

Occupational Health and Safety Act – First Aid Regulations

Workplace First Aid Kit Requirements			
	#1 (1 employee*)	#2 (2-19 employees*)	#3 (21-49 employees*)
First Aid guide	1	1	1
First Aid treatment record book	1	1	1
Pencil	1	1	1
Safety pins	6	12	12
Splinter tweezers	1 pair	1 pair	1 pair
100mm scissors	1 pair	1 pair	1 pair
Disposable gloves (latex or equivalent protective material)	2 pairs	2 pairs	4 pairs
Individually wrapped dressings			
- 100mm x 100mm compresses	2	2	6
- 25mm adhesive dressings	12	24	32
- 75mm x 75mm sterile pads	12	16	32
- 1m triangular bandages	3	6	6
- 50mm roller bandage	1	2	3
- 25mm x 2.5m adhesive tape	1 roll	1 roll	2 rolls
Antiseptic			
- 100ml bottle <i>or</i>	1	1	1
- pack of 12 individually wrapped towellettes			
- hand cleaners	6	24	24
Marked plastic bag, for disposal of biohazardous waste	1	1	1
Airway barrier for rescue breathing	1	1	1

* number of employees at work at the same time

Where there are 50 or more employees, the employer shall provide at least one #3 first aid kit, with an increase in the supply of dressings, bandages, and antiseptics that is proportionate to the number of employees in excess of 49 (i.e. a workplace with 75 employees would increase the contents of a Number 3 first aid kit by 50%).

The Occupational Health and Safety Act regulations concerning first aid kits are at www.gov.ns.ca/just/regulations/regs/ohsfirst.htm

Occupational Health and Safety Act – First Aid Regulations

First aid rooms

Where the worksite is not an office and there are 100 or more employees regularly employed on any one shift at the worksite, the employer shall provide at least one first aid room or other approved first aid facility.

A first aid room shall:

- be large enough to hold the first aid supplies and have an entrance that can easily accommodate a stretcher;
- be kept clean, well-lighted, heated, ventilated and in a sanitary condition;
- contain a telephone or other means of communication between the first aid room and worksite areas served by the first aid room;
- have emergency telephone numbers posted;
- include the following furniture:
 - 1 permanent sink with hot and cold running water
 - 1 garbage container, with a cover
 - 1 chair with arm rests is suitable to treat injured employees
 - 1 bed, covered with a plastic sheet
 - pillows and blankets, and
 - 1 cabinet suitable for storing dressings and instruments
- contain the following material, equipment and supplies:
 - a portable Number 2 First Aid Kit
 - a first aid guide
 - a first aid record book
 - a pencil
 - 12 assorted safety pins
 - one pair of splinter tweezers
 - one pair of 150 mm heavy-duty scissors
 - 20 additional pairs of disposable gloves (latex or equivalent protective material)
 - at least the following dressings, individually wrapped:
 - 6 sterile bandage compresses (100mm x 100mm)
 - 48 sterile adhesive dressings (25mm wide)
 - 32 sterile pads (75mm x 75mm)
 - 6 triangular bandages (1m)
 - 3 roller bandages (50mm wide)
 - 1 roll of tubular finger bandages with applicator
 - 10 finger tip dressings
 - 10 knuckle pad dressings, and
 - 4 sterile abdominal bandages (200mm x 300mm)
 - two rolls of adhesive tape (25 mm wide by 2.5 m long)
 - antiseptics, including
 - a 100 ml bottle of an adequate antiseptic *and*
 - 12 individually wrapped antiseptic towelettes
 - 36 hand cleaners
 - a wash basin made of stainless steel or polypropylene
 - a nail brush
 - a package of paper towels
 - hand soap
 - a package of disposable paper cups
 - a cold sterilizer with a non-rusting germicidal solution or a means of sterilization that provides an equivalent level of protection
 - a flashlight for use outside the room
 - a kidney basin made of stainless steel or polypropylene
 - one set of assorted x-ray permeable splints
 - a marked plastic bag for disposal of biohazardous waste
 - a airway barrier device for rescue breathing, and
 - a magnifying lamp