



**St John**

first to care

# Workplace First Aid - Express

This first aid course has been designed to provide you with the confidence your trained first aiders are truly competent enough 'at the scene' to recognise life threatening situations and to offer vital assistance to the patient before more experienced help arrives.

Completion of this Workplace First Aid Express Course qualifies students as a trained first aid person as described in the guidance notes published by the Department of Labour to help employers comply with Health and Safety in Employment legislation.

This course is ideal for first aiders in low risk workplaces.

## Course content:

- Scene Assessment
- Safety
- CPR – baby, child, adult
- AED familiarisation
- Bleeding
- Burns
- Poisoning
- Fractures/dislocations
- Soft tissue injury
- Asthma
- Seizures
- Stroke
- Chest pain

**DURATION** | 1 day

**NZQA UNITS** | 6401, 6402

