shapes. Supplied in a variety of boxes and quantities. Ideal for refilling first aid kits or to keep as backup supplies.

### Dependaplast Traditional Heavyweight Fabric Plasters

Using traditional heavy elastic fabric offers extra cushioning and physical protection of wound sites. Ideal for outdoor use or applications requiring a more robust physical barrier. Traditional Zinc Oxide adhesive ensures that the plaster will stay firmly in place in the most demanding environments.

- Dependaplast Fabric Plasters 7.5cm x 2.5cm – boxed 100  
£4.00 each + vat
- Dependaplast Fabric Plasters 7.5cm x 5cm - boxed 50  
£5.50 each + vat
- Dependaplast Fabric Plasters Fingertip - boxed 50  
£3.50 each + vat



## Dependaplast Washproof Plasters - BS8599-1 Workplace Kit Dispenser Boxes

Flexible PU plastic film is used to ensure a super-thin, flexible, washproof plaster. The membrane is moisture vapour permeable, allowing the skin to breathe, without the need for physical perforations, keeping the adhesive securely in place, whilst acting as a complete barrier to water, virus, bacteria and fungi. High-tech acrylic adhesive provides a really secure fixing but is skin friendly and low allergy.

Assorted sizes, pack of 40/60/100.

- **Dependaplast Washproof Plasters Assorted - Box of 40**  
**£1.50 each + vat**
- **Dependaplast Washproof Plasters Assorted - Box of 60**  
**£2.50 each + vat**
- **Dependaplast Washproof Plasters Assorted - Box of 100**  
**£4.00 each + vat**



## Dependaplast Blue Plasters

Whilst incorporating all of the modern features of Dependaplast Washproof Plasters, the Dependaplast Blue Plaster range provides a bright blue colouration that makes them instantly visually detectable should it accidentally come into contact with food. An aluminium strip located behind the dressing pad is clearly detectable to metal detection devices in food processing facilities.

- **Dependaplast Blue Plasters 7.5cm x 2.5cm - boxed 100**  
**£5.50 each + vat**
- **Dependaplast Blue Plasters 7.5cm x 5cm - boxed 50**  
**£6.00 each + vat**
- **Dependaplast Blue Plasters Fingertip - boxed 50**  
**£3.50 each + vat**



## Pilfer Proof Plasters

Dispensable plasters. Once removed, ready to apply. Box contains 5 dispenser wallets.

- **Dependaplast Washproof Pilfer Proof Plasters - box 5 x 45**  
**£13.50 each + vat**
- **Dependaplast Fabric Pilfer Proof Plasters – box 5 x 40**  
**£15.50 each + vat**
- **Dependaplast Pilfer Proof Dispenser – 19cm (L) x 11cm (W) x 4.5cm (D)**  
**£10.00 each + vat**



## Assorted Plasters in Rigid Boxes

Assorted sized plasters. Supplied in robust plastic box. Individually wrapped and sterile.

- **Dependaplast Blue Plasters Assorted – boxed 120**  
**£6.50 each + vat**
- **Dependaplast Traditional Fabric Plasters Assorted – boxed 120**  
**£6.50 each + vat**
- **Dependaplast Washproof Plasters Assorted – boxed 120**  
**£6.50 each + vat**





## BANDAGES



### Conforming Bandages

Soft, lightweight, conformable. Superb stretch, comfortable to wear. Excellent for securing dressings.

- **Reliform Conforming Bandage 5cm x 4m**  
60p each + vat
- **Reliform Conforming Bandage 7.5cm x 4m**  
80p each + vat



### Crepe Bandages – BP

BP grade cotton. Strong weave and high elasticity. Superb stretch, comfortable to wear. Excellent for support, sprains etc.

- **Relicrepe Bandage BP 5cm x 4.5m**  
80p each + vat
- **Relicrepe Bandage BP 7.5cm x 4.5m**  
£1.00 each + vat
- **Relicrepe Bandage BP 10cm x 4.5m**  
£1.20 each + vat

### Triangular Bandage

Multi-functional bandages, used to create slings and ideal for splinting. Triangular bandages are indispensable and essential equipment and all versions are supplied individually wrapped.



