



OHS Training Specialists
COURTENELL Pty Ltd
as Trustee for the Vowles Family Trust
ABN 42164393628
ACN 050109281
PO Box 622, Broadway NSW 2007
Suite D Level 1, 176 Parramatta Road
Camperdown NSW 2050
train@courtenell.com.au ~ www.courtenell.com.au
Fax 02 9516 3644 ~ Phone 02 9516 1499

SENIOR FIRST AID RECERTIFICATION 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. To obtain recertification as a Senior First Aider.**

Content The course has the following components:

- | | |
|---------------------------------------|---|
| 1. Safety | 12. Limb injuries (sprains, strains, dislocations & fractures) |
| 2. The DRABC* action plan | 13. Communicable diseases & the first aider |
| 3. Care of the unconscious patient | 14. Abdominal injuries |
| 4. Introduction to resuscitation | 15. Care of the acutely ill (diabetes, epilepsy, stroke, asthma, heart attack etc.) |
| 5. <i>(Expired Air Resuscitation)</i> | 16. Poisoning |
| 6. Cardio Pulmonary Resuscitation | 17. Bites and stings |
| 7. Shock | 18. Hypothermia (cold) & Hyperthermia (heat) |
| 8. Bleeding and wounds | 19. Traffic accidents |
| 9. Burns | |
| 10. Head, neck and spinal injuries | |
| 11. Facial injuries | |

*DRABC means : *Danger, Response, Airways, Breathing, Circulation*

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 1 day, with an examination on the same day.
The course starts at 8.30am and finishes at 5.30pm.