

# Basic First Aid Course



This NZQA accredited course is designed to motivate and equip a person with the skills necessary to be a confident first responder in a variety of situations. Attendees are trained to a high standard of patient care with both instructor and peer assessment throughout the course. The course includes practical scenario work so that attendees gain competency with the various First Aid techniques.

## Course Overview

- Overview of regulations related to incidents in the workplace.
- Approaching an accident scene and scene assessment.
- Scene safety and barriers.
- Primary assessment
- CPR - adult/ child / infant.
- Choking - adult / child infant - conscious and unconscious.
- External, internal bleeding and shock
- Recovery position.
- Burns and scalds.
- Illness assessment.
- Poisoning.
- Fractures and dislocations.
- Soft tissue injuries.
- Wound care.
- Head, neck and spinal injuries.
- Medical conditions.
- Infectious diseases.

Each participant is issued with a basic First Aid Manual (38 pages) that serves a practical, quick-reference guide to first aid emergencies and contains relevant information and practical tips on various topics covered during the course.

## Course duration

To meet NZQA requirements our Basic First Aid course is now a minimum of 8 hours long, made up of 5 hours class time and 4 hours self-directed learning and written assessment.

## Self-directed Learning and Assessment

Self-directed learning and written assessment materials will be issued at the time of booking.

## NZQA Unit Standards associated with this course

6401 - Provide first aid (level 2, 1 credit)

6402 - Provide resuscitation level 2 (level 1, 1 credit)

**Course Fee** \$120 (\$105 if paid 5 days before the course date)

## Schedule and booking

The Basic First Aid course is taught by request.

