



**Economic and Social  
Council**

Distr.  
GENERAL

ECE/TRANS/WP.1/2004/17/Rev.1  
20 April 2006

Original: ENGLISH

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**ECONOMIC COMMISSION FOR EUROPE**

INLAND TRANSPORT COMMITTEE

Working Party on Road Traffic Safety  
Forty-ninth session  
Geneva, 27-30 April 2006  
Item 3 (l) of the provisional agenda

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

Recommended contents of a vehicle first-aid kit<sup>1</sup>

Note by the secretariat

This revised note presents the recommended contents of a vehicle first-aid kit. It is intended to replace the existing provisions, which appear in section 2.7 of the Consolidated Resolution on Road Traffic (R.E.1), revision 5. Revisions to the list appear in bold.

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

The focus was given to the aim of the kit, pointing out the actions that are supported by the materials, and on the assumption 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 use,
- cost-effectiveness and affordability,
- easy local replenishment, including the inclusion of a limited number of products with expiry dates.

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<sup>1</sup> The previous version of this document was issued with the symbol TRANS/WP.1/2004/17.

Accordingly, the list of contents and related characteristics and quantities represent an acceptable minimum, while being as exhaustive as possible and representing items commonly encountered throughout the world. Local practices and conditions may be influential in adapting this list to life-saving and life-protecting actions that could be expected from a layperson trained in First-aid. This is a basic First-aid kit for trained people.

### 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 side should have compartments for keeping the different items [...].** The container can be a shoulder bag or a bag pack or box.

| ACTION  | CONTENT   | CHARACTERISTICS  | QUANTITY                                  |
|---|---|--|---|
| Reminder of actions to assist victims of road accidents | - 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> | - A 'pocket-size' format.<br>- Graphics more than text.<br>- <b>Text in English and local language(s).</b>   | 1   |
| Alarm   | - A reminder of emergency numbers and alert message   | - A 'pocket-size' card or windscreen sticker.  | 1   |
|   | - A support to note the alert message and the instructions given if any   | - A 'pocket-size' blank-page notebook.   | 1   |
|   | - A pencil or pen   |  | 1   |
| Mark the crash scene and be visible                     | - A visible material alerting road users about a crash <b>so that they can adjust their driving to the traffic conditions.</b>  | - An emergency triangle or a beacon or a light stick or a piece of coloured cloth.   | 1 triangle or light stick<br>or 3 beacons |
|   | - A portable light or cloth, making the rescuer visible to other road users   | - A torch ( <b>strong plastic or metal, with rubber sealing to be waterproof</b> ) <b>hand-cranked or with</b> battery cells + a spare bulb, and/or a reflecting jacket or equivalent. | 1 torch or 1 (or 2) jacket(s)             |
| Protection of the victim against cold or heat           | - A material limiting differences between victim's body and outside temperatures.   | - An <b>isothermal rescue</b> blanket (around 210 x 160 cm in a very visible colour)   | 1   |
| Control of external bleeding                            | - A material to protect rescuer's hands against   | - A pair of gloves (non-sterile, non-latex, large)   | 1   |

|                             |   |  |  |
|-----------------------------|---|--|--|
|                             | <p>contact with <b>the victim's</b> blood.</p> <p>- A material to absorb blood loss during clotting, and to maintain sufficient local pressure <b>to control the bleeding.</b></p>              | <p>- Compress, gauze, <b>non-sterile</b> (10 x 10 cm, <b>absorbent gauze, 100% cotton, woven, 17 threads/cm<sup>2</sup></b>)</p> <p>- Bandage, gauze, <b>non sterile</b> (10 cm x 4 m, <b>100%</b> cotton)</p> <p>- Safety pins or <b>tape adhesive (5 cm x 10 m, may be torn by hand, high cutaneous tolerance, waterproof, with fissures to admit air, strongly adherent and non damaging for the skin when removed)</b></p> | <p>5</p> <p>1</p> <p>2</p> <p>1</p>  |
| Care of simple skin wounds  | <p>- An antiseptic and a protective barrier to prevent/limit possible infectious contamination from outside.</p>  | <p>- <b>Unidoses</b> of non-iodised antiseptic (e.g. Chlorhexidine 0.05%)</p> <p>- <b>Compress, gauze, non-sterile (10 x 10 cm, absorbent gauze, 100% cotton, woven, 17 threads/cm<sup>2</sup>)</b></p> <p>- Adhesive dressings</p>  | <p>4</p> <p>2</p> <p>1 small box of assorted sizes or adhesive dressing bandage (6 cm x 5m, <b>1 roll</b>)</p> |
| Stabilise bone/joint trauma | <p>- A material to limit movements of an injured zone</p>   | <p>- Triangular bandage (136 x 96 x 96 cm, 100% cotton or viscose)</p>   | <p>2</p>   |
| Artificial respiration      | <p>- Means to restrict direct contact between rescuer and victim during mouth-to-mouth or mouth-to-nose action.</p>   | <p>- Face shield or pocket mask</p>  | <p>1</p>   |
| Miscellaneous               | <p>- A <b>means of cutting</b> things (seat belt, clothes or bandages/dressings)</p> <p>- A <b>means of lighting</b> the scene and the victim.</p> <p>- An inventory of the kit's contents.</p> | <p>- Pair of scissors <b>curved (non-quenched, non magnetic steel)</b></p> <p>- A torch (*)</p> <p>- A 'pocket-size' card, <b>in English and local language(s).</b></p>  | <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".