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**ECONOMIC COMMISSION FOR EUROPE**

**INLAND TRANSPORT COMMITTEE**

Working Party on Road Traffic Safety

(Forty-fifth session, 27-30 September 2004,  
agenda item 5)

**REVISION OF THE CONSOLIDATED RESOLUTIONS R.E.1 AND R.E.2**

**Recommended contents of a vehicle first aid kit**

Note by the World Health Organization (WHO) and  
the International Federation of Red Cross and Red Crescent Societies (IFRC)

This work was initiated with Prof. Marcel Haegi, president of the European Federation of Road Traffic Victims (FEVR), who passed away on Friday 6<sup>th</sup> February 2004. The authors want to pay tribute to his memory for all he has done in advocating and strengthening the road safety cause.

The Working Party on Road Traffic Safety (WP.1) at its thirty-eighth session invited the small group on assistance to road victims (France, Israel, FEVR and IFRC) to develop the first three recommendations of document TRANS/WP.1/2002/7 of the 2001 Budapest workshop on assistance to victims, namely the harmonization of the definition of deaths and injuries in road accidents, support for the implementation of the resolution TRANS/WP.1/2001/7 on assistance to victims of road accidents and the First Aid kit. An interim report on the development of these recommendations was presented at its thirty-ninth session (TRANS/WP.1/2002/35).

The note presents the definition of the First Aid kit content. This is an update of the related recommendations presented in the Consolidated Resolution on Road Traffic (R.E.1), revision 5 (symbol TRANS/SC.1/Rev.5, January 1998).

This definition or specification results from a consultation of Red Cross and Red Crescent Societies worldwide, the technical review of the World Health Organization and the International Committee of the Red Cross, as well as an analysis of the scientific literature.

The focus was given to the aim of the kit use, pointing the actions that are supported by the materials, and considering that an emergency care service provides its assistance in a timely manner. The other guiding principles were:

- current scientific knowledge
- simplicity, appropriateness and safety of the use,
- cost-effectiveness and affordability of the kit,
- easy local replenishment, including the inclusion of a limited number of products with expiry dates.

Accordingly the list of content and related characteristics and quantities represent an acceptable minimum, while being as exhaustive as possible and representing the most common ones encountered in the world. Local practices and conditions may be influential in adapting this list to meet life-saving and –protecting actions expected from a layperson trained in First Aid. This is a basic First Aid kit for trained people.

In order to improve/strengthen this localisation, WP.1 representatives are invited to check the proposed list, especially addressing the following questions:

- Does this kit content respect local norms/regulations?
- Is the content of this kit affordable in your country?

### **Items of a basic First Aid kit for trained people**

The **container** should hold the items detailed below and ensure their protection against impact, dust and dripping water. It should be of a distinctive colour and/or with a distinctive sign. Its opening and closing should be easy. The container can be a shoulder bag or a bag pack or box.

ACTION	CONTENT	CHARACTERISTICS	QUANTITY
<b>Reminder of actions to assist victims of road accidents</b>	Information booklet presenting at least: <ul style="list-style-type: none"> <li>- emergency numbers and alert message</li> <li>- securing the crash scene</li> <li>- life-saving actions</li> </ul>	<ul style="list-style-type: none"> <li>- A 'pocket-size' format.</li> <li>- Graphics more than text.</li> </ul>	1
<b>Alarm</b>	<ul style="list-style-type: none"> <li>- A reminder of emergency numbers and alert message</li> <li>- A support to note the alert message and the instructions given if any</li> <li>- A pencil or pen</li> </ul>	<ul style="list-style-type: none"> <li>- A 'pocket-size' card or windscreen sticker.</li> <li>- A 'pocket-size' blank-page notebook.</li> </ul>	1  1  1

<b>Mark the crash scene and be visible</b>	<ul style="list-style-type: none"> <li>- A visible material alerting road users about a crash for them to adjust drive to the traffic circulation conditions.</li> <li>- A portable light or cloth or a piece of, making the rescuer visible to the road users, protecting him/her.</li> </ul>	<ul style="list-style-type: none"> <li>- An emergency triangle or a beacon or a light stick or a piece of coloured cloth.</li> <li>- A torch [+ battery cells + a spare bulb - Strong plastic or metal, with rubber sealing to be waterproof] and/or a reflecting jacket or equivalent.</li> </ul>	<p>1 triangle or light stick or 3 beacons</p> <p>1 torch or 1 (or 2) jacket(s)</p>
<b>Protection of the victim against cold or heat</b>	<ul style="list-style-type: none"> <li>- A material limiting differences between victim's body and outside temperatures.</li> </ul>	<ul style="list-style-type: none"> <li>- An isothermic blanket: <ul style="list-style-type: none"> <li>▪ around 210 x 160 cm</li> <li>▪ very visible colour</li> </ul> </li> </ul>	1
<b>Control of external bleeding</b>	<ul style="list-style-type: none"> <li>- A material to protect rescuer's hands against contacts with blood.</li> <li>- A material to absorb blood loss during clotting, and to maintain sufficient local pressure.</li> </ul>	<ul style="list-style-type: none"> <li>- A pair of gloves: <ul style="list-style-type: none"> <li>▪ non-sterile, non-latex</li> <li>▪ large</li> </ul> </li> <li>- Absorbent dressings <ul style="list-style-type: none"> <li>▪ Gauze bandage (10 cm x 4 m - cotton)</li> <li>▪ Compresses (10 x 12 cm – viscose/wool – capacity of absorption 2g/cm<sup>2</sup>)</li> <li>▪ Safety pins</li> </ul> </li> </ul>	<p>1</p> <p>1</p> <p>2</p> <p>2</p>
<b>Care of simple skin wounds</b>	<ul style="list-style-type: none"> <li>- An antiseptic and a protective barrier to prevent/limit possible infectious contamination from outside.</li> </ul>	<ul style="list-style-type: none"> <li>- Towelette impregnated with non-iodised antiseptic (e.g. Chlorhexidine 0.05%)</li> <li>- Adhesive dressings</li> </ul>	<p>4</p> <p>1 small box of assorted sizes</p>
<b>a) <u>Stabilise bone/joint trauma</u></b>	<ul style="list-style-type: none"> <li>- A material to limit movements of an injured zone</li> </ul>	<ul style="list-style-type: none"> <li>- Triangular bandage <ul style="list-style-type: none"> <li>▪ 136 x 96 x 96 cm</li> <li>▪ 100% cotton or viscose</li> </ul> </li> </ul>	2
<b>Artificial respiration</b>	<ul style="list-style-type: none"> <li>- Means to restrict direct contact between rescuer and victim during mouth-to-mouth or mouth-to-nose action.</li> </ul>	<ul style="list-style-type: none"> <li>- Face shield or pocket mask</li> </ul>	1
<b>Miscellaneous</b>	<ul style="list-style-type: none"> <li>- A material to cut things (seat belt, clothes or bandages/dressings)</li> <li>- A material to light the scene and the victim.</li> <li>- An inventory of the kit content.</li> </ul>	<ul style="list-style-type: none"> <li>- Pair of scissors</li> <li>- A torch + battery cells + a spare bulb - Strong plastic or metal, with rubber sealing to be waterproof (*)</li> <li>- A 'pocket-size' card</li> </ul>	<p>1</p> <p>1 (*)</p> <p>1</p>

(\*) This material is already listed above under the action "Mark the crash scene and be visible".