

## Workplace First Aid Course

This Meditrain first aid course is ideal for all industries, sports clubs, team coaches etc. It meets the requirements OSH and is accredited for NZQA Unit Standards 6402, 6401 and 6400.

This is a practical based course which gives students a way of using the techniques shown throughout the day to help gain the confidence required to be able to use the various first aid techniques successfully if needed.

### Course Subjects

#### CPR Aspect

- |                     |                                 |
|---------------------|---------------------------------|
| 1. Barriers         | 4. Choking - adult/child/infant |
| 2. Bleeding Control | 5. CPR - adult/child/infant     |
| 3. Burns            | 6. Shock                        |

#### Basic First Aid Aspects

- |                       |                        |                        |
|-----------------------|------------------------|------------------------|
| 1. Activating Help    | 5. Cardiac Arrest      | 9. OSH regulations     |
| 2. Angina             | 6. Electrical Injuries | 10. Primary Assessment |
| 3. Allergic Reactions | 7. Heart Health        | 11. Wounds             |
| 4. Bandaging          | 8. Illness Assessment  |                        |

#### Workplace First Aid Aspects

- |                   |                             |                           |
|-------------------|-----------------------------|---------------------------|
| 1. Asthma         | 6. Fractures & Dislocations | 11. Soft Tissue Injuries  |
| 2. Bites & Stings | 7. Head & Chest Injuries    | 12. Spine & Neck Injuries |
| 3. Diabetes       | 8. Heat & Cold Effects      | 13. Stroke                |
| 4. Eye Injuries   | 9. Meningitis               |                           |
| 5. Falls          | 10. Seizures                |                           |

#### Course Duration

8 hrs class time + a self directed learning assessment.

#### Student Learning Pack & Self Directed Learning

To meet NZQA requirements all our first aid courses (except CPR) include a pre-requisite self directed learning assessment as well as a student learning pack for those completing the Full / Basic first Aid courses. This is to ensure all standards are met whilst delivering our courses in acceptable time frames.

#### Course Materials Supplies

Basic First Aid Manual, Home Emergency Plan, Wall Certificate and Wallet Card.

#### NZQA Unit Standards

- 6400 - Manage first aid in emergency situations (Level 3, 2 Credits)
- 6401 - Provide first aid Level 2, 1 Credit)
- 6402 - Provide resuscitation level 2 (Level 1, 1 Credit)

#### Course Fee

Full Course: \$195 Inc GST



Further information on all our courses can be found on our website.

Email: [Info@FirstAid.Kiwi](mailto:Info@FirstAid.Kiwi) / Ph: 07 544 3544

[www.FirstAid.Kiwi](http://www.FirstAid.Kiwi)

## Workplace Refresher First Aid Course

This Meditrain first aid course is ideal for all industries, sports clubs, team coaches etc. It meets the requirements of OSH and refreshes NZQA Unit Standards 6402, 6401 and 6400.

This is a practical based course which gives students a way of using the techniques shown throughout the day to help gain the confidence required to be able to use the various first aid techniques successfully if needed.

### Course Subjects

#### CPR Aspect

- |                     |                                  |
|---------------------|----------------------------------|
| 7. Barriers         | 10. Choking - adult/child/infant |
| 8. Bleeding Control | 11. CPR - adult/child/infant     |
| 9. Burns            | 12. Shock                        |

#### Basic First Aid Aspects

- |                        |                         |                        |
|------------------------|-------------------------|------------------------|
| 12. Activating Help    | 16. Cardiac arrest      | 20. OSH regulations    |
| 13. Angina             | 17. Electrical injuries | 21. Primary assessment |
| 14. Allergic reactions | 18. Heart Health        | 22. Wounds             |
| 15. Bandaging          | 19. Illness assessment  |                        |

#### Course Duration

6 hrs class time + a self directed learning assessment.

#### Student Learning Pack & Self Directed Learning

To meet NZQA requirements all our first aid courses (except CPR) include a pre-requisite self directed learning assessment as well as a student learning pack for those completing the Full / Basic first Aid courses. This is to ensure all standards are met whilst delivering our courses in acceptable time frames.

#### Course Materials Supplies

Basic First Aid Manual, Home Emergency Plan, Wall Certificate and Wallet Card.

#### Course Requirements

To be eligible for a refresher course each student must have completed a full or refresher course within the last 2 years & 3 months. The previous certificate must verify that the student completed the unit standards 6400, 6401 & 6402. We will need to see a copy of this certificate before a booking can be confirmed.

#### NZQA Unit Standards

(These unit standards are refreshed during this course)

6400 - Manage first aid in emergency situations (Level 3, 2 Credits)

6401 - Provide first aid Level 2, 1 Credit)

6402 - Provide resuscitation level 2 (Level 1, 1 Credit)

#### Course Fee

Refresher Course: \$115 Inc GST



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