

# First Aid Kits and Training in the Workplace

## An **Expert Guide**

First Aid Kits  
Specialist Kits  
Motoring Kits

First Aid Dispensers  
Eyewash Stations  
Plasters and Wipes

First Aid Response Kits  
First Aid Training





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Arco is the UK’s leading supplier of personal protective equipment, workwear and workplace safety products offering a world-class range of over 170,000 products.

As Experts in Safety we are widely recognised as a provider of specialist advice through our branch network and this is further supported by our training and consultancy division. We reach our customers through an extensive product catalogue, interactive website and 40 strong local Sales Office and Trade Counter network. We pride ourselves on providing customers with great availability, performance and price.

Founded in 1884 Arco has a heritage spanning four generations. With traditional family values at the heart of the business we pride ourselves on our core values; respect, hard work, enterprise and excellence in reputation. We fully subscribe to the ETI’s Nine Principles Base code and have fully incorporated the internationally recognised code of labour practice into our own ethical policy. In 2007 Arco was the first distributor in our industry to become a member of the Ethical Trading Initiative (ETI) and in 2010 we became a member of Sedex, the Supplier Ethical Data Exchange. Our supply chain management has recently been re-awarded a ‘Big Tick’ Award for Excellence from Business in the Community. At Arco we are dedicated to our Corporate Social Responsibility programme and continually demonstrate this by supporting local communities and charities donating in excess of 1% of pre tax profits annually

As we are members of the BSIF Registered Safety Suppliers Scheme you can be confident that we will supply safety equipment which is genuine and compliant with the relevant standards and regulations. The BSIF monitor and regulate members of the scheme by conducting regular standards audits.



Our Service

As part of our commitment to safety we have produced this expert guide to help you ensure that you have the right first aid kit for your workplace and have suitably trained first aiders to treat your employees at work.

There are two main bodies providing recommendations on good practice for first aid provision in the workplace in the UK. The *Health and Safety (First Aid) Regulations 1981 Approved Code of Practice and Guidance* from the Health and Safety Executive (HSE) sets out the essential aspects of first aid that employers have to address including the provision of equipment, facilities and the appropriate number of trained persons. The HSE Code gives practical advice on how to comply with the law. It has a legal status but is not compulsory. However, if you were prosecuted for a breach of health and safety law, and it is proved that you did not follow the relevant provisions of the HSE Code, you will need to show that you have complied with the law in some other way.

The recently revised British Standard *BS 8599-12 ‘Workplace first aid kits. Specification for the contents of workplace first aid kits’* recommends appropriate first aid equipment and consumables for today’s workplace.

In response to these regulations and standards we have compiled a range of first aid kits which are compliant to either standard. Therefore whichever guidelines you choose to follow we can help you to conform.

First Aid Training

To help you comply with regulations Arco Training and Consultancy has a full programme of HSE approved courses suitable for all organisations regardless of size and number of employees.

- **Emergency First Aid at Work**  
Delegates will learn how to administer first aid to casualties who are unconscious, choking, suffering from shock or wounded and bleeding as well as minor injuries such as grazes. This course is suitable for when a one day training course has been assessed to be sufficient.
- **First Aid at Work**  
This three day course has the same content as above but also gives the delegate the ability to administer first aid in a range of specific injuries and illness such as: fractures, sprains and strains, poisoning and eye injuries. This course is ideal for anyone nominated as workplace first aider and people who want a good grounding in first aid.
- **First Aid at Work Annual Refresher**  
This course is a chance to refresh knowledge learned on the First Aid at Work course. It reinforces knowledge in a practical way to maintain first aid skills. This course is open to delegates who hold either of the two certificates above.
- **First Aid at Work Annual Requalification**  
This two day course is to refresh knowledge learned on the First Aid at Work programme. This must be completed within 28 days of the expiry of the First Aid at Work qualification otherwise the full three day course needs to be retaken.

For more information about the services available or to book your course please contact the team on 01482 347590



# Regulations and Standards

## Health and Safety Executive (HSE)

**Health and Safety (First-Aid) Regulations 1981 ACOP 3(4) state that:**

*“An employer should make an assessment of first-aid needs appropriate to the circumstances of each workplace.”*

*“An employer shall provide, or ensure that there is provided, such number of suitable persons as is adequate and appropriate in the circumstances for the rendering of first aid to his employees if they are injured or become ill at work”*

The HSE do not give a strict list of products that should go into a first aid kit but instead suggests that the kit needs to be ‘adequate and appropriate in the circumstances’. This is done by performing an assessment of needs on each area of the workplace. There is no requirement to keep written records of this but the HSE strongly recommend doing so as this will enable the employer to give explanation for their decisions if needed.

**Important things to consider in your assessment of needs**

### 1. The nature of your work

The first thing to consider is the kind of work that is undertaken in your workplace and the hazards this might cause. Bear in mind that different areas of your business will carry different risks. For example, a different assessment of needs will need to be done for an office compared to the shop floor of a factory.

### 2. Size of the organisation

Generally, the larger the workforce the greater the need your organisation will have for First Aid provisions.

### 3. Type of workforce

Consideration needs to be taken for the types of employees you have including pregnant workers, young workers and those with disabilities.

### 4. Distribution of workforce

An organisation whose employees are spread out over a vast area will require more first aid kits than one whose workers are all in the same building.

Employers must regularly review first aid kit contents to ensure provisions are in place and used by dates have not expired. If a first aid kit is stored in a public area there needs to be procedures in place to frequently check the contents to prevent theft and tampering. This process is normally the duty of a first aider or a trained person.

