



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

(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.

Training Strategies & Instructor

The course is predominantly learner centered and practical. The sessions include lectures, group discussions and practical components. This WorkCover approved course was developed by (and is conducted by) the Royal Life Saving Society of Australia.

Attendee Assessment

Informal progressive assessment is conducted throughout the course. The examination consists of practical and theory components. Students are required to pass both the theory and practical sections, including resuscitation.

Theory	45 multiple choice questions (80% pass required)
Practical	Resuscitation, bleeding control and fracture management

Duration 2 days, with an examination held on the final day. Both days of the course start at 8.30am and finish at 5.00pm.