



First Aid Kit Resource Guide: Residential & Commuter Youth Activities



This document provides guidance for stocking your youth activity’s first aid kit. Recommendations below are based on requirements published by the Occupational Safety and Healthcare Association and the American National Standards Institute.

Recommended supply inventory levels are listed in parentheses. These quantities are appropriate for a group of 10-18 youth participants. Additional supplies may be necessary depending on the number of enrolled participants, number of staff, length of program, and activities offered as part of the youth program. Staff member training in and knowledge of first aid should also be considered. Contents of the first aid kit should match staff level of training/knowledge.

In addition to the recommended supplies below, all first aid kit cases should be water-resistant, include a first aid guide/manual, and contact numbers for requesting emergency assistance.

Recommended First Aid Kit Supplies

<ul style="list-style-type: none"> (16) Adhesive Bandages (assorted size band-aids) 	<ul style="list-style-type: none"> (4) Pairs of Single-Use Non-latex Gloves (size M &/or L)
<ul style="list-style-type: none"> (1) Adhesive Tape Roll- 3/8” x 2.5 yards 	<ul style="list-style-type: none"> (1) Pair of Scissors
<ul style="list-style-type: none"> (2) Biohazard Waste Bags 	<ul style="list-style-type: none"> (1) Roller Bandage - 2” x 4 yards
<ul style="list-style-type: none"> (1) Breathing Barrier* 	<ul style="list-style-type: none"> (1) Small Flashlight
<ul style="list-style-type: none"> (1) Hand Sanitizer 	<ul style="list-style-type: none"> (4) Sterile Gauze Pads - 3” x 3”
<ul style="list-style-type: none"> (2) Instant Disposable Cold Pack 	<ul style="list-style-type: none"> (2) Sterile Gauze Pads - 5” x 9”
<ul style="list-style-type: none"> (1) Package Soap and Water Wipes 	

* For information on CPR/First Aid certification courses available on-campus, please contact UW Recreation and Wellbeing. Additional course offerings may be available from outside vendors including Red Cross, American Heart Association, Pulse Check Plus, etc.

Additional First Aid Kit Supplies

<ul style="list-style-type: none"> (1) Blood Spill Kit 	<ul style="list-style-type: none"> (1) Travel Pack Facial Tissues
<ul style="list-style-type: none"> (1) Bottled Water 	<ul style="list-style-type: none"> (1) Package Extra Batteries for Flashlight &/or Thermometer
<ul style="list-style-type: none"> (2) Disposable Thermometers <u>or</u> (1) Digital Forehead Scan Thermometer 	<ul style="list-style-type: none"> (2) Sanitary Napkins/ Menstrual Products

Recommended Emergency Assistance Directions

<ul style="list-style-type: none"> Include list of emergency contact numbers Include copy of Emergency Response Plan for youth activity



Purchasing First Aid Kits

- Complete first aid kits and supply refills can be purchased through approved vendors on [ShopUW+](#). Example vendors include:
 - Grainger
 - Medline Industries
 - McKesson Medical Supplies
 - MSC Industrial Supply Co. Inc.
- For questions regarding purchasing items on ShopUW+, please contact your department/college/division finance contact.



Maintaining First Aid Kit

- Prior to the youth activity, check first aid kit supplies:
 - Take inventory of supplies
 - Restock supplies that are low
 - Check for expiration dates
 - Replace expired items as needed
 - Check that all supplies are working
 - i.e.: Flashlight, Thermometers



Additional Recommendations

- First aid kit supplies are intended for injuries that occur in day-to-day activities (e.g. minor injuries from falls, minor cuts/injuries using scissors or paper).
 - For everyday cuts and scrapes, it is effective to wash the cut or scrape with soap and water and apply a band aid.
 - Request emergency assistance ASAP when injury warrants it.
- Complete the [Accidental Injury Reporting](#) form if injury requires report.
- Staff should know the location of the AEDs in each building used by the youth activity.
- While first aid and CPR certification is not a required element of training for individuals who provide custodial care to minors under [UW-1045](#), first aid and CPR training is recommended.
- When offering activities over a period of weeks or months, consider preparing youth participants for medical emergencies in age-appropriate ways (think ages and stages of youth).
 - The [American Red Cross](#) offers a number of helpful resources.

Requirement for Residential/Overnight Programs Under ATCP 78

- To meet requirements in [ATCP 78.27\(1\)\(g\)](#), all youth activities must have a first aid kit marked “for staff use.”
- A physician at the Office of Occupational Medicine has reviewed and approved the below Grainger brand first aid kits for purchase on [ShopUW+](#) to meet this requirement:
 - Item [#794KG4](#)
 - Item [#794KG6](#)
 - Item [#794KG7](#)