## HSE recommendations for First Aid Provision

Category of Risk	No. employed at any location	Suggested no. of first aid personnel
<b>Lower Risk</b>  e.g. shops, offices, libraries	Fewer than 50	At least 1 appointed person
	50-100	At least 1 first aider
	More than 100	One additional first aider for every 100 employed
<b>Medium Risk</b>  e.g. light engineering & assembly work, food processing, warehousing	Fewer than 20	At least 1 appointed person
	20-100	At least 1 first aider for every 50 employed (or part thereof)
	More than 100	One additional first aider for every 100 employed
<b>Higher Risk</b>  e.g. most construction, slaughterhouse, chemical manufacture, extensive work with dangerous machinery or sharp instruments	Fewer than 5	At least 1 appointed person
	5-50	At least 1 first aider
	More than 50	One additional first aider for every 50 employed
	Where there are hazards for which additional first-aid skills are necessary	In addition, at least 1 first aider trained in the specific emergency action

**For further information visit**  
[www.hse.gov.uk/firstaid/](http://www.hse.gov.uk/firstaid/)

**To purchase the Health and Safety (first aid) regulations 1981 visit:**  
[www.hse.gov.uk/pubs/books/174.htm](http://www.hse.gov.uk/pubs/books/174.htm)



**For First Aid Kits that are HSE compliant look out for this symbol**



## British Standards (B.S.)

A new national British Standard BS8599 1:2011 came into effect on 30th June 2011. This standard BS8599 replaces the British Healthcare Trade Association (BHTA) standard which was introduced in 1997.

These changes in regulations came into force as many organisations found their first aid kits lacked the essentials or contained elements that were outdated and unused. The new standard considers today’s working protocols as well as new technologies and products available. It recommends the correct components and an adequate number of components for small, medium, large or travel sized kits.

### The British Standards First Aid kit guidelines state that

*“The size of the first aid kits to be used in a workplace is determined by the number of employees and the category of hazard incurred by the workplace environment.”*

B.S. guidelines only refer to the size and type of first aid kit needed in a workplace but not the number of first aiders or the provision of a first aid room.

## Choosing the right kit

Category of Hazard	Number of Employees	Number and Size of First Aid Kit
Low Hazard e.g. shops, offices, libraries	Fewer than 25 25-100 More than 100	1 small kit 1 medium kit 1 large kit per 100 employees
High Hazard e.g. light engineering and assembly work, food processing, warehousing, extensive work with dangerous machinery or sharp instruments, construction, chemical manufacture, etc.	Fewer than 5 5-25 More than 25	1 small kit 1 medium kit 1 large kit per 25 employees

Workplace First Aid Kits (2011), BSI Standards Publication

**For First Aid Kits that are BS compliant look out for this symbol**



# Premier First Aid Kits



### Arco Premier First Aid Dispenser

Suitable for areas where up to 10 and 20 persons are employed and where low risk is expected in the workplace. This kit meets the requirements of the HSE approved code of practice. The kit also includes pull and easy apply pilfer proof plasters plus items additional to those recommended by the HSE.

- Easy access plaster door.
- Integral pilfer proof plaster dispenser controls wastage by removing half the backing strip on extraction - holds 50 pre-clipped plasters.
- Tough, transparent polycarbonate front cover for strength and visibility.
- Compartmentalised interior and fully portable - includes wall fixings.
- Accident report book and pen housed at back of case.
- Offers full compliance plus contains extra recommended HSE items including scissors, tape, wipes and aprons.

Contents:	10 Person	20 Person
First Aid Guidance Leaflet	1	1
Eye Pads	2	4
Triangular Bandages	4	6
Safety Pins	12	12
Medium Sterile Dressings	6	9
Large Sterile Dressings	2	3
Pairs of Gloves	2	4
Alcohol-Free Wipes	10	10
Plasters	20	40

Additional Recommended items		
Pilfer Proof Plasters	50	50
Accident Report Book and Pen	1	1
Tape	1	1
Scissors	1	1
Resuscitator	1	1
Aprons	2	2

Ref: 446500 - Arco Premier 10 First Aid Dispenser  
Ref: 446600 - Arco Premier 20 First Aid Dispenser

### Premier Dispenser Features and Benefits

- Innovative design, strong semi-automatic controlled opening case
- Integral pilfer proof plaster dispenser controls wastage by removing half the backing strip on extraction and allowing one-handed sterile application. Holds 50 pre-clipped plasters.
- Accident record book and pen housed at back of case. Ensures immediate reporting of injuries by First Aider.
- Compartmentalised interior holds first aid items with at a glance stock control even when lid is closed.
- Tough, transparent polycarbonate front cover for strength and visibility.
- Hygienic and easy to locate, fully portable – includes wall fixings.
- Offers full compliance plus contains extra recommended HSE items, including scissors, tape, wipes and aprons.
- Dimension: W370mm x D125mm x H340mm.



### Arco Premier First Aid/Eyewash Dispenser

Suitable for areas where up to 10 persons are employed and where low risk is expected in the workplace. This kit meets the approved code of practice and combines the contents of the Premier First Aid Kit with eyewash solutions.

- Patented lid on eyewash solution 500ml bottle - prevents re-use and storage of opened sterile eyewash.
- Encourages immediate replenishment of dispenser.
- Eyewash solution 500ml bottles are for copious irrigation of the contaminated area.

Contents:			
First Aid Guidance Leaflet	1	Large Sterile Dressings	2
Eyewash Solutions 500ml	2	Pairs of Gloves	2
Eye Pads	2	Alcohol-Free Wipes	10
Triangular Bandages	4	Plasters	20
Medium Sterile Dressings	6	Safety Pins	12

Ref: 4F0700



### Arco BS 8599-1 Premier Dispenser

New BS 8599-1 compliant first aid kits are available in sizes small, medium and large so are suitable for all workplaces.

- Complies with BS 8599-1.
- Hygienic, as all components are individually wrapped.

Contents:	Small:	Medium:	Large:
First Aid Guidance Leaflet	1	1	1
Contents List	1	1	1
Medium Sterile Dressings	4	6	8
Large Sterile Dressings	1	2	2
Triangular Bandages	2	3	4
Safety Pins	6	12	24
Sterile Eyepads	2	3	4
Adhesive Sterile Dressings	40	60	100
Alcohol Free Wipes	20	30	40
Adhesive Tape	1	1	1
Pairs of Gloves	6	9	12
Finger Dressing Sterile	2	3	4
Resuscitator	1	1	2
Foil Blankets	1	2	3
Hydrogel Burns Dressings	1	2	2
Shears	1	1	1
Conforming Bandages	1	2	2

Ref: 442525 - Small Premier Dispenser  
Ref: 442550 - Medium Premier Dispenser  
Ref: 442575 - Large Premier Dispenser

# Standard First Aid Kits

### Standard Dispenser Features and Benefits

- Compartmentalised interior holds first aid items with at a glance stock control even when lid is closed.
- Tough, transparent polypropylene front cover for strength and visibility.
- One clip easy opening with tamper evident seal.
- Hygienic and easy to locate, fully portable includes wall fixing.
- Dimensions: W270mm x D102mm x H300mm.



