

Apply First Aid (Must book by 21 March) (1 day session* formerly Senior First Aid)



Get your First Aid Certificate now!

This course teaches the fundamental principles, knowledge and skills to enable the first aider to provide emergency care for injuries and illnesses, in the home or the workplace.

Course content

<ul style="list-style-type: none"> • chain of survival • assessing the situation • signs of life • performing CPR • use of an automated external defibrillator • care of the unconscious person • special techniques for children and infants 	<ul style="list-style-type: none"> • CPR in special circumstances • breathing emergencies including choking and asthma • cardiac emergencies • severe allergic reaction • shock • bleeding and wound care • burns and scalds 	<ul style="list-style-type: none"> • extremes of Heat and Cold • poisoning • altered conscious states • bites and stings • musculoskeletal injuries • infection control • reporting procedures
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Current industry standard is for this course to be updated every 3 years with the CPR component being updated every 12 months.

**If you have never done First Aid training before or English is your second language - prior to the training date you are required to complete a workbook. This workbook takes an estimated 3 hours to complete. Call VAST for more information.*

Who can attend? ALL HACC staff/volunteers	
Date: Wednesday 04 April 2012 Time: 9:30-4.00pm	Venue: Level 3 Bowen Library. 669 Anzac Pde, Maroubra Junction 2035
<p>Cost: HACC staff/volunteers \$55 (Assessment is included) Non-HACC staff/volunteers \$110 (Please contact VAST for more information on Non-HACC bookings) Prices include 10% GST</p> <p><i>The total training fee will be charged if less than 14 days notice is given of a cancellation.</i></p>	
<p>Facilitator: Mary Blankevoort has been a trainer for 11 years and worked in the corporate sector and also as a volunteer in many capacities throughout her career. Her First Aid experience is extensive and she has worked with St John's Ambulance, Training Course Professionals and Allies Training Pty Ltd to mention a few. Currently Mary is an accredited Trainer and Assessor working in partnership with the Registered Training Organisation, Allens Training Pty Ltd. She is an energetic and engaging teacher which strives to provide professional training that's also entertaining.</p>	

Full payment is due at time of booking.
 Please go to our website to download the booking form

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