



Check your First Aid Kit contents twice a year in June and December as well as after any use. Don't forget to record all [incidents & any near miss online by clicking here!](#)

HUMAN FIRST AID CHECKLIST

EQUINE FIRST AID CHECKLIST

Human First Aid Items & Quantities

- o Labelled "First Aid" storage; toolbox, sports bag, plastic storage tub - 1
- o Box of disposable Masks - 1
- o Box of Hydrolyte sachets - 1
- o Box of Nitrile disposable gloves - 1
- o Clear protective goggles / glasses - 2
- o Combined dressings of differing sizes - 6
- o Wound dressings of differing sizes - 3
- o Conforming bandages of differing widths - 4
- o Crepe bandages of differing widths - 4
- o Non-adherent dressing of differing sizes - 6
- o CPR pocket mask - 1
- o Dressing island adhesive of differing sizes - 6
- o "DRSABCD" poster (displayed in club rooms) - 1
- o Fabric dressing strips (band-aids) - 50 Pack - 1
- o Pair of forceps - 1
- o Pair of tweezers - 1
- o Hypoallergenic tape / paper - 1
- o Instant ice pack - 2
- o Liquid hand sanitiser 100ml or larger - 1
- o Notebook - 1
- o Pen - 1
- o Non-contact thermometer (optional) - 1
- o Pack of alcohol wipes (for sanitising equipment) - 1
- o Pack of antiseptic swabs - 1
- o Pack of disposable bags - 1
- o Pack of eye pads - 1
- o Pack of gauze swabs - 2
- o Pack of Povidone iodine swabs - 1
- o Pack of splinter probes - 1
- o Pair of sharp / blunt ended scissors - 1
- o Sodium Chloride/Saline 500ml bottle solution - 1
- o Sodium Chloride/Saline tubes - 5
- o Strapping tape - 2.5cm wide - 1
- o Torch (optional) - 1
- o Triangular bandage - 2
- o Universal shears - 1
- o Ventolin - 1
- o Ventolin spacers (single person use only) - 2

Snake Bite Items & Quantities

- o Instant cold pack - 1
- o Non-adhesive dressing (to go at the bite site) - 1
- o Permanent marker (to mark bite site) - 1
- o Snake bite bandages - 2

Equine First Aid Items

- o Digital thermometer
- o Antiseptic liquid or aerosol
- o Bandages, adhesive bandages and vet wrap
- o Non-adhesive wound dressing covers
- o Bottle of a wound-cleaning agent such as Povidone iodine/Betadine
- o Bug repellent
- o Clay poultice
- o Poultice & wound pads
- o Clip board with important phone numbers, pen, notebook (as well as your horse's vital signs)
- o Cotton wool pack or padding to act as pressure pads to stop bleeding
- o Box of Nitrile disposable gloves
- o Duct tape
- o Electrolytes, paste or liquid
- o Emergency halter and lead rope
- o Head torch
- o Humane twitch (can be homemade, bailing twine & an old snaffle bit)
- o Jar of petroleum jelly / Vaseline
- o Large syringes for flushing wounds
- o Pack of gauze swabs
- o Pair of curved / blunt ended scissors
- o Pair of forceps
- o Pair of tweezers
- o Small pack of salt for making salt solutions to cleanse wounds, eyes etc.
- o Sterile water / saline solution
- o Stethoscope
- o Towels



PCA have 10 free packs of human bandages and dressings to **GIVE AWAY!** The first 10 PCA Clubs to email marketing@ponyclubaustralia.com.au with a photo of your current first aid kits will receive one of these packs!

More information on PCA First Aid Kits can be found online at ponyclubaustralia.com.au