The non-woven version is for single use only.

- **Triangular Bandage - Single Use - 90cm x 127cm**  
35p each + vat

The calico version may be washed and re-used as appropriate.



- **Triangular Bandage - Calico - 90cm x 127cm**  
65p each + vat

### Tubular Guaze

Traditional tubular finger bandage. Natural colour for general use.

- **Religrip Tubular Guaze 01 - 10m**  
£4.00 each + vat
- **Religrip Tubular Guaze - 1m with Plastic Applicator**  
£2.50 each + vat
- **Plastic Applicator**  
£1.50 each + vat



## DRESSINGS

### Sterile Dressings

Low Adherent Sterile Wound Pad. Soft Conforming Stretch Bandage. Approved for Mandatory Kits

- **No 8 Sterile Medium Dressing**  
40p each + vat
- **No 9 Sterile Large Dressing**  
50p each + vat
- **No 3 Sterile Extra Large Dressing**  
80p each + vat
- **No 16 Sterile Eye Pad**  
35p each + vat



### Finger Dressings

Finger dressings, packaged and designed in such a way that it is possible for the injured person to dress their own finger, when a plaster is not quite adequate. The low adherent pad is attached to a soft bandage for wrapping around the finger.

Small and large versions feature a small peelable tab that exposes a sticky patch for adhering the end of the bandage in place. Simple, but highly effective.

- **Finger Dressing with adhesive fixing - Small 3.5cm**  
30p each + vat
- **No 7 Finger Dressing**  
35p each + vat



## Adhesive Dressing Pads

Low-allergy, sterile, adhesive dressings. Highly absorbent pad. Breathable stretch fabric that conforms to the body. Sterile and individually wrapped. Suitable for weeping or surgical wounds.

- **Relipore Adhesive Dressing Pads 7.5cm x 5cm Box of 50**  
£6.00 each + vat
- **Relipore Adhesive Dressing Pads 7.5cm x 7.5cm Box of 50**  
£8.00 each + vat
- **Relipore Adhesive Dressing Pads 7.5cm x 10cm Box of 50**  
£10.00 each + vat



## Cotton Gauze Swabs (Sterile)

Sterile wrapped swabs ideal for cleaning Wounds. The gauze pad cushions and protects the wound, preventing dryness in an open wound.



- **Reliswab – Sterile 7.5cm x 7.5cm - Pack of 5**  
50p each + vat

## Sterile Cotton Wool (pk 5)

Cotton wool balls for applying ointments and general skin cleansing applications. Sterile format means they are safe to use on a patients skin that's broken or irritated. Sterile wrapped for added peace of mind.



- **Sterile Cotton Wool Balls – pack 5**  
50p each + vat

# FIRST AID ESSENTIALS

## Hot & Cold Treatments



### Relief Instant Ice Pack

Free from ammonium nitrate. Very economic in use. Suitable for first aid kits. Ideal sports product.

- **Relief Plus Instant Ice Pack 150g**  
£1.50 each + vat



### Relief Hot/Cold Pack

Simple to heat or chill. Clear instructions on the pack. Reusable product.

**Size:** 13cm x 26.5mm

- **Relief Hot/Cold Pack**  
£4.00 each + vat



### Hot/Cold Pack Paper Non-Woven Cover

Ideal for both instant and reusable relief products. Provides extra comfort and protection from freeze burn when this cover is applied to a relief product

- **Paper Non-Woven Cover**  
£14.00 each + vat (pk 100)  
£1.40 each + vat (pk 10)

## FIRST AID ESSENTIALS

### Finger Stall

Added protection for dressed fingers. Keeps dressings clean and dry. Loop fastening for added safety.



Blue option available for food use.

Available in Small, Medium & Large

- **Finger Stalls (Clear or Blue) – pk 10**  
£4.00 each + vat



### Foil Blanket

Disposable, ultra-insulating blanket. Heat-reflective metallic surfaces. Also protects against wind and rain. Helps treat or prevent hypothermia. Available for adult and child.



