

## Workplace Emergency Supply Kit

- **Food:** Include enough non-perishable food to sustain you for at least one day. Select foods that require no refrigeration, preparation or cooking, and little or no water. The following items are suggested:
  - Ready-to-eat canned meals, meats, fruits, and vegetables.
  - Canned juices.
  - High-energy foods (granola bars, energy bars, etc.)
- **Water:** At least one gallon recommended. Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles.)
- **Flashlight** with extra batteries
- **Battery-powered radio**
- **Medications**  
Include usual non-prescription medications that you take, including pain relievers, stomach remedies, etc. If you use prescription medications, keep at least three-day's supply of these medications at your workplace. Consult with your physician or pharmacist how these medications should be stored, and your employer about storage concerns.
- **First Aid Kit**
- **Tools and Supplies**
- **Emergency blanket**
- **Paper plates and cups, plastic utensils**
- **Non-electric can opener**
- **Personal hygiene items**, including a toothbrush, toothpaste, comb, brush, soap, contact lens supplies, and feminine supplies
- **Plastic garbage bags**, ties (for personal sanitation uses)
- **One complete change of clothing and footwear**, including a long sleeved shirt and long pants, as well as closed-toed shoes or boots
- **Eye glasses**
- **Important work documents**, files, and equipment necessary to accomplish the essential functions of your job from another location.
- **General Information**
- **Do not include candles**, weapons, toxic chemicals, or controlled drugs unless prescribed by a physician

### First Aid Kit

(20) adhesive bandages, various sizes  
(1) 5" x 9" sterile dressing  
(1) conforming roller gauze bandage  
(2) triangular bandages  
(2) 3 x 3 sterile gauze pads  
(2) 4 x 4 sterile gauze pads  
(1) roll 3" cohesive bandage  
(2) germicidal hand wipes or waterless alcohol-based hand sanitizer  
(6) antiseptic wipes  
(2) pair large medical grade non-latex gloves  
Adhesive tape, 2" width  
Anti-bacterial ointment  
Cold pack  
Scissors (small, personal)  
Tweezers  
CPR breathing barrier, such as a face shield