

First Aid kit contents **highly recommended** to have, in addition to the suggested guidance listed on the L&I website [First Aid Kit Contents Guide](#):

- CPR face barrier mask. The masks included with off-the-shelf first aid kits are often inferior. Use the mask from UWF Stores (part # 0737260)

First Aid contents **not allowed** in UWF kits:

- Aspirin
- Burn ointments, creams or cold spray.
 - These items can create more complications if they need to be removed at the ER.
 - This has been affirmed with the Harborview Burn Unit.
[Emergency Treatment of Burns](#)

Medications (e.g. Advil, Ibuprofen, Benadryl, etc.) or any other medication that has an expiration date are allowed **only if the kit is stocked regularly by a vendor** (e.g., Z-Med).

These items can do more harm than good if product is expired.

- ❖ Note: medical exam gloves should be rotated out annually by you or your vendor. Gloves have a limited shelf life.