- **Foil Blanket - Adult - 130cm x 210cm**  
£3.50 each + vat
- **Foil Blanket - Child - 120cm x 180cm**  
£3.00 each + vat

### Scissors & Shears

Scissors for everyday first-aid jobs. Top quality stainless steel scissors. Designs to suit every application. For next to skin cutting



- **First Aid Scissors - B/B 11.5cm**  
£3.00 each + vat
- **Universal Shears – 6”**  
£1.50 each + vat

### Splinter Forceps

Medical tweezers with a fine point for removing splinters. Stainless steel, 75mm length



- **Martins Splinter Forceps**  
£3.00 each + vat

### Safety Pins

Assorted sizes. Mandatory in workplace kits. Primarily used for fastening bandages.



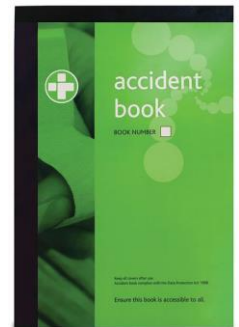
- **Safety Pins Assorted - pk6**  
.18p each + vat

### Accident Report Book

Employers and employees can use this book to record details of work-related injuries for which state benefits could be payable.

The accident book is also a valuable document that organisations can use to record accident information as part of their management of health and safety. It can be used to record details of injuries from accidents at work that employers must report under the Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR).

- **Accident Report Book**  
£6.50 each + vat



## GLOVES – VINYL & NITRILE

### Power-free Vinyl Gloves

Latex-free for sensitive skins. Ambidextrous with beaded cuffs. High tensile strength and sensitivity.

Available in sizes Small, Medium & Large

- **Power-free Vinyl Gloves (100)**  
£7.50 each + vat



### Nitrile Gloves

100% Latex-free and powder-free. Ambidextrous with beaded cuffs. HSE recommended for mandatory kits. Ideal for latex-sensitive skin. Effective biohazard barrier.



- **Nitrile Gloves - Refill for First Aid Kits**  
6 Pairs - £1.50 each + vat  
9 Pairs - £2.50 each + vat
- **Nitrile Gloves (100) - Small, Medium, Large**  
£8.50 each + vat

## RESUSCITATION

### Resuscitation Pocket Mask with Valve

This mask is primarily designed for mouth-to-mouth ventilation of a non-breathing adult or child.

The attached valve ensures that breath can be given with control and more accuracy. Mask is supplied in a durable blue clamshell case.

- **Rebreath Pocket Face Mask**  
£6.67 each + vat
- **Replacement One-Way Valve**  
£1.50 each + vat



### Resuscitation Device with Valve

Contains rebreath with one-way valve. Ideal for carrying on person.

Suitable for first aid kits.

Available in Keyring Pouch.

- **Rebreath with Valve**  
£1.50 each + vat
- **Rebreath with Valve in Keyring Pouch**  
£2.50 each + vat



## TAPES

### Microporous Tape

Can be used to hold dressings in place or alone for minor cuts and grazes. This tape is flexible for comfort and easy to remove.

It also has a hypoallergenic adhesive so it is kind to sensitive skin.

Refill for Workplace First Aid Kits. Also available with a dispenser.

- **Relitape Microporous Tape 2.5cm x 10m**  
£1.50 each + vat
- **Relitape Microporous Tape with Dispenser 2.5cm x 5m**  
£2.00 each + vat



### Blue Washproof Tape

Blue tape for food areas. Low-allergy adhesive. Soft, flexible, and strong PVC. Safely secure non-adhesive dressings.

- **Blue Relitape Washproof Tape 2.5cm x 5m**  
£2.00 each + vat



## WIPES

### Wound Cleansing Wipes

A box of 20, 30 or 100 individually wrapped alcohol-free disposable wipes. Impregnated with aqueous cleansing solution.

Safe and easy to use, these wipes are made from a soft fabric material rather than crepe or paper, making them much gentler on the skin. Sterile and alcohol-free.

