

Recommended contents of Dojo First Aid Kit.

There should be a suitably stocked first aid kit in each dojo. First aid kits must be made of sturdy material and be designed to protect the contents from damp, dust and contamination.



Kits must be clearly identified as first aid containers. The marking must be a white cross on a green background.

The kits can be of any size, but they must be large enough to fit the contents, and be of a sufficient size to cope with the number of people needing to use it.

First aid kits must be checked regularly. Ensure they are replenished as soon as possible after use, so there's always an adequate supply of equipment available. Items should be replaced before the expiry date shown on the packaging, where applicable.

The following items are the recommended MINIMUM requirements for your dojo's first aid kit.

- Band-aids / sterile dressings*
- Strapping Tape*
- "SAM[®]" Splint (2)
- 2-3 Triangular bandages (slings)
- Crepe bandages (for holding ice/ dressings / splints etc)
- Alcohol wet wipes
- Emergency face shield (mouth to mouth)
- Gloves
- Ventolin inhaler*
- Scissors / nail clippers*
- A supply of ice and/or cold packs / spray should be readily available

Note: * Members should be encouraged to have their own in their kit bags!