

# Workplace Health and Safety Bulletin



## Medication in First Aid Kits

In Alberta, first aiders **are not allowed** to diagnose, prescribe or administer any medication. They are allowed to **assist** individuals with their own prescribed medications if the casualty identifies the medication on his/her own and is unable to take it without assistance.

### Issue

There are ongoing questions regarding the inclusion of nonprescription over-the-counter medication in First Aid Kits.

### Requirements

It is required that employers provide and maintain First Aid kits in their workplaces that meet the requirements as designated in the Alberta Occupational Health and Safety Code. Minimum requirements are stipulated. Additional equipment or supplies may be indicated as a result of a hazard assessment.

### Recommendations

- The inclusion of symptom relief medication falls outside of the scope of first aid and should be left to individual choice and access.




- Routine inclusion of over-the-counter medications in first aid kits is not recommended as there is no established benefit and there are potential adverse outcomes.
  - If it is determined that it is necessary to provide over-the-counter medication, a physician should write policy and procedures to cover their use. Health care professionals would then be designated to administer medications.
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## Contact us:

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### Province-Wide Contact Centre

 Edmonton & surrounding  
area:  
(780) 415-8690

 Throughout Alberta:  
1-866-415-8690



Deaf or hearing impaired

- In Edmonton: (780) 427-9999

or

- 1-800-232-7215  
throughout Alberta

### Web Site



[www.worksafely.org](http://www.worksafely.org)

## Getting copies of OHS Act, Regulation & Code:

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### Queen's Printer



[www.qp.gov.ab.ca](http://www.qp.gov.ab.ca)



Edmonton (780) 427-4952

### Workplace Health and Safety



<http://industry.alberta.ca/whs-ohs>

Call any Government of Alberta office toll-free  
Dial 310-0000, then the area code and telephone number you want to reach

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