Compliant with current HSE regulations. Designed for all mandatory kits.

- **Reliwipe Wound Cleansing Wipes - Box of 100**  
£8.00 each + vat
- **Reliwipe Wound Cleansing Wipes – Refill for First Aid Kits – Box of 20**  
£1.75 each + vat
- **Reliwipe Wound Cleansing Wipes - Refill for First Aid Kits – Box of 30**  
£2.50 each + vat



# TOURNIQUETS & HAEMOSTATIC DRESSINGS

(see Page 13 for more information)

## C-A-T Tourniquets



The C-A-T® is a small and lightweight (59 grams) one-handed tourniquet that completely occludes arterial blood flow in an extremity.

The C-A-T® uses a Self-Adhering Band and a Friction Adaptor Buckle to fit a wide range of extremities, combined with a one-handed windlass system.

The windlass uses a free moving internal band to provide true circumferential pressure to an extremity. The windlass is then locked in place; this requires only one hand, with the Windlass Clip™.

The C-A-T® also has a Hook-and-Loop Windlass Strap™ for further securing of the windlass during patient transport.

- **C-A-T Tourniquets - £26.00 + vat**

## CitizenAID Tourni-Key with Anti-Pinch Card

Designed by the experienced citizenAID team, the Tourni-Key™ is a new invention to empower individuals to carry a low cost solution to improvise a limb tourniquet.

- Moulded tough plastic Tourni-Key in high visibility yellow
- Provides a limb tourniquet when improvised with clothing (tie, scarf) or a triangular bandage
- Simple, ingenious design to secure the tourniquet
- Anti-pinch card to reduce pain from skin bunching
- Illustrated instruction leaflet
- Single use
- Non-sterile
- CE registered

"Turn your clothing into a life-saving tourniquet".



- **Tourni-Key with Anti-Pinch Card - £7.50 + vat**

## Haemostatic Gauze

Celox Rapid Haemostatic Gauze is a dressing designed to control major haemorrhage, including life-threatening bleeding from arterial injuries, in just 60 seconds - the fastest acting Haemostatic Gauze treatment currently available!

It uses the powerful Celox citosan granules laminated on to a dense Z-Fold gauze, so it is quickly and easily packed into bleeding wounds. It is individually sterile packed in a ruggedized pouch with tear notches for fast opening.

The key users of CELOX RAPID are professionals exposed to situations where traumatic blood loss can occur, including Military, special forces, tactical units, law enforcement, first responders and emergency services personnel.

Size: 7.5 x 152cm

- **Celox™ Rapid Haemostatic Gauze**  
**£45.00 each + vat**



## Haemostatic Granules

Celox is the newest generation of emergency haemostatic agents. Simple to use, Celox granules quickly control even the most severe arterial bleeding. Just pour it in, pack it, and apply pressure.

Celox is not exothermic and will not burn the victim or caregiver.

Celox works in hypothermic conditions and clots blood containing anti-coagulants. It is safe to use for the entire body including head, neck and chest wounds.

Most importantly, Celox can be used instantly and without hesitation as a fast, safe and simple emergency treatment for serious bleeding.

- **Celox Haemostatic Granules**  
**£17.00 + vat**



# **TOURNIQUETS & HAEMOSTATIC DRESSINGS**

## **- YOUR QUESTIONS ANSWERED**

**So many people have been asking questions about how the changes to the European Resuscitation Council guideline on treating bleeding will affect their business.**

**We answer your common questions about tourniquet use, that might help your organisation.**

### ***1. DO I NOW NEED TO ADD TOURNIQUETS OR SPECIAL DRESSINGS TO MY FIRST AID KIT?***

It is a legal requirement that employees carry out a first aid needs assessments about the possible risks, accidents and injuries that may occur in their workplace. It is then a requirement that employers make first aid equipment available to deal with those situations, and ensure staff are appropriately trained to deal with those situations should they occur.

Not all work places will have the potential risk for severe life threatening bleeding, but if you work in a “high risk” setting such as construction, with heavy tools, print, or dangerous cutting machinery etc then it would be appropriate to have a manufacturers tourniquet and or haemostatic dressings.

