



# Maritime Occupational Health and Safety Regulations

## PART 6: Medical Care

### First Aid Kit, Medicine Chest, Medical Equipment and Medical Guide

- 113** (1) The employer must provide and maintain for a work place set out in column 1 of Table 1 to this section the type of first aid kit set out in column 2 and a medical guide.
- (2) The first aid kit and its contents, as well as the medical equipment and medical guide carried on board a vessel, must be properly maintained and inspected at regular intervals of not more than 12 months, by a qualified person to ensure that supplies and equipment are properly stored and labelled with directions for their use and their expiry date, that all equipment functions as required and that all supplies have not reached or exceeded their expiry dates and are not set to expire before to the next scheduled inspection date.
- (3) Every first aid kit must be
- (a) accessible when an employee is on board the vessel; and
  - (b) clearly identified by a conspicuous sign.

#### FIRST AID KIT CONTENTS AS PER THE CANADA LABOUR CODE

ITEM SUPPLIES AND EQUIPMENT	TYPES OF FIRST AID KIT				
	ON A SHIP				AT A DETACHED WORK PLACE
	With 2-5 Employees	With 6-19 Employees	With 20-49 Employees	With 50+ Employees	
	Quantity per Type of First Aid Kit				
Antiseptic-wound solution, 60 mL or antiseptic swabs (10-pack)	1	2	3	6	1
Applicator—disposable (10-pack) (not needed if antiseptic swabs are used)	1	2	4	8	-
Bag—disposable, waterproof, emesis	1	2	2	4	-
Adhesive bandages	12	100	200	400	6
Gauze rolls, 2.5 cm x 4.5 m (not needed if ties attached to dressing)	2	6	9	12	-
Triangular bandages (with 2 safety pins)	2	4	6	8	1
Container—First Aid Kit	1	1	1	1	1
Gauze compress, 7.5 x 12 cm, sterile	2	4	8	12	-
Gauze dressing, 7.5 x 7.5 cm, sterile	4	8	12	18	2
Forceps (splinter)	1	1	1	1	-
First Aid manual, English — current edition	1	1	1	1	-
First Aid manual, French — current edition	1	1	1	1	-
Pad with shield or tape for eye	1	1	2	4	1
Record—First Aid	1	1	1	1	1
Scissors — 10 cm	1	1	1	1	1
Roll of waterproof adhesive tape, 1.2 cm x 4.6 m (not needed if ties attached to dressings)	1	1	2	3	-
Penlight	-	-	1	1	-

Antipruritic lotion, 30 mL or swabs (10-pack)	1	1	1	2	-
Elastic bandage, 7.5 cm x 5 m	-	-	1	2	-
Emergency blanket (aluminum foil blanket)	-	-	-	-	1
Dressing-burn, sterile, 10 x 10 cm	1	1	2	2	-
Dressing-burn, sterile, 20 x 20 cm	-	-	1	1	-
Hand cleanser or cleaning towelettes, 1 pack	1	1	1	1	-
Splint set with padding	-	1	1	1	-
Stretcher	-	-	1	1	-
Gloves, disposable examination non-latex (pr)	5	10	20	30	5
Mask, barrier device for mouth to mouth resuscitation	1	1	2	3	1
Tongue depressor, disposable	5	5	10	10	-

