

First Aid Kit Instructions

These Instructions are intended for first aid kits stocked with medical supplies in accordance with the directive No.169n of the Ministry of Health and Social Development dated March 5, 2011.

1. Medical supplies stocked in a workplace first aid kit (hereafter, the Contents) cannot be replaced.
2. Once the shelf-life of the medical supplies stocked in the kit expires, the Contents must be replenished.
3. A workplace first aid kit must be stocked with medical supplies duly authorised for use in the Russian Federation.
4. Pictorial aids and instructions for use of medical supplies stocked in workplace first aid kits (item 4.2 of the Contents) must provide description (illustration) of the following actions:
 - a) All first-aid procedures must be performed in disposable gloves (item 3.3 of the Contents). If there is a risk of infection, a face mask must also be worn (item 3.4 of the Contents).
 - b) To control bleeding from a major artery, press your fingers on the vessel at pressure points to constrict it, fasten a tourniquet (item 1.1. of the Contents) above the wound, write down the time of its application on a special card (items 4.4-4.5 of the Contents), and apply a pressure bandage (items 1.2-1.12 of the Contents) to the wound.
 - c) If the patient stops breathing, administer artificial respiration using a special device or a pocket mask (item 2.1. of the Contents).
 - d) Apply a pressure bandage to the wound using sterile pads (item 1.9 of the Contents) and gauze (items 1.2-1.7 of the Contents), or a sterile dressing pack (item 1.8 of the Contents). If there is no bleeding and applying a pressure bandage is impossible, cover the wound with a sterile pad and an adhesive bandage (item 1.12 of the Contents). For small cuts, use an antimicrobial dressing (items 1.10-1.11 of the Contents).
 - e) In case of an accidental exposure of skin or mucous membranes to any bodily fluids of the patient, use sterile disinfectant alcohol wipes (item 3.2 of the Contents).
 - f) Use an emergency blanket (item 3.5 of the Contents) to wrap the patient (with silver side turned inwards to prevent hypothermia, or gold side turned inwards to prevent hyperthermia), leave the face uncovered, and fold and fasten the edges.