Of course, a small office workplace is unlikely to find that catastrophic bleeding is a significant risk to their employees, so they wouldn't necessarily have to rush out and buy this new equipment.

### ***2. HOW CAN I TRAIN MY STAFF IN THIS SKILL?***

Rochdale Occupational Health Service are pleased to confirm our trainers have completed a course in the management of catastrophic bleeding, this includes the use of both manufactured and improvised tourniquets as well as application of haemostatic dressings.

All our First Aid & Work Courses (General, Refresher & Emergency) now include as standard, catastrophic bleeding and the use of Tourniquets & Haemostatic Dressings as part of the syllabus.

### ***3. WHY ARE TOURNIQUETS BEING BROUGHT BACK, WON'T CASUALTIES LOSE THEIR LIMBS?***

Studies have been carried out and using this as evidence based practice, it has changed the way we are dealing with severe catastrophic bleeding. Over 150,000 articles from 39 countries were examined and the reviews decided what best practice should be, and the guidelines were created from this evidence.

It has been proven that after 3-4 minutes a person may bleed to death from severe catastrophic bleeding. Elevating a severe pulsating bleed, (for example from a femoral injury) won't stop bleeding, so in simply applying pressure and elevating the injury the patient could bleed to death before the paramedics even get there!

Studies have shown that during the Boston Bombing attack of 2013 civilians managed to save 3 lives by using improvised tourniquets. and more recently in the Paris bombs of 2015 the increased demand of the number of casualties with pulsating life threatening injuries were so high, the medical team were forced to apply improvised tourniquets to simply save lives.

When applying a tourniquet correctly we always attempt to minimise muscle damage. Studies by Lakstein et al 2003 have proven that there is no exact safe time for the application of a tourniquet before the ischemic (lack of oxygen) time is so great it necessitates limb amputation but it is thought to be far higher than first thought.

To minimise this risk, once the tourniquet is applied it must never be removed, under any circumstances by anyone other than a qualified Doctor! We must always ensure the time of the tourniquet application is written on the tourniquet in an easily visible place, and arrange for assessment by the emergency services immediately.

## INFORMATION ON FIRST AID TRAINING COURSES AVAILABLE AT ROHS

The First Aid at Work training course is designed to enable people designated as a First Aider to carry out appropriate first aid in an emergency situation at work. At the end of the course the candidate will be able to manage a casualty who is injured at work, or suffers from a serious illness, while waiting for more qualified medical help to arrive.

Our training courses are held in accordance with the syllabus of subjects set out in the First Aid at Work Regulations 1981 - Approved Code of Practice 2009.

Courses now include AED Awareness and Tourniquet training as standard.

Our courses meet the HSE's due diligence criteria for what is expected of training providers, including the qualifications expected of trainers and assessors, monitoring and quality assurance systems, teaching and standards of first aid practice, and syllabus content and certification.

ROHS are unique in that we provide a recall system to inform employers when their First Aider's certificates are due to expire. They can then be booked for retraining with plenty of notice for the employer to arrange work shifts and cover.

## RECRUITMENT & SELECTION OF FIRST AIDERS

To decide on the numbers of first aiders required and the level of training needed, employers are required to carry out a First Aid Needs Assessment (copies available on request).

Generally speaking, FAW trained first aiders will be required in higher risk sites or places with a large workforce; lower risk sites may only require EFAW trained staff, but this will be dependent on other factors that will be identified during the First Aid Needs Assessment.

When assessing your specific needs, employers need to consider:

- **workplace hazards and risks**
- **the size of the organisation**
- **the organisation's history of accidents**
- **the nature and distribution of the workforce**
- **the remoteness of the site from emergency medical services**
- **the needs of travelling, remote and lone workers**
- **employees working on shared or multi-occupied sites**
- **annual leave and other absences of first aiders and appointed persons.**

When selecting someone to take up the role of First Aider, a number of factors need to be taken into account, including an individual's:-

- **reliability, disposition and communication skills**
- **aptitude & ability to absorb new knowledge and learn new skills**
- **ability to cope with stressful and physically demanding emergency procedures \***
- **normal duties. These should be such that they may be left to go immediately and rapidly to an emergency**

(\*The duties can be physically demanding (bending, kneeling, lung capacity to resuscitate) and First Aiders should be free of any condition, which would affect their capability to provide the skills of First Aid.)

