Comprehensive Workplace First Aid Course

This OSH recognised and 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.

We focus our teaching on real life situations and use practical scenario work to enable attendees to gain competency with the various First Aid techniques.

Course Overview

- Overview of regulations relating to accidents in the workplace
- Approaching an accident scene and scene safety incl. barriers
- Scene assessment & management
- Primary assessment
- Rescue breathing - adult / child / infant
- CPR - adult / child / infant
- Choking - adult / child / infant – conscious and unconscious
- External and internal bleeding, shock and recovery position
- Heart conditions and stroke
- Illness assessment
- Diabetes, seizures, asthma, allergies
- Infectious diseases
- Poisoning
- Burns & scalds
- Fractures & dislocations
- Head, neck & spinal injuries
- Soft tissue injuries – sprains & strains
- Wound care
- Accident prevention

Each participant is provided with a comprehensive First Aid Manual (99 pages) that serves as a practical quick-reference guide to first aid emergencies and contains relevant information and practical tips on the various topics covered during the course.

Course duration

To meet NZQA requirements our Comprehensive Workplace First Aid course is now a minimum of 12 hours long, made up of 8 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

6400 - Manage first aid in emergency situations (level 3, 2 credits)
6401 - Provide first aid (level 2, 1 credit)
6402 - Provide resuscitation level 2 (level 1, 1 credit)

Course Fee $175 ($155 if paid 5 days before the course date)

MediTrainWaikato

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