

# First Aid Requirements

## Table H.4 – Scales D and E

Description	D	E	Notes	Comments
Adrenaline 1-1000 1ml ampoules	5	–	*	sudden allergic reaction
Antibiotic ointment 15g or 20g	1	1	* †	Infected Wound
Amoxicillin 500mg caps	20	–	* †	oral antibiotic
Doxycycline 100mg caps or tabs	21	–	* †	oral antibiotic
Benzyl penicillin 600mg with WFI 2ml	5	–	* †	antibiotic injection
Chloramphenicol Eye Ointment 4g	1	1	* †	eye antibiotic
Glyceryl trinitrate 400mcg spray	1	1	*	angina/ heart pain
Morphine 10mg/ml ampoules	5	–	* † #	severe pain - <b>only with medical advice</b>
Naloxone 0.4mg/ml minijet	5	–	* †	morphine antagonist
Paracetamol 500mg/ Codeine 30mg tabs	20	20	* †	moderate-severe pain also cough suppression
Prochlorperazine 5mg tablet	25	25	* †	nausea, giddiness
Prochlorperazine 25mg suppositories	5	5	* †	vomiting, giddiness
Prochlorperazine 12.5mg/ml ampoules	10	–	* †	severe seasickness
Prednisolone 5mg tablet	20	–	* †	<b>only with medical advice</b>
Salbutamol inhaler	1	1	*	asthma attack
Sodium chloride and glucose or dextrose compound, powder sachets, 4.9g approx	20	10	*	rehydration

## Table H.5 – Scales D and E

Description	D	E	Notes	Comments
Scalpel, sterile, disposable	5	3		
Scissors, stainless, blunt/sharp 12.5cm	1	–		
Splint set, vacuum or air inflation	1	1		
Neck collar multi size, rigid, fully adjustable	2	1		
Syringe with needle, sterile, disposable 1ml	5	–		
Syringe with needle, sterile, disposable 2ml or 3ml, 23G or 25G	5	–		
Isopropyl alcohol swabs	10	–		
BVM air resuscitator	1	1		
SAE Defibrillator (laerdal First Aid Unit or similar)	1	Optional		
Stretcher for helicopter evacuation/ship board use	1	Optional		
First Aid Oxygen Unit (Oxyport or equal)	1	Optional		
Ship Captain's Medical Guide - current edition	1	–		
Controlled Drug Register	1	–		

\* Expiry dated

† Requires prescription

# Requires separate locked storage and recording in controlled drug register

# First Aid Requirements

Table H.3 – Scales G and F

Description	Quantity		Notes	Comments
	Scale G	Scale F		
Bandage, conforming 5cm	1	2		secure dressing and support injured parts
Bandage, conforming 10cm	1	2		secure dressing and support injured parts
Bandage, heavy crepe 7.5cm	2	2		support bandage
Bandage, heavy crepe 10cm	–	1		support bandage, wide
Bandage, triangular	4	4		sling
Dressing, combine 10 x 10 cm, sterile	3	3	*	bleeding control
Dressing, combine 10 x 20 cm, sterile	2	5	*	bleeding control, Large
Dressing, non-adherent 10 x 10cm or similar	5	10	*	wound cover
Dressing, hydroactive (10 x 10cm or similar)	1	2	*	blisters, burns and minor exudate wounds
Wound dressing, combination, large	2	3		major wounds
Wound dressing, combination, small	2	2		major wounds
Adhesive roll non-woven fabric 5cm x 10m	1	1		securing dressings
Dressings, elastic fabric strips	50	50		minor wound cover
Gauze swabs, sterile (single use pkt of 3)	3	9	*	cleansing/dressing wound
Eye pad, sterile	2	4	*	eye cover
Wound closure strips, wide, 6 x 38mm	1	3	*	securing wound sides
Tape surgical waterproof 2.5cm x 5m	1	1		secure dressing
Tape surgical waterproof 5cm x 5m	1	1		secure dressing
Towels, disposable, pkt of 2	2	3		
Plastic bag set (3 asst L, M and S)	1	2		amputated parts
Plastic bag	2	2		disposal of soiled dressings
Gloves, disposable, large	10	10		
Safety pins, stainless, assorted pkt of 12	1	1		
Blanket, emergency thermal	1	1		hypothermia and shock
Ice pack, instant	1	1		
Resuscitation mask, disposable	1	1		
Resuscitation mask, pocket	–	1		
Splinter probes, sterile, disposable	5	10		
Splinter forceps, 12.5cm	1	1		
Shears, stainless, 19cm minimum	1	1		
Scalpel, disposable	–	2		
Splint malleable, universal	1	2		
Normal saline, sterile 30ml polyamp	6	10	*	eye irrigation/ wound cleaning
Povidone iodine swabs (single use)	10	20	*	antiseptic
Anaesthetic + antiseptic cream 30g	1	1	*	
Hydrocortisone 1% cream 30g	–	1	*	rashes and bites
Paracetamol 500mg tabs or caps	24	2x24	*	mild pain relief
Paracetamol 500mg/Codeine 8mg	–	24	*	moderate pain relief
Ibuprofen 200mg tablets	–	24	*	anti-inflammatory
Hyoscine hydrobromide 0.3mg tablets	10	10	*	seasickness
Loperimide 2mg tablets	16	16	*	diarrhoea
Loratadine HCl 10mg or Fexofenadine HCl 120mg tablets	–	10	*	antihistamine (non-sedating)
Antacid tablets	12	50	*	
CPR instruction chart or card	1	1		
Australian First Aid book	1	1		
SAE Defibrillator (Laerdal First Aid unit or similar)	–	Optional		recommended for Class 1 vessels
Stretcher for helicopter evacuation/ship board use	–	Optional		recommended for Class 1 vessels
First Aid Oxygen Unit (Oxyport or equal)	–	Optional		recommended for Class 1 vessels

