

# Car First Aid Kit Checklist

## Contents Checklist

- First Aid Emergency Leaflet
- Foil Blanket
- Pair of Nitrile Gloves
- Washproof Plasters (5-10)
- Resuscitation Face Shield
- Burn dressings
- Triangular Bandage
- Sterile Saline Wipes (5-10)
- Trauma Wound Dressings (one or more in different sizes)
- Tuffcut Scissors

For workplace first  
aid products, visit  
[steroplast.co.uk](http://steroplast.co.uk)



Before setting off on the road, make sure you know what to put in a first aid kit for car journeys using our car first aid kit list below.