

HOME & FAMILY SAFETY

Emergencies can happen at any time, especially at home where children, helpers and family members spend most of their day. This checklist is designed to help households stay prepared with the right supplies, safety steps and emergency knowledge.

Check out our website at www.vitalfirstaidint.com for Quality First Aid Kits and First Aid Training Courses to keep you prepared for anything.

BASIC HOME FIRST AID KIT CHECKLIST

WOUND CARE	
	Plasters (assorted sizes) - Cover cuts & grazes
	Bandages (different types) - Strap / cover
	Sterile gauze - Clean / cover wounds
	Alcohol wipes - Clean / disinfect wounds
	Antiseptic wipes / solution - Prevent infection

BURNS	
	Burns gel dressing - Cool, pain relief, protect
	Dry burn dressing - Protect burned areas
	Burn gel / cream - Cool, pain relief, protect

OPTIONAL	
	Pain relief (Paracetamol, Ibuprofen) - Pain
	Phenergan cream - Bites and stings
	Oral rehydration sachets - Dehydration

SPRAINS / FRACTURES	
	Splint (bendable) - Immobilise limbs
	Triangular bandage - Support limb
	Instant ice pack - Reduce swelling and pain

TOOLS / ESSENTIALS	
	Gloves - Protection from cross-contamination
	Scissors - Removing barriers or cutting
	Tweezers - Remove objects from wounds
	Thermometer - Check temperature
	Safety pins - Secure bandages or clothing
	CPR mask / shield - Protection during CPR
	Saline Solution - Flushing eyes or wounds
	First Aid Guide - Important First Aid Instruction

BURNS AND FIRE SAFETY CHECKLIST

1. Household Risks

	Candles, gas stoves, generators, braai areas, fireplaces, smoking, electrical appliances
	Safe storage of fuels & matches
	Fire extinguisher or fire blanket available in the house
	Overloading electrical sockets and extension cables

2. Emergency Practice

	Ensure you and your staff have done a First Aid Course and know how to treat burns
	Have an evacuation plan in case of fire. Ensure everyone in the household knows the plan
	Know where the electricity switchboard is so you can cut the mains power
	Know the - Stop / Drop / Roll - rule, in case of clothing catching fire

Download the free "Fire Safety Training For Kids" resource pack on our website.

DOMESTIC STAFF PREPAREDNESS CHECKLIST

	Training: Basic first aid awareness (burns, cuts, grazes). Knows choking and CPR response for infants/kids
	First Aid Kit Access: Staff know where the First Aid Kit is kept, and know how to use it
	Contacts: Emergency phone numbers are saved, as well as the contact numbers for parents/employers
	Safety: Staff are instructed on safe storage of medicines and chemicals used in the house and garden
	Reporting: Have a procedure in place for reporting any incidents, and any items used from the First Aid Kit