



## First Aid Kit Guidelines

|                  |                                    |
|------------------|------------------------------------|
| Document Number  | OLSEH/GUI (First Aid)25/02         |
| Version          | 1.0                                |
| Issues On        | 20-02-2025                         |
| Author/co author | Md Masoodur Rahman / Roopa Lakshmi |

1. All labs must have a first aid box. The responsibility of provided the first aid box, primarily rests with the PI of the lab.
2. OLSEH guidelines for first aid kits are based on OSHA's standards.
3. **Storage:**
  - a. First aid kits must be easily accessible and in locations where they can be quickly reached in emergency situations.
  - b. The height to reach the handle of the First Aid Kit in a public space should be no more than 48 inches high (from the ground).
4. **Signage:** The container of first-aid kit shall be legibly and indelibly marked with the following information:
  - a. Words 'First-Aid Kit', in letters not less than 20 mm in height.
  - b. List of items/contents of First-aid kit - a) Name of contents, quantity and other information.
  - c. Printed instructions to immediately replace expended contents.
5. Recommended minimum contents are:
  - a. **Bandages and Wound Care**
    - i. Assorted band-aids
    - ii. Gauze pads (assorted sizes at least 4 x 4 inches)
    - iii. Gauze roll (for wrapping injuries at least 2 inches wide.)
    - iv. Medical tape (for securing bandages)
  - b. **Wound Cleaning and Disinfecting**
    - i. Antiseptic wipes
    - ii. Any safe disinfectant.
  - a. **Blister and Burn Care**
    - i. Burn cream
  - b. **General Medical**
    - i. Medical gloves (latex or nitrile)
    - ii. First aid manual
    - iii. Scissors
    - iv. Tweezers
    - v. Thermometer (oral or digital)
    - vi. ORS
    - vii. Mild soap
  - c. **Eye Care**
    - i. Eye wash solution



Indian Institute of Science

# Office of Laboratory Safety & Environmental Health

- ii. Eye drops (prescribed by IISc health centre)
- 6. Notwithstanding point #5, the first aid kits must be designed keeping in mind the hazard profile of the lab. Mandatory extra items for lab with specific hazards are:
  - a. Chemical Lab: Ointment with Neutralizing agents e.g., calcium carbonate.
  - b. For labs with HF: Ointment with Calcium Gluconate
  - c. Biological Lab: Antiseptic lotions/creams
- 7. Maintenance tips:
  - a. Regularly inspect the first aid kit to ensure all items are present and are within shelf life.
  - b. Restock the kit as needed.
  - c. Consider designating a person responsible for maintaining the first aid kit.
- 8. Important Instructions:
  - a. This list is not exhaustive, and you should consider the specific needs of your research laboratories.
  - b. Ensure that all personnel are trained in basic first aid and know how to use the items in the first aid kit.
  - c. In case of a serious injury (secondary, direct, indirect and chronic injury) or illness, always call IISc health centre or seek immediate medical attention.
  - d. Do not include any type of medicines in First aid kits without the prescription of IISc health centre.

## References:

- [1] OSHA- <https://www.osha.gov/laws-regs/regulations/standardnumber/1910/1910.266AppA>
- [2] IS 13115: 1991 - <https://law.resource.org/pub/in/bis/S09/is.13115.b.1991.pdf>