

Mid-Season First Aid Kit Audit



5-minute readiness check for clubs and school sport

1. Empty & Scan

- Get contents clearly visible
- No obvious gaps or missing items
- No damaged or contaminated items
- No loose items that should be packaged

Look for: empty compartments, torn packaging

2. Used / Missing

- Recently used items identified
- Low or missing stock topped up
- No half-used items that won't last another session or match

Common gaps: gloves, dressings, tape, cold packs

3. Function Check

- Tape rolls unwind cleanly
- Scissors cut properly
- Cold packs intact and unused

Do not test sterile items - replace if unsure

4. Expiry & Sterility

- All sterile items in date
- Sterile wrappers fully intact
- Out-of-date or damaged items removed

Examples: dressings, plasters, saline, sterile wipes

5. Capacity Check

- Enough supplies for multiple injuries
- Enough gloves for repeated use
- Enough stock for a session or match

Could you treat 2 or 3 players back-to-back?

6. Organisation

- Gloves easy to access immediately
 - Key items easy to see / locate
 - Kit organised and uncluttered
 - Bag intact and able to be carried comfortably
-

Final Status

- Ready for use
 - Needs restock
-

Need to top up your kit?

First aid kits, refills and replacement items available at www.Physical-Sports.co.uk

