

Revisions for 2024

First Aid Refresher Training and First Aid Kit Contents

In Nova Scotia, first aid requirements for the workplace are covered under Part 4 of the Workplace Health and Safety Regulations (WHSR). Part 4 references two Canadian Standards Association (CSA) publications. CSA Z1210 “First aid training for the workplace – Curriculum and quality management for training agencies” establishes minimum standards for first aid training, and CSA Z1220 “First aid kits for the workplace” likewise establishes minimum requirements for the contents of first aid kits.

Both standards were revised and published in April 2024. Nova Scotia has adopted these standards as “ambulatory”, which means the latest version is automatically adopted under the regulations. As with all standards incorporated by reference (Section 1.6 WHSR), there is a four-month window in which both the old and new standards are acceptable for compliance with the regulations. The new standards must be followed after August 1, 2024.

Most of the changes in both standards apply primarily to providers of first aid training or suppliers of first aid kits. However, there are two changes that may have direct impact on first aid in the workplace; allowance for first aid refresher training and changes to first aid kit contents.

First Aid Refresher Training

Under the revised CSA Z1210 training standard, training providers may now offer refresher training to someone with a valid first aid certificate, rather than require completion of the full training to recertify. Recertification requires the first aider to demonstrate competency in both knowledge and skills components, as per their original certification training. If you are interested in refresher training, speak to your first aid provider to see if that offer it as an option.

There are minor changes to the contents of first aid kits, with a few additions and changes in number of some supplies. First aid kits must be regularly inspected to ensure the completeness and to replenish kit supplies and equipment that have been used or expired. Workplaces should refer to the noted changes when inspecting their kits to ensure they are in compliance with the current standard and the regulations.

In addition, when purchasing new kits for the workplace, check to see if they are compliant with the 2024 version of the CSA standard.

First Aid Kit Contents

TYPE 1: Personal First Aid Kit

Emergency Blanket, aluminized, min 132cmx213cm (52in x 84in) [1]	New requirement
Antibiotic Ointment, topical, single use [2]	No longer required

TYPE 2: Basic First Aid Kit

Torniquet, for arterial bleeds [1]	New requirement
Antibiotic Ointment, topical, single use [2]	No longer required
Abdominal pad, sterile, individually wrapped, 12.7 × 22.9 cm (5 in × 9 in)	Increase number in Large kit from 2 to 4

TYPE 3: Intermediate First Aid Kit

Abdominal pad, sterile, individually wrapped, 12.7 × 22.9 cm (5 in × 9 in)	Increase number from: 1 (Small Kit), 2 (Medium Kit) and 4 (Large Kit) to 2 (Small Kit), 4 (Medium Kit) and 6 (Large Kit)
Antibiotic Ointment, topical, single use [2]	No longer required
Glucose tablets, 4 g (10 per package) or acceptable alternative	Change to: "A source of glucose as recommended by Diabetes Canada"

Note: Although antibiotic ointment is no longer a mandatory kit requirement, it can still be included as an optional component.

Unless otherwise noted, these changes apply to all sizes (Small, Medium, Large) of a given TYPE of first aid kit.