### Arco Standard First Aid Dispenser

Suitable for use in areas where 10 or 20 persons are employed and where low risk is expected, these units meet the minimum code of practice.

- Compartmentalised interiors with 'at a glance' stock control even when the lid is closed.
- Tough, transparent polypropylene front cover.
- On-clip easy opening with tamper-evident seal.
- Hygienic, all contents individually wrapped.
- Wall fixings supplied with dispensers.

Contents:	10 Person	20 Person
First Aid Guidance Leaflet	1	1
Eye Pads	2	4
Triangular Bandages	4	6
Safety Pins	12	12
Medium Sterile Dressings	6	9
Large Sterile Dressings	2	3
Pairs of Gloves	2	4
Alcohol-Free Wipes	10	10
Plasters	20	40

Ref: 445000 - Arco Standard First Aid Dispenser 10 Person  
Ref: 445100 - Arco Standard First Aid Dispenser 20 Person



# General Purpose First Aid Kits

The Arco General First Aid Kits have all the provisions necessary to deal quickly and easily with any cut, scrape or bruise. Available in either a compartmentalised dispenser for easy identification of items or a convenient, easy to carry case they are ideal for low risk environments where there is a first aid requirement.

All General Purpose First Aid Kits are compliant with the HSE Approved Code of Practice.



### Arco General Purpose First Aid Dispenser

- This dispenser contains an assortment of first aid items and is suitable for one person working away from the workplace.
- Hygienic and easy to locate, fully portable includes wall fixings.
  - Compartmentalised interior with at-a-glance stock control even when the lid is closed.
  - Ultra saline eyewash pods provide convenient first aid treatment for eyes contaminated with foreign bodies, provided that the surface of the eye has not been damaged.

Contents:	
Medium Sterile Dressings	2
Eye Pads	2
Non-Adherent Dressings	4
Roll of Ultradermal Tape	1
Safety Pins	12
Pair of Scissors	1
Pairs of Gloves	2
Alcohol-Free Wipes	6
Plasters	20
Aprons	2
Saline Mini Pods 1ml	4
Pack of 5 Tissues	1

Ref: 4F0300

### Arco General Purpose First Aid Kit

- This kit contains an assortment of first aid items and is suitable for one person working away from the workplace.
- Packed in a soft nylon bag with zip top carrying handle.
  - Ultrasaline eyewash pods provide a convenient first aid treatment for eyes contaminated with foreign bodies, provided that the surface of the eye has not been damaged.

Contents:	
Medium Sterile Dressings	2
Eye Pads	2
Non-Adherent Dressings	4
Roll of Ultradermal Tape	1
Safety Pins	12
Pair of Scissors	1
Pairs of Gloves	2
Alcohol-Free Wipes	6
Plasters	20
Aprons	2
Saline Mini Pods 1ml	4
Pack of 5 Tissues	1

Ref: 449300

# First Aider Response Kits

Our first aider response kits are designed to aid the role of a first aider, giving easy access to all items required to deal with a first aid requirement. The case allows for easy transportation of items to the injured person.



### Arco First Aider Response Kit

- This nylon first aid bag with carrying handle, shoulder strap and hanging loops is designed to give the first aider an instant response bag to cope with any accident.
- Equipped with the full contents specified in the HSE guidelines plus additional items.
  - Steriflow eyewash buffer solution can be used if the eye is splashed with acid or alkali, this immediately forms a barrier between the surface of the eye and the foreign substance, eliminating further damage and will also return the eye to normal PH.

Contents:	
First Aid Guidance Leaflet	1
Plasters	20
Non Adherent Dressings	4
Steriflow Eye Pods 20ml	5
Eyewash Solution 500ml	1
Eye Pads	2
Triangular Bandages	6
Safety Pins	6
Medium Sterile Dressings	6
Large Sterile Dressings	2
Crepe Bandages	2
Instant Ice Packs	2
Vent Aid	1
Pairs of Gloves	4
Alcohol-Free Wipes	6
Scissors	1

Ref: 444500

### Arco Vent Aid

- Suitable for first aiders to prevent cross contamination during mouth to mouth resuscitation.
- Now available with a handy pouch to ensure first aiders have quick access.

Ref: 4F5500 - pack of 3  
Ref: 4F5550 - single vent aid in pouch

# Specialist First Aid Kits

## Burns

### Arco Standard Burns Dispenser

Suitable for emergency care of burns, scalds or sunburn.

- Non-adherent and non-toxic.
- Compartmentalised interiors with 'at a glance' stock control even when lid is closed.
- One-clip easy opening with tamper-evident seal.
- Hydrogel – moisturises, cools and soothes, minimising trauma & preventing infection.
- Sterikool to reduce pain in partial thickness burns by protecting the exposed nerve endings.

**Contents:**

First Aid Guidance Leaflet	1
Non-Adherent Dressings	7
Burn/Wound Lint Pads	5
Burn Blots	2
Conforming Bandages	3
Hydrogel Burn Dressings	2
Pairs of Gloves	2
Pair of Scissors	1
Sterikool Burn Roll	1

**Ref:** 4F7000



### Arco Compact Burns Dispenser

Ideal for when space is an issue. Suitable for emergency care of burns, scalds or sunburn.

- Non-adherent and non-toxic.
- Compartmentalised interiors with 'at a glance' stock control even when lid is closed.
- One-clip easy opening with tamper-evident seal.
- Hydrogel – moisturises, cools and soothes, minimising trauma & preventing infection.

