



## FIRST AID KIT

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**Every child day program must have a first aid kit available in the event of an emergency. The kit must be a closed container which contains first aid supplies. The first aid kit must be stored in an area that is easily accessible to staff members but out of reach of children.**

First aid kits need to be re-stocked after each use. Programs should also check to make sure first aid kits are complete at least once a month.

### Suggested First Aid Kit Contents<sup>1</sup>

- Nonporous disposable gloves \* \*\*
- Small scissors \* \*\*
- Tweezers (for removing splinters) \* \*\*
- Non-glass thermometer (to be used under the armpit) \* \*\*
- Bandage or adhesive tape \* \*\*
- Adhesive band-aids of various sizes \* \*\*
- Antiseptic cleansing solution/pads \* \*\*
- Sterile gauze squares (2" and 3") \* \*\*
- Triangular bandages \* \*\*
- Flexible roller gauze (1" and 2" widths) \*\*
- Safety pins
- Eye dressing
- Pencil and notepad
- Cold pack or plastic bags for ice cubes \* \*\*
- Small splints
- Sealable plastic bags for soiled materials
- Clean cloth
- Liquid soap
- Small plastic cup
- Flashlight with fresh batteries
- Plastic bags
- First aid instruction manual \* \*\*
- Coins for pay phone use
- Water

\* **Required** by *Standards for Licensed Child Day Centers* + additional requirements on next page

\*\* **Required** by *Minimum Standards for Licensed Family Day Homes* + additional requirements on next page

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<sup>1</sup> American Academy of Pediatrics, American Public Health Association National Resource Center for Health and Safety in Child Care, National Resource Center for Health and Safety in Child Care, *Caring For Our Children: National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs*, 2<sup>nd</sup> ed. (2002) 226



## Handout 7.4

There are several additional requirements to the suggested first aid list adapted from *Caring for Our Children*.

1. Syrup of ipecac is required in a licensed **Family Day Home** first aid kit. In November of 2003, the American Academy of Pediatrics issued a policy statement recommending that syrup of ipecac no longer be used routinely as a home treatment for poisoning. If you are a Family Day Home provider, you should keep syrup of ipecac in your first aid kit but **ONLY** use the syrup if instructed to do so by Poison Control.
2. A licensed **Family Day Home** provider must have an anti-bacterial ointment and insect bite or sting preparation available in the first aid kit. However, neither the ointment nor the preparation should be applied without written parental permission.
3. Since first aid kit contents should be available to all children, child specific medication should not be stored in the first aid kit. A more appropriate place to store child specific emergency medication is in the medication storage box or in a place accessible during an emergency but out of reach of children.
4. Activated charcoal is required in a licensed **Child Day Center** first aid kit. The activated charcoal is to be used only on the direction of a physician or the poison control center.

### **Trainer's Tip:**

When taking a child's temperature, remember:

- The amount of temperature elevation varies at different body sites.
- The height of fever does not indicate a more or less severe illness.
- The method chosen to take a child's temperature depends on the need for accuracy, available equipment, the skill of the person taking the temperature, and the ability of the child to assist in the procedures.
- Oral temperatures are not usually reliable for children younger than 4 years; an axillary (armpit) temperature should be taken instead.
- Rectal temperatures cannot be taken under any circumstances in a child day program.
- Electronic devices for measuring temperature in the ear canal or skin over the temple (next to the eye) may not be reliable or accurate ways of measuring temperature. These devices require periodic calibration and those using them should receive specific training to be sure they are used correctly.
- Glass thermometers should not be used because of the potential for mercury poisoning.
- Review your program's written policy and procedures for taking a child's temperature.

Adapted from: Managing Infectious Diseases in Child Care and Schools, Susan Aronson MD & Timothy Shope MD