

First Aid Kit Contents and Expiry Check

Check a kit against the contents list that applies to it and leave a dated record of what was missing, what had expired and what was put back.

One kit, one check: what should be in it, what is actually in it, what expires first and what was put back. Print one per kit and keep the run of them together.

WRITE YOUR OWN REQUIRED QUANTITIES IN

No contents list and no check interval are printed on this sheet, and that is deliberate. What a kit is expected to hold, and how often it is looked at, differ by country and by whether the kit belongs to a house, a vehicle or a workplace — and they change. Check what applies to yours, then write your own required quantity against each item. This sheet records what you found; it does not tell you what to hold.

Kit location and reference

Kit type — home, vehicle, workplace

Check date

Next check due

Contents list used — and where it came from

Seal or tag replaced

Checked by

Signed

CONTENTS one line per item — the required column is yours to fill in

Item	Required	Present	Earliest expiry	Restocked on	Qty added	Notes
as named on your list	your figure	counted	dd/mm/yy			still to obtain?