**Contents:**

First Aid Guidance Leaflet	1
Non-Adherent Dressings	3
Burn/Wound Lint Pads	3
Hydrogel Burn Dressings	2
Burn Blots	4
Pairs of Gloves	2
Pair of Scissors	1
Conforming Bandage	1

**Ref:** 4F0400



## Body Fluids and Sharps

### Arco Single Application Body Fluids Dispenser

Ideal for the safe disposal of body fluid spillages such as blood, vomit and urine.

- Compact and portable.
- Single application.

**Contents:**

Oversleeve	1
Pair of Gloves	1
Scoop and Scraper	1
Super Absorbent Powder	1
Disinfectant Spray	1
Disinfectant Wipe	1
Bonded Wipes	2
Biohazard Bag	1

**Ref:** 4F0600



### Arco Standard Body Fluid & Sharps Dispenser

Ideal for safe disposal of body fluid spillages such as blood, vomit or urine and sharps.

- Effective against AIDS and Hepatitis B viruses.

Contents:		Sharps Disposal Kit Includes:	
Oversleeves	2	Guidance Leaflet	1
Pairs of Gloves	2	Forceps	1
Scoop and Scrapers	2	Biohazard Bag	1
Bonded Wipes	4	Yellow Container	1
Disinfectant Sprays	2	Disinfectant Wipe	1
Disinfectant Wipes	2		
Super Absorbent Powders	2		
Biohazard Bag	2		

**Ref:** 4F0500



## Catering

### Arco Mini Catering First Aid Dispenser

An essential selection of first aid supplies to deal with minor accidents and emergencies, ideal for the smaller commercial kitchen, catering unit or snack bar.

**Contents:**

Wipes	10	Blue Assorted Plasters	20
Pairs of Blue Gloves	2	Medium Dressing	1
Roll of Blue Tape	1	No. 7 Fingerbobs	6
Safety Pins	12	Blue Fingerbobs	6
Blue Fingerstalls	10		

**Ref:** 4F2800



### Arco Standard Food Hygiene First Aid Dispenser

Suitable for use in areas where 10 or 20 persons are employed and where low risk is expected, these units meet the HSE code of practice.

- Compartmentalised interiors with 'at a glance' stock control even when the lid is closed.
- Tough, transparent polypropylene front cover.
- One-clip easy opening with tamper-evident seal.
- Hygienic, portable and easy to locate.
- Supplied with wall fixings.
- All plasters gloves and tape are in blue

Contents:	10 Person	20 Person
First Aid Guidance Leaflet	1	1
Eye Pads	2	4
Triangular Bandages	4	6
Safety Pins	12	12
Medium Sterile Dressings	6	9
Large Sterile Dressings	2	3
Pairs of Gloves	2	4
Alcohol-Free Wipes	10	10
Assorted Plasters	20	40

**Ref:** 4F2000 - Arco Standard Food Hygiene First Aid Dispenser 10 person

**Ref:** 4F2100 - Arco Standard Food Hygiene First Aid Dispenser 20 person





# Motoring First Aid Kits

ACOP 3(21) “Employers are responsible for meeting the first-aid needs of their employees working away from the main site, for example those who travel regularly or who work elsewhere. The assessment should determine whether those who travel long distances or are continuously mobile should carry a personal first-aid kit. Organisations with employees who work in remote areas should consider making special arrangements such as issuing personal communicators and providing special training. Where employees work alone, other means of summoning help such as a mobile phone, may be useful to call for assistance in an emergency”.

Our range of travel first aid kits contain all the required aid items to ensure anyone travelling has access to all first aid essentials. They come in a selection of sizes and cases designed to fit easily into vehicles or confined or difficult spaces, with easy access to the contents when required.

**British Standards**

BS8599-1 was introduced in June 2011 and specifically details first aid kits designed to be transportable and used by an employee when working away from the workplace. The contents of this kit are specified to this standard and are designed for one person.

**HSE Approved**

A selection of travel first aid kits designed for different environments and conditions.

It is law for all public service vehicles or vehicles carrying member of the public to carry a first aid kit. This kit is designed specifically for this and complies with the Passenger Service Vehicle conditions of fitness equipment use and certification regulations 1981.

**Arco Public Service Vehicle First Aid Kit**

Supplied with a clip-on fixing bracket and vehicle window sticker, this kit complies with Passenger Service Vehicle Conditions of Fitness Equipment, Use and Certification Regulations 1981 and is a mandatory requirement for coaches and minibuses.

**Contents:**

First Aid Guidance Leaflet	1
Plasters	24
Large Sterile Dressings	3
Eye Pads	2
Triangular Bandages	2
Conforming Bandage	1
Safety Pins	12
Pair of Gloves	1
Alcohol-Free Wipes	10
Pair of Scissors	1

Ref: 451000



**Arco Van & Truck First Aid Kit**

Statutory first aid cover for the drivers of vans and trucks.

- Steriflow eyewash buffer solution can be used if the eye is splashed with acid or alkali. This immediately forms a barrier between the surface of the eye and the foreign substance, eliminating further damage and will also return the eye to normal PH.
- Kit housed in ABS box, ideal for the vehicle glovebox.
- Dispenser designed for easy and quick access, made from strong polypropylene.
- Both options supplied with fixings for wall mounting.

**Contents:**

First Aid Guidance Leaflet	1
Plasters	20
Non Adherent Dressings	5
Steriflow Eye Pods 20ml	5
Triangular Bandages	2
Conforming Bandages	2
Safety Pins	12
Roll of Adhesive Tape	1
Large Sterile Dressing	1
Plastic Fingerstalls	2
Pair of Gloves	1
Alcohol-Free Wipes	6
Pair of Scissors	1

Ref: 449100 - Arco Van & Truck First Aid Kit

Ref: 4F0800 - Arco Van & Truck First Aid Dispenser



**Deluxe Motorist First Aid Kit**

Deluxe Motorist Kit comes in a durable plastic box containing a clear polythene multi-pocketed storage roll pouch system.

- Allows for easy access to the required first aid item.
- Can be rolled up and repacked easily and neatly, after use.

