



SOUTH AFRICAN
WRESTLING FEDERATION

HEALTH, SAFETY & SECURITY COUNCIL

Section 5
Content of a First Aid Box

- Wound disinfectant
- Swabs for cleaning
- Cotton wool (100 g)
- Sterile Gauze
- 1 x Forceps/Tweezer (to remove small objects)
- 1 x Pair of scissors (minimum size 100mm)
- 1 x Packet safety pins
- 4 x Triangular bandages
- 4 x Pressure bandages (75mm x 5m)
- 1 x Elastoplast (25mm x 3m)
- 1 x Hypo-allergenic plaster (25mm x 3m)
- 1 x Pack Individual plasters (Band Aid type)
- 4 x Sterile First Aid Bandages (75mm x 100mm)
- 4 x Sterile First Aid Bandages (150mm x 200mm)
- 2 x Sets of splints (ambulance standard – 2 x 1m & 2 x 400mm)
- 2 x Pairs Large, 2 Pairs Medium Disposable Gloves
- 2 x Mouth pieces for CPR
- 3 X Semi-rigid Cervical Collars of different sizes
- 1 x Large Spinal Board
- 1 x Small Spinal Board
- Nose Plugs
- Haemostatics e.g. Friars Balsam (to dip nose plugs in instead of “Staaldruppels”)
- “Opsite” type dressings of different sizes.