



ST. JOHN AMBULANS MALAYSIA STATE OF PENANG

2014 State First Aid and Home Nursing Competition

19th February, 2014

The following are suggested First Aid Kit contents:

No.	Item	No.	Item
1	Scissors x 1 pair	8	Safety pins
2	Forceps x 2 pairs	9	Roller/crepe bandages (various sizes) – 10
3	Kidney dish x 2	10	Triangular bandages x 10
4	Torch light x 1	11	Adhesive plaster x 10
5	Sterile gauze pack x 10	12	Micropore / Elastoplast x 4
6	Sterile cotton pack x 10	13	Examination gloves x 10 pairs
7	Sterile Normal Saline x 2 bottles	14	Face mask x 5

The following equipments / materials will be supplied by the organizers:

- Wooden splints – 1 set (various sizes)
- Cervical collars (various sizes)
- Protective face shields for CPR (if needed)
- Stretcher(s)
- Blanket(s)
- Other modifiable materials i.e. newspapers, wooden sticks etc if necessary

(DR. TAN KEAN CHYE)

Chairman,
Organising & Technical Committee,
State First Aid & Home Nursing Competition