**Contents:**

Alcohol free wipes	6
Conforming Bandage 5cm x 4m	1
Pair of Gloves	2
Pair of Scissors	1
Non-adherent Dressings 10cmx10cm	2
Resusciate	1
Large Sterile Dressing	1
Sterile Eyewash Pods 20ml	2
Assorted Plasters	20
Conforming Bandage 7.5cm x 4m	1
Emergency Foil Blanket	1
Guidance Leaflet	1
Non-Adherent Dressing 5cm x 5cm	1
Safety Pins	6
Medium Sterile Dressing	1
Triangular Bandages	2

Ref: 449400



Arco BS 8599-1 Travel First Aid Pouch

New BS 8599-1 compliant travel first aid kit suitable for one person.

- Packed in a zipped nylon bag.

Contents:

First Aid Guidance Leaflet	1	Large Sterile Dressings	1
Plasters	10	Pairs of Gloves	2
Triangular Bandages	2	Alcohol Free Wipes	6
Safety Pins	12		

Ref: 442100 - Travel First Aid Pouch    Ref: 442110 - Travel First Aid Pouch Refill



Arco Travel First Aid Kit for One Person.

This kit complies with HSE Guidelines for first aid for one person working away from base and is suitable for representatives and drivers of small delivery vehicles.

- Packed in a zipped nylon bag.

Contents:

First Aid Guidance Leaflet	1	Large Sterile Dressing	1
Plasters	10	Pair of Gloves	1
Triangular Bandages	2	Alcohol-Free Wipes	6
Safety Pins	12		

Ref: 449200



Arco Car & Home First Aid Kit

This soft pouch is made from a innovative molded EVA foam and incorporates a waterproof zip which makes it a water repellent container.

- The molded body secures the products inside.
- Rear loop function can be used as a belt fastening or for attaching to a car boot interior.

Ref: 4F9000 - Car & Home First Aid Kit (Soft Pouch)

Contents:

Washproof Plasters	20	Non-adherent Dressings 5x5cm	2	Safety Pins	12
Large Dressing	1	Non-adherent Dressings 10x10cm	2	Pair of Scissors	1
Medium Dressing	1	Alcohol Free Wipes	10	Vent Aid	1
No7 Finger Dressings	2	No 16 Eyepads	2	Eyewash pods	2
Triangular Bandage	1	Microporous Tape	1	Pairs of Gloves	2
Crepe Bandage	1	Burn Gel Sachets	2	Burn Wound Lint Pads	4
Cetrimide Cream 15g	1	Guidance Leaflet	1		



Arco Motoring Abroad Kit

The soft pouch contains all of the essential items for driving abroad.

- Contains a first aid kit, complying with DIN 13164, warning triangle, GB sticker, hi-vis waistcoat and headlamp convertors.
- Pouch is made from a innovative molded EVA foam and incorporates a waterproof zip.

Ref: 4F9100 - Arco Motoring Abroad Kit (Soft Pouch)

Contents:

Headlamp Beam Convertors (pair)	1	GB Sticker	1	High Visibility Waistcoat	1
Warning Triangle	1	Adhesive Tape	1	Adhesive Bandage	1
Large Dressing	1	Medium Dressings	3	Large Bandaging Cloth	1
Small Bandaging Cloths	2	Large Gauze Bandages	3	Small Gauze Bandages	2
Gauze Dressings	6	Triangle Bandages	2	Pair of Scissors	1
Pairs of Gloves	4	Foil Blanket	1	Guidance Leaflet	1



Arco Essentials First Aid Kits

Our Arco Essentials First Aid Kit is a good quality HSE approved first aid kit, fit for purpose, which provide great value for money whilst meeting all your first aid needs.



Arco Essential First Aid Kit

Suitable for areas where up to 10, 20 or 50 people are employed and where low risk is expected.

- These units comply with the minimum code of practice recommended by the HSE
- Supplied in traditional green box

Contents:	10	20	50
First Aid Guidance Leaflet	1	1	1
Eye Pads	2	4	6
Triangular Bandages	4	6	8
Safety Pins	12	12	12
Medium Sterile Dressings	6	9	12
Large Sterile Dressings	2	3	4
Pairs of Gloves	2	4	6
Alcohol-Free Wipes	10	10	20
Assorted Plasters	20	40	60

Ref: 443000 - Arco Essentials First Aid Kit 10 Person Kit

Ref: 443200 - Arco Essentials First Aid Kit 20 Person Kit

Ref: 443400 - Arco Essentials First Aid Kit 50 Person Kit





# Plaster & Wipe Dispensers

## How to use pilfer proof plasters

A national survey conducted by the HSE showed that plasters had the highest usage at 84% and that 59% of employees 'helped themselves' when tending to their first aid needs. Without controls in place to monitor usage, plasters become a very useful 'perk', which ultimately adds not only financial cost to companies, but also inconvenience and increases the risks to the casualty. This unique Plaster & Wipe Dispenser can help control the management and reduce cost through misuse by up to 35%.



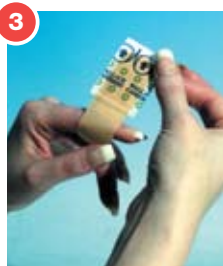
Step 1

Grip Firmly and pull plasters straight out, plasters dispensed individually...



Step 2

With backing paper partially removed...



Step 3

Allowing one handed STERILE application.

## Pull 'n' Open Plaster Dispenser

Reduce costs by up to 35% using the new pilfer proof plasters.

- Easy view at a glance stock control.
- Supplied with wall fixings.
- Dustproof.
- Plaster types can be mixed in dispenser.
- Includes 60 plasters.
- Size; width 290mm x height 170mm x depth 40mm.

Ref: 449655 - Pull 'n' Open Plaster Dispenser

Ref: 449650 - Washproof Plaster Refill 60 plasters

Ref: 449660 - Fabric Plaster Refill 60 plasters

Ref: 449670 - Blue Detectable Plaster Refill 60 plasters



## Pull 'n' Open Wipes Dispenser

Ideal companion dispenser to the Pull 'n' Open plaster dispenser.

- Easy view at a glance stock control.
- Supplied with wall fixings.
- Dustproof.
- Size; width 290mm x height 170mm x depth 40mm.

Ref: 449700 - Pull 'n' Open Wipes Dispenser

Ref: 449796 - Pull 'n' Open Wipes Refill – 60 wipes



## How to apply a plaster

1. Always wash hands before treating the wound.
2. Clean the wound with water or antiseptic wipe.
3. Dry the wound and surrounding area.
4. Pull and apply plaster pressing down edges firmly.
5. For best results, do not reposition dressing.

# Refills and Consumables

## Arco First Aid Kit Refill General

Completely refill your Arco Standard 10 person First Aid Kit/Dispenser or partly top up your Arco 20 or 50 person First Aid Kit Dispensers.

### Contents:

First Aid Guidance Leaflet	1
Eye Pads	2
Triangular Bandages	4
Safety Pins	12
Medium Sterile Dressings	6
Large Sterile Dressings	2
Pairs of Gloves	2
Alcohol-Free Wipes	10
Plasters	20

Ref: 445400



## Food Industry First Aid Refill

Completely refill your Arco Standard 10 person Food Hygiene First Aid Dispenser or partly top up your Arco 20 or 50 person Food Hygiene First Aid Dispensers.

### Contents:

Eye Pad	1
Triangular Bandages	2
Medium Dressings 12cm x 12cm	3
Large Dressings 18cm x 18cm	2
Pair of Blue Vinyl Gloves	1
Alcohol-Free Wipes	10
Plasters	20

Ref: 447200



## Arco Alcohol Free Wipes

Quality alcohol-free wipes, individually wrapped in disposable sachets for external use.

- Can be used to clean in and around wound.
- As recommended by HSE regulations to be contained within a first aid kit.
- Supplied in boxes of 100.

Ref: 442700



## Arco Assorted Plasters

150 assorted size, sterile, loose plasters, boxed.  
Sizes: 7.2cm x 2.5cm, 3.8cm x 3.8cm and 7.2cm x 5cm.

Ref: 449500 - Arco Assorted Plasters Fabric

Ref: 450300 - Arco Assorted Plasters Washproof

Ref: 447400 - Arco Assorted Detectable Plasters





Arco HSE Sterile Dressings & Tapes

Dressings prevent injury by stopping any foreign bodies from entering the wound and assist the blood clotting process.

- Sterile, non-adherent pad with extra long, fast edged conforming bandage.
- Five year shelf life.
- Suitable for securing dressing pads in place over the wound area.
- Size: 25mm wide x 5m long.
- Supplied in packs of six rolls.

Ref: 4F5100 - Medium Dressings  
Ref: 4F5000 - Large Dressings  
Ref: 4F5200 - Eyepads  
Ref: 4F5300 - Triangular Bandages



Arco Pilfer proof plasters

Pilfer proof plasters reduce wastage by removing half the backing strip when extracted from the dispenser. Also allows one-handed sterile application

Ref: 4F5900 - Fabric Plasters x 150  
Ref: 4F6000 - Washproof Plasters x 150  
Ref: 4F6100 - Blue Plasters Detectable x 150



Arco Sterikool Burns Dressings

These non-medicated dressings prevent further damage to the skin, reduce pain in partial thickness burns and protect burns from the environment.

Ref: 4F7300 - Sterikool  
2.5cm x 1m Long Roll  
Ref: 4F7400 - Sterikool  
7.5cm wide x 1m Long Roll  
Ref: 4F7500 - 25 Burns Gel & Dressing  
Ref: 4F7600 - Burnshield  
7.5cm x 7.5cm pack of three



Arco Blue Fingerstalls & Fingerbobs

All-in-one bandage and finger cover. Can be applied quickly and easily to fingers or toes due to the roll and twist design. Therefore, there is no need for an applicator, tape, or scissors

Ref: 447300 - Arco Blue Fingerstalls & Fingerbobs



Arco Adhesive Tapes

Suitable for securing dressing pads in place over the wound area.

- 25mm wide x 5m long.
- Supplied in packs of six rolls.

Ref: 4F5600 - Ultradermal Tape  
Ref: 4F5700 - Blue Detectable Tape



Arco Assorted Scissors & Safety Pins

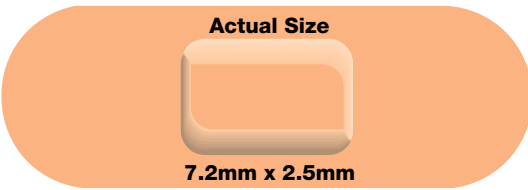
Various shapes and sizes available for tough bandage cutting.

Ref: 4F6300 - Single Blunt Scissors  
Ref: 4F6400 - Single Bandage Scissors  
Ref: 4F6500 - Single Tuff Cut Scissors  
Ref: 4F7200 - Assorted Safety Pins  
Pack of 72

Plaster guide & usage



- Standard plasters are loose in boxes of 150.
- Pilfer proof plasters are clipped in boxes of 150 – which feature the easy pull & apply system.

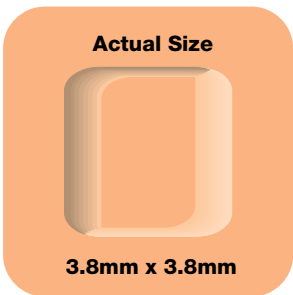


Choice of Standard (loose) or Pilfer proof (clipped)  
Also available in BLUE DETECTABLE  
Standard (loose) or Pilfer proof (clipped)



This plaster can be applied to most areas such as:

- On the hand
- On the finger
- On the knee
- On the leg
- On the arm
- On the foot

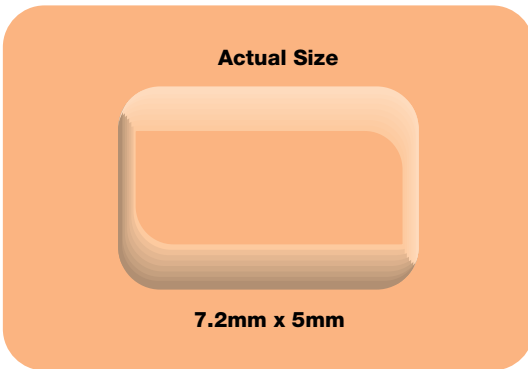


Available in Standard (loose) and BLUE DETECTABLE Standard (loose)