## INTERNATIONAL FIRST AID KIT CONTENTS

Category	Recommended Item	Quantity Per 10 Crew
<b>1. RESUSCITATION EQUIPMENT</b>		
Equipment for the administration of oxygen	1 Portable oxygen set, complete, containing:	1
	• 1 oxygen cylinder (D: 425 litres or E: 680 litres)	1
	• 1 spare oxygen cylinder (D: 425 litres or E: 680 litres)	1
	• Pressure regulator and flowmeter, with tubes such that the ship's industrial oxygen can also be used	1
	• 3 disposable face masks of choice including resuscitation mask and non-rebreather mask	3
Oropharyngeal airway (OPA)	Sizes medium and large	2
Suction device	Manual suction to clear upper airways, including 2 catheters	1
Bag-valve-mask (BVM) resuscitator	BVM supplied with large, medium and small masks	1
Barrier devices for mouth-to-mouth resuscitation	Pocket mask with one-way valve	1
<b>2. DRESSING MATERIAL AND SUTURING EQUIPMENT</b>		
Adhesive bandages	Assorted sizes, water-resistant	200
Sterile gauze compress	Gauze compress, 5 x 5 cm, sterile	100
	Gauze compress, 10 x 10 cm, sterile	100
Gauze roll	Gauze roll, 5 cm and 90 cm (or 60 cm) x 100 m, non-sterile	1
Gauze dressing with non-adherent surface	Non-adherent gauze dressing, 10 cm x 10 cm, sterile	100
Vaseline® gauze	Paraffin gauze dressing, 10 x 10 cm, sterile	50
Elastic bandage	Elastic fixation bandage, 6 cm x 4 m	3
Sterile pressure bandage	Sizes small/medium/large	5
Tubular gauze for finger bandage	Tubular gauze bandage for finger bandage with applicator, 5 m	1
Adhesive elastic bandage	Adhesive elastic bandage, 6 cm x 4 m	10
Triangular bandages	Triangular bandages	5
Sterile sheet for burns	Sterile sheet for burns	1
Adhesive sutures (or zinc oxide bandages)	Adhesive tape, waterproof, skin-friendly, 5 x 1.25 cm	10
Q-tips®	Q-tips® (wooden)	100
Safety pins	Safety pins (stainless steel) 12 pcs	50
Butterfly sutures	Butterfly sutures, skin closures, sterile	20
Skin adhesive	2-octyl cyanoacrylate liquid, 0.5 mL	2

Suturing equipment	Sutures, absorbable with curved non-traumatic needles, 1-0, 3-0, & 4-0 (or 5-0)	10 each
Gloves (latex free)	Disposable examination gloves	50
	Surgical gloves sizes 6.5, 7.5, 8.5, sterile, in pairs	3 of each size
<b>3. INSTRUMENTS</b>		
Disposable scalpels	Scalpel, sterile, disposable	20
Stainless steel Instrument box	Instrument box (stainless steel)	1
Scissors	Operating scissors, straight (stainless Steel)	1
	Bandage scissors (stainless steel)	1
Forceps	Splinter forceps, pointed (stainless steel)	1
	Teeth tissue forceps (stainless steel)	1
Needle holder	Needle holder, 80 mm straight	1
Hemostatic clamps	Hemostatic clamp, 125 mm (stainless steel)	3
	Razor, disposable	50
<b>4. EXAMINATION AND MONITORING EQUIPMENT</b>		
Disposable tongue depressors	Tongue depressors, disposable	100
Reactive strips for urine analysis	Reactive strips for urine analysis (blood/glucose/protein/nitrite/leukocytes)	100
Microscope slides	Microscope slides	100
Stethoscope	Stethoscope	1
Blood pressure cuff	Blood pressure cuff, preferably automatic	1
Standard thermometer	Digital if possible	1
Rectal thermometer	Thermometer, digital if possible	1
Hypothermic thermometer	Thermometer 32°–34°C, digital if possible	1
Penlight	Penlight plus blue cover	1
<b>5. EQUIPMENT FOR INJECTION, INFUSION, AND CATHETERIZATION</b>		
Equipment for injection	Syringes, Luer connection, 2 mL, sterile disposable	50
	Syringes, Luer connection, 5 mL, sterile, disposable	50
	Hypodermic subcutaneous needle, Luer connection, 16 x 0.5 mm, sterile, disposable	20
	Hypodermic intramuscular needle, Luer connection, 40 x 0.8 mm, sterile, disposable	20
	Needles, 19 gauge blunt, "drawing up" type	20
Equipment for infusion	Intravenous, infusion cannula 16 gauge (1.2 mm) and 22 gauge (0.8 mm), Luer-lock connection, sterile, non-recap type	10 each
	Intravenous giving set, Luer-lock connection, sterile	3
	Tourniquet, blood-taking type, to be used with intravenous infusion cannula	1
Bladder drainage equipment	Penile sheath set with condom catheter(Texas Catheter™), tube, and bag	2
	Short-term urine catheter with Soft Eye™ straight tip Thieman No. 12 and No. 16 or equivalent (Foley), sterile, individually packed, pre-lubricated or with additional lidocaine/chlorhexidine lubricant	2
	Urine collecting bag and tube	2
<b>6. GENERAL MEDICAL AND NURSING EQUIPMENT</b>		
Eye protection	Plastic goggles or full-face masks	2
Plastic apron	Disposable	20
Kidney dish (basin)	Kidney dish, stainless steel, 825 mL	2
Plastic backed towels	Towels, plastic backed, absorbent, 600 x 500 mm	10
Safety box (sharps container)	Safety box for sharps disposal, 5 L	1

