bhs
INSURANCE
APGA Preferred Partner

FIRST-AID KIT CHECKLIST FOR PUBLIC GARDENS

Brought to you by BHS Insurance

November 2025

Ensuring a positive guest experience is important for all public gardens. Unfortunately, minor injuries occur when exploring or working in natural spaces reinforcing the need for a robust incident response plan including first aid. Whether it be a guest, employee or volunteer, it is important to be ready and trained to assist those in need of care.

Furthermore, under OSHA's general industry regulations, employers must train a person (or persons) to provide first aid if there is no clinic, infirmary or hospital near the workplace. In these situations, you must also make first-aid supplies readily available.

What items are essential to include in a first-aid kit for a public garden? OSHA offers employers two guidelines for building a first-aid kit:

- Public Gardens should look at their workplace injury and illness records to determine the types of injuries their employees/guests are most likely to encounter; and
- Public Gardens should refer to the American National Standard Institute's (ANSI) 2021 publication titled "Minimum Requirements for Workplace First-aid Kits and Supplies" and use it as an illustration of what should be included in a basic first-aid kit.

Lastly you should consider whether additional national, industry, state or local regulations may apply. These guidelines are applicable to both employee and guest injuries. Here is a list of items recommended by the 2021 ANSI standard.

ANSI Z308.1-2021 Minimum Requirements for Workplace First-aid Kits and Supplies			
First Aid Supplies	**Class A Kits**	**Class B Kits (Recommended)**	**Minimum Size/Volume**
Adhesive Bandage	16	50	1 x 3 in.
Adhesive Tape	1	2	2.5 yd. (total)
Antibiotic Application	10	25	1/57 oz
Antiseptic	10	50	1/57 oz
Burn Dressing (gel soaked)	1	2	4 x 4 in.
Burn Treatment	10	20	1/32 oz
Cold Pack (keep backup supply as these will go quickly)	1	2	4 x 5 in.
CPR Breathing Barrier	1	1	N/A
Eye Covering with means of attachment	2	2	2.9 sq. in.
Eye/Skin Wash	1 (1 fl oz)	1 (4 fl oz)	1 or 4 fl oz
First Aid Guide	1	1	N/A
Foil Blanket	1	1	52 x 84 in.
Hand Sanitizer	10	20	1/32 oz
Medical Exam Gloves	2 pair	4 pair	N/A
Roller Bandage – 2 inch	1	2	2 in. x 4 yd
Roller Bandage – 4 inch		1	4 in. x 4 yd
Scissors	1	1	N/A
Splint		1	4 x 24 in.
Sterile Pad	2	4	3 x 3 in.
Tourniquet (Windlass or Ratchet)		1	1.5 in. (width)
Trauma Pad	2	4	5 x 9 in.
Triangular Bandage	1	2	40 x 40 x 56 in.

Additional recommendations based on exposures common to public gardens.
(Not required by the ANSI standard)

Additional Supplies Recommendations Based on Public Garden Exposure (Not Required by ANSI Standard)
First Aid Supplies
Tourniquet and Clotting Materials (Combat Application Tourniquet – CAT Recommended)
Ibuprofen, Tylenol, Low-Dose Aspirin, Loratadine (Individually Packaged - Box of Each)
Sting Relief Wipes/Packets
Tweezers (to assist in removing ticks/stingers)
Cactus Needle Removal Kit (Elmer's glue, cheesecloth, and tweezers)
Smelling Salts for Heat Related Incidents

A question often raised, “should we have an Epi-Pen on hand”? Generally, an Epi-Pen requires an individual prescription however there are now Epinephrine Stocking Laws that allow for public entities to stock undesignated epinephrine on site in case of emergency. Thirty-six states have passed these laws. When first aid training is completed at your garden, make sure the instructor reviews the proper administration of an Epi-Pen, preferably with the same model that is stored onsite. More information on state Epinephrine laws is located here: Living with Food Allergies - Stock Epinephrine Entity Laws - Stock Epinephrine Entity Laws | FAACT

Another question often raised is, “should we have Narcan on site?” Narcan (naloxone) is a life-saving medication that can reverse opioid overdoses. Having Narcan available is increasingly seen as a best practice. It is safe to use, easy to administer (typically as a nasal spray), and should be stored in first aid kits. It is available at most pharmacies (often without a prescription), local health departments, harm reduction organizations, and community clinics for free or for a reduced cost. A few best practices regarding Narcan:

- Stored alongside other first aid supplies
- Staff and volunteers trained on how to recognize opioid overdose symptoms and administer Narcan safely
- Check expiration dates regularly and replace as needed
- Post clear instructions for use in the first aid area

By including Narcan in your first aid kit and providing basic training, Public Gardens can help ensure a safe environment for all visitors and staff.

AED devices are also an essential part of the first aid response. Refer to our September 2025 article for best practices in owning and maintaining an AED on site.

It is important to work with a trusted vendor who is familiar with your local codes/standards and will help keep your first-aid kits in compliance and stocked.

Having kits located throughout the garden is essential; including in all buildings where the visitor has access, key employee/volunteer areas such as the horticulture facility as well as on golf carts& trams. The kits should be inspected monthly to ensure that they are adequately stocked and that expiration dates are reviewed.

More Information

If you have any questions or would like more information, please call a member of the BHS Insurance Public Garden Team at (800) 350-7676.