This plaster can be applied to most areas such as:

- On the knee
- On the leg
- On the arm
- On the foot

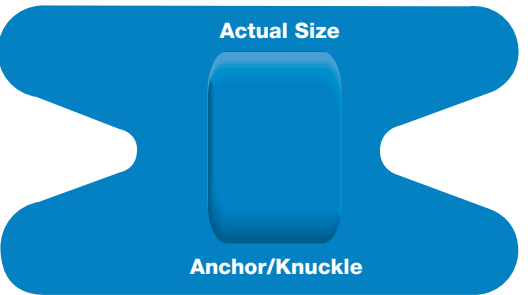


Available in Standard (loose) and in BLUE DETECTABLE Standard (loose)



This plaster can be applied to most areas such as:

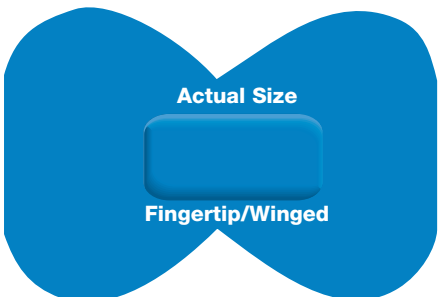
- On the knee
- On the leg
- On the arm
- On the foot



ONLY available in BLUE DETECTABLE Standard (loose)



- This is known as an anchor or knuckle plaster.
- Can be applied to the knuckle as illustrated.



ONLY available in BLUE DETECTABLE Standard (loose)



- This is known as a fingertip or winged plaster.
- Can be applied to the tip of the finger as illustrated.



# Eyewash Stations

HSE ACOP 3(40) If mains tap water is not readily available for eye irrigation, at least a litre of sterile water or sterile normal saline (0.9%) in sealed, disposable containers should be provided. Once the seal has been broken, containers should not be kept for reuse. Containers should not be used beyond their expiry date.

## Arco Eyewash Station

Easy wall mountable polystyrene unit with shatterproof mirror.

- Two eyewash solution pods

### Contents:

Eyewash Solution 500ml	2
Mirror	1

Ref: 380100 - Arco Eyewash Station

Ref: 380200 - Eyewash Refil



## Arco Mini Eyewash Pods Dispenser

Compact and portable eyewash kit ideal for eye irrigation small offices.

- One clip easy opening with tamper evident seal.
- Hygienic and easy to locate, fully portable - includes wall fixings.
- Steriflow eyewash buffer solution can be used if the eye is splashed with acid or alkali, this immediately forms a barrier between the surface of the eye and the foreign substance, eliminating further damage and will also return the eye to normal pH.
- Ultrasaline eyewash pods provide a convenient first aid treatment for eyes contaminated with foreign bodies, provided that the surface of the eye has not been damaged.

Ref: 4F0200 - Arco Mini Eyewash Pods Dispenser

Ref: 380800 - Steriflow Eyewash Refill 20ml Pod Pack of 10

Ref: 4F7700 - Saline Eyewash Refil 20ml Pod Pack of 25



## Arco Standard Eyewash Dispenser

Rapid response is required for any eye injuries sustained in the workplace, this dispenser fulfills requirements of HSE Approved Code of Practice plus includes additional recommended HSE items.

- Ultrasaline eyewash pods provide a convenient first aid treatment for eyes contaminated with foreign bodies, provided that the surface of the eye has not been damaged.

Ref: 379800 - Arco Standard Eyewash Dispenser

Ref: 380200 - Eyewash Refill 500ml



Rapid response is required for any eye injuries sustained in the workplace. The new Twist 'n' Open eyewash bottle allows immediate access to eyewash. Simply open by turning the yellow handle and the semi-automatic action opens the bottle and drops it down for immediate use.

## Twist 'n' Open Emergency Eyewash Station

For use when rapid response is required for any eye injuries sustained in the workplace.

- Emergency eyewash station complies with HSE regulations and includes additional recommended HSE items.
- The new Twist "n" Open eyewash bottle allows immediate access to eyewash. Simply open by turning the yellow handle and the semi-automatic action opens the bottle and drops it down for immediate use.
- Supplied with wall fixings.
- Dustproof.
- Includes new eyecare panel with 8 x saline eye pods and 2 x eyepads and 2 x 500ml eyewash bottles.
- Size; width 610mm x height 375mm x depth 100mm.

Ref: 380950 - Twist 'n' Open Emergency Eyewash Station

Ref: 380955 - Twist 'n' Open 500ml Eyewash

Ref: 380952 - 10 Twist 'n' Open 20ml Steriflow Pod Refills



## Twist 'n' Open Eyecare & Eyepod Panel

Innovative and versatile wall panel for quick and easy emergency eye care.

- Saline eyewash pods provide a convenient first aid treatment for eyes contaminated with foreign bodies, provided the surface of the eye has not been damaged.
- Steriflow eyewash pods provide a useful treatment for acid or alkali contamination as it forms a buffer to protect the eye from any further damage.
- Comes complete with wall fixings.
- Dustproof.
- Includes 8 x saline eye pods and 2 x eye pads.
- Size; width 290mm x height 170mm x depth 40mm.

Ref: 380925 - Twist 'n' Open Eyecare & Eyepod Panel

Ref: 380920 - 20 Twist 'n' Open 25ml Saline Pod Refills

Ref: 380906 - 6 Twist 'n' Open Eyepad Refills



## Twist 'n' Open Double Eyewash Station

The innovative Twist 'n' Open eyewash bottle allows for immediate access to eyewash. Simply open by turning the yellow handle and the semi-automatic action opens the bottle and drops it down for immediate use.

- Complies with HSE regulations.
- Comes complete with wall fixings.
- Dustproof.
- Includes 2 x 500ml eyewash bottles.
- Size: width 330mm x height 375mm x depth 100mm.