Masks	Masks, duckbill type, disposable	50
Tape measure	Tape measure, vinyl coated, 1.5 m	1
Draw sheets	Draw sheet, plastic 90 x 180 cm	2
Bedpan	Bedpan, stainless steel	1
Hot-water bottle	Hot-water bag	1
Urine bottle	Urinal, male (plastic)	1
Ice bag	Cold pack	1
Emergency blanket (aluminum foil blanket)	Aluminum foil blanket	1
Condoms	Male condoms	100
Wash bottle	Plastic wash bottle, 250 mL	1
Plastic bottle	Bottle, 1 litre, plastic with screw top	3
Dressing tray	Stainless steel dressing tray, 300 x 200 x 30 mm	1
Bowl	Bowl, stainless steel, 180 mL	3
Specimen jars	Jars, plastic, with lids and labels, 100 mL	10
Plaster-of-Paris bandage	Bandages, POP, 5 cm and 10 cm x 2.7 m	12 each
Stockinet	Sizes for arm and leg splints, 10 m roll	1 each
Cotton wool	Cotton wool roll, 500 g	10
Alcohol swabs	70% alcohol swabs for skin cleansing prior to injection	200
Nail brush	Nail brush	1

### 7. IMMOBILIZATION AND TRANSPORTATION EQUIPMENT

Malleable splints	Malleable finger splint	1 of each
	Malleable forearm/hand splint	1 of each

### MINIMUM FIRST AID KIT CONTENTS ON SURVIVAL CRAFTS (INCLUDING LIFEBOATS AND RAFTS)

Items Supplies and Equipment	Quantity
Adhesive bandages, 7.5 x 2.2 cm (individually wrapped)	32
Gauze rolls, 5 cm x 4.6 m	4
Compress bandages, 10 x 10 cm with 90-cm gauze tabs	8
Sterile abdominal pads, 15.2 x 20.3 cm	2
Triangular bandages	6
Sterile eye pads, 4.69 x 6.98 cm	10
Extra-ocular ophthalmic irrigating solution in an unbreakable bottle that shows a drug identification number and an expiry date	120 mL
Unbreakable plastic eyewash cup	1
Wire splint, 9.5 x 60 cm	1
Individual packs of ammonia inhalant	20
Pads impregnated with povidone and iodine that show an expiry date	20
Pocket guide to Emergency First Aid, in English and French, published by the Canadian Red Cross or St. John Ambulance	1
Waterproof contents list and instruction sheet in English and French	1
Safety pins	6
Bandage scissors (stainless steel)	1
Roll of waterproof adhesive tape, 2.5 cm x 4.5 m	1
The first aid kit shall be placed in a container that is: <ul style="list-style-type: none"> <li>• Watertight</li> <li>• Re-sealable</li> <li>• Fitted with a gasket to ensure a tight seal</li> <li>• Made of a rigid plastic that is capable of withstanding temperatures of -30°C, such as acrylonitrile butadiene styrene (ABS) or high-impact polystyrene (HIPS)</li> </ul>	

- Adapted with permission from Marine Occupational Health and Safety Regulations, Canada Labor Code, Subsection
- Adapted with permission from World Health Organization, International Medical Guide for Ships, 3rd Edition. Geneva:World Health Organization, 2007.
- Adapted with permission from Transport Canada. For full regulations, see Life Saving Equipment Regulations. (<http://laws-lois.justice.gc.ca>)