



OHS Training Specialists
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as Trustee for the Vowles Family Trust
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SENIOR FIRST AID COURSE Flexible Delivery Strategy

*(A WorkCover NSW
Approved Course)*

Aims To impart the knowledge, skills and attitudes deemed necessary for giving competent care to the ill or injured until medical aid arrives.

Content The course has the following components:

1. Principles of First Aid
2. Basic human anatomy & physiology
3. Examination of a casualty
4. Cardio Pulmonary Resuscitation
5. Control of bleeding
6. Shock
7. Fractures
8. Soft tissues injuries
9. Burns and scalds
10. Facial injuries
11. Chest injuries
12. Head injuries
13. Medical emergencies
14. Environmental exposure
15. Poisoning
16. Venomous bites and stings

Course Background

This is a standard certified course in first aid which is approved by WorkCover in accordance with section 20 of the Occupational Health & Safety Regulation 2001. Attendees obtain the Senior First Aid Certificate which is valid for three years. This WorkCover approved course was developed by (and is conducted by) the Royal Life Saving Society of Australia.

Training Strategies & Instructor

The course is predominantly learner centered and practical. Prior to the course day attendees will receive the theory workbook. This is then studied and completed in the attendees' own time. At the course, attendees will undertake some practical assessments as well as a multiple choice exam. *(The content of the one course day is similar to the second day of the two day Senior First Aid Course).*

Attendee Assessment

The examination consists of practical and theory components which are completed on the day of the course. Students are required to pass both the theory and practical sections, including resuscitation.

Theory Assessment: 45 multiple choice questions (80% pass required)

Practical Assessment: Resuscitation, bleeding control & fracture management

Duration 1 day (eg. 8.30am to 5.00pm) plus an approximate 8-12 hours study in attendees own time to complete the theory workbook before the course.