Ref: 380900 - Twist 'n' Open Double Eyewash Station

Ref: 380955 - Twist 'n' Open 500ml Eyewash



# Regulations in Ireland

Health and Safety Authority (HSA) regulations state that

An employer shall – provide and maintain suitably marked and easily accessible first-aid equipment, as is adequate and appropriate in the circumstances for enabling first-aid to be given to persons at every place where working conditions require it, at a place of work under the employer’s control

Regulation 165, Chapter 2 of Part 7 of the General Application Regulations 2007

HSA Recommended First Aid Kit Contents

Materials	First Aid Travel Kit Contents	First Aid Box Contents		
		1-10 Persons	11-25 Persons	26-50 Persons*
Adhesive Plasters	20	20	20	40
Sterile Eye Pads	2	2	2	4
Individually Wrapped Triangular Bandages	2	2	6	6
Safety Pins	6	6	6	6
Individually Wrapped Sterile Unmedicated Wound Dressings (Medium)	1	2	2	4
Individually Wrapped Sterile Unmedicated Wound Dressings (Large)	1	2	6	8
Individually Wrapped Sterile Unmedicated Wound Dressings (Extra Large)	1	2	3	4
Individually Wrapped Disinfectant Wipes	10	10	20	40
Paramedic Shears	1	1	1	1
Examination Gloves Pairs	3	5	10	10
Sterile Water where there is no clear running water**	2x20mls	1x500mls	2x500mls	2x500mls
Pocket Face Mask	1	1	1	1
Water Based Burns Dressing Small***	1	1	1	1
Water Based Burns Dressing Large	1	1	1	1
Crepe Bandage (7cm)	1	1	2	3

\* Where more than 50 persons are employed, pro rata provision should be made.

\*\* Where mains tap water is not available for eye irrigation, sterile normal saline (0.9%) in sealed disposable containers should be provided. Each container should hold at least 20ml and should be discarded once the seal is broken. Eye bath/eye cups/refillable containers should not be used for eye irrigation due to risk of cross infection. The container should be CE marked.

\*\*\* Where mains tap water is not readily available for cooling burnt area.



Arco HSA Standard First Aid Dispenser

Suitable for use in areas where 1-10, 11-25 & 26-50 persons are employed and where low risk is expected, these units meet the HSA regulations.

- Kit supplied in green box.
- Compartmentalised interiors with ‘at a glance’ stock control even when the lid is closed.
- Tough, transparent polypropylene front cover.
- One-clip easy opening with tamper evident seal.
- Hygienic, portable and easy to locate.
- Wall fixings supplied.

Contents:	1-10	11-25
First Aid Guidance Leaflet	1	1
Plasters	20	20
Medium Dressings	2	2
Large Dressings	2	6
Extra Large Dressings	2	3
Eye Pads	2	2
Alcohol Free Wipes	10	20
Crepe Bandages	1	2
Triangular Bandages	2	6
Sterikool Burn Roll 7.5cm x 1m	1	1
Burnshield Dressing 10cm x 10cm	1	1
Sterile Eyewash 500ml	2	2
Safety Pins	12	12
Pairs of Tuff Cut Scissors	1	1
Resusciade	1	1
Pairs of Gloves	6	10

Ref: 4F8001 - Arco Standard First Aid Dispensers 1-10 persons

Ref: 4F8002 - Arco Standard First Aid Dispensers 11-25 persons



Arco HSA Standard First Aid Kit

Suitable for use in areas where 1-10, 11-25 & 26-50 persons are employed and where low risk is expected, these units meet the HSA regulations.

- Kit supplied in green box.
- Compartmentalised interiors with ‘at a glance’ stock control even when the lid is closed.
- Tough, transparent polypropylene front cover.
- One-clip easy opening with tamper evident seal.
- Hygienic, portable and easy to locate.
- Wall fixings supplied.



Arco HSA Premier First Aid Dispenser

First aid for 1-10 and 11-25 persons, these dispensers are fully compliant with HSA regulations and include pull and easy apply, pilfer proof plasters plus additional items.

Contents:	1-10	11-25
First Aid Guidance Leaflet	1	1
Plasters	20	20
Medium Dressings	2	2
Large Dressings	2	6
Extra Large Dressings	2	3
Eye Pads	2	2
Alcohol Free Wipes	10	20
Crepe Bandages	1	2
Triangular Bandages	2	6
Sterikool Burn Roll 7.5cm x 1m	1	1
Burnshield Dressing 10cm x 10cm	1	1
Sterile Eyewash 500ml	2	2
Safety Pins	12	12
Pairs of Tuff Cut Scissors	1	1
Resusciade	1	1
Pairs of Gloves	6	10
<b>Additional Items</b>		
Pilfer Proof Plasters	50	50
Accident Book & Pen	1	1
Microporous Tape	1	1
Aprons	2	2

Ref: 4F8004 - Arco Premier First Aid Dispensers 1-10 persons

Ref: 4F8005 - Arco Premier First Aid Dispensers 11-25 persons

Contents:	1-10	11-25	26-50
Guidance Leaflet	1	1	1
Plasters	20	20	40
Medium Dressings	2	2	4
Large Dressings	2	6	8
Extra Large Dressings	2	3	4
Eye Pads	2	2	4
Alcohol Free Wipes	10	20	40
Crepe Bandage	1	2	3
Triangular Bandages	2	6	6
Sterikool Burn Roll	1	1	1
Burnshield Dressing	1	1	1
Sterile Eyewash 500ml	2	2	2
Safety Pins	12	12	12
Pairs of Tuff Cut Scissors	1	1	1
Resusciade	1	1	1
Pairs of Gloves	6	10	10

Ref: 4F8009 - Arco Standard First Aid Kit 1-10 persons

Ref: 4F8010 - Arco Standard First Aid Kit 11-25 persons

Ref: 4F8011 - Arco Standard First Aid Kit 26-50 persons



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**Arco Limited**  
**P.O. Box 21,**  
**Waverley Street,**  
**Hull HU1 2SJ**

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