

SENIOR FIRST AID – One Day Flexible Course

Bookings – 02 6282 2399 or coursebookings@stjohnact.com.au

OVERVIEW

Senior First Aid is the most popular of St John Ambulance first aid courses. This fully accredited first aid course covers a broad range of topics that enables participants to confidently manage emergency situations and provide care for the ill or injured until medical aid arrives. It is suitable for people in workplaces and members of the public.

Ideal for those with limited time, the One Day Flexible option allows for self directed study via a workbook, CD Rom or online in conjunction with a one day of practical instruction and assessment.

Senior First Aid training covers:

DRABCD Action Plan	Head and Spinal Injuries
Cardio-Pulmonary Resuscitation (CPR)	Chest and Abdominal injuries
Medical Emergencies	Wounds, Bleeding and Shock
Fractures	Poisons, Bites and Stings
Sprains and Strains	Hot and Cold induced injuries

AWARD

Students who attain competency will be awarded a Statement of Attainment:

- Apply First Aid – HLTA301B
- Perform CPR – HLTCPR201A



ASSESSMENT

Competency based assessment of practical skills combined with theory and verbal assessments.

DURATION

Self paced learning followed by one day training and assessment

8.30am to 5.30pm includes mail breaks. Students are advised to bring their own lunches.

ENTRY REQUIREMENTS

There are no entry requirements, however all participants must be 14 years or older.

PRICE

Full fee - \$186.00

Concession Fee - \$167.50

FURTHER TRAINING OPPORUNITIES

Students who successfully complete Senior First Aid may undertake further training in more advanced first aid techniques through courses such as:



