



# WORKPLACE FIRST AID

## FIRST AID REFRESHER TRAINING

Attend our First Aid Refresher course to renew your first aid level 1, Level 2, or equivalent certification



### COURSE INFORMATION

The Refresher First aid Training covers all basic skills required in an emergency First Aid situation, this covers both NZQA unit standards 6401 and 6402 and to upskill to the latest information and techniques needed to take care of yourself and others in the home or workplace

### COURSE CONTENT

- The aim of first aid Primary Assessment
- Scene Safety and Dangers
- Levels of consciousness
- CPR (adults, children, infants)
- Defibrillator (AED) use
- Chain of Survival
- Choking (adults, children, infants)
- Secondary assessment Understanding Medical History SAMPLE
- Bleeding and shock
- Burns
- Fractures and dislocations
- Soft tissue injuries
- Poisoning Allergic reactions (anaphylaxis)
- Chest pains and heart attacks
- Strokes (neurological conditions)
- Seizures
- Asthma
- Diabetes

### COURSE REQUIREMENTS

- Over the age of 14
- certified with a equivalent certificate that is valid within 2 years and 6 months
- be able to complete practical tasks (such as kneeling on floor)
- can cater to special requirements, just ask.

### AT A GLANCE



Learn the latest first aid information and techniques



Renew your Certificate



Bespoke courses designed for your workplace



**6** hours



At your place or ours