## QUICK OVERVIEW OF TRAINING COURSES AVAILABLE

*(full training brochure available on request)*

### **3-DAY FIRST AID AT WORK COURSE**

The 3-day First Aid at Work training course is designed to enable people designated as a First Aider to carry out appropriate first aid in an emergency situation at work. At the end of the course the candidate will be able to manage a casualty who is injured at work, or suffers from a serious illness, while waiting for more qualified medical help to arrive.

### **2-DAY REQUALIFICATION COURSE**

The 2-day requalification course is designed for those who currently hold a First Aid at Work qualification and are due to expire. The course will update the candidate's first aid skills and knowledge, and enable people to carry out appropriate first aid in an emergency situation.

### **1-DAY EMERGENCY FIRST AID AT WORK COURSE (EFAW)**

This 1-day EFAW Course will give candidates the knowledge, understanding, confidence and skills so they can carry out Emergency First Aid at Work promptly and efficiently within the role of an emergency aider in accordance with the syllabus of subjects taught as set out in the First Aid at Work Regulations 1981 - Approved Code of Practice 2009. The course is ideal for smaller workplaces presenting few health & safety risks or for companies requiring cover for their First Aider(s) during holiday leave etc.

### **12-HOUR PAEDIATRIC FIRST AID COURSE**

The 2-day Paediatric First Aid training course enhances the knowledge and skills of course participants in regard to their responsibilities and associated actions as Paediatric First Aiders. The aim of this course is to provide these persons with a sound knowledge and understanding of First Aid procedures when working with children and babies, along with the ability to recognise and treat many childhood conditions and illnesses.

The Paediatric First Aid Course is recognised by Ofsted for Early Years (EYFS) and meets Childcare Registration requirements. This 2-day Paediatric First Aid Course is suitable for child minders, nursery & school staff and anybody who deals with children or who wants a more in depth course on paediatric first aid training for children and infants..

### **6-HOUR PAEDIATRIC EMERGENCY FIRST AID COURSE**

This 1-day Emergency Paediatric First Aid Course covers the practical skills required to save the life of an infant or child during the event of an emergency. The aim of this course is to provide these persons with a sound knowledge and understanding of Emergency First Aid procedures when working with children and babies.

The Emergency Paediatric First Aid Course is recognised by Ofsted for Early Years (EYFS) and meets Childcare Registration requirements. This 1-day Emergency Paediatric First Aid Course is suitable for newly qualified level two or three early years childcare staff, child minders, nursery & school staff and anybody who deals with children and infants.

If you don't need first aid training for work reasons but would like to learn first aid for babies and children, then this 1-day Course is perfect for new and expectant parents, grandparents and carers.

### **4-HOUR AUTOMATED EXTERNAL DEFIBRILLATOR (AED) COURSE**

This 4-hour AED Course is to train people in the use of an Automated External Defibrillator in a cardiac arrest situation in accordance with UK Resuscitation Council Guidelines. The course is suitable and recommended for all First Aiders and anyone who would benefit from the knowledge and experience of using lifesaving equipment.

Also available is the 2-hour AED Refresher Course which refreshes the skills learned on the initial 4-hour AED Course and revalidates the certificate for a further 12-months in accordance with the UK Resuscitation Council Guidelines.

### **3-HOUR ANNUAL SKILLS UPDATE COURSE**

This 3-hour course is for those wishing to update their skills within any 3 year period of completing the First Aid at Work or Emergency First Aid at Work qualifications. Whilst not mandatory, the HSE strongly encourage FAW & EFAW certificate holders to attend this course on an annual basis to refresh their first aid knowledge and skills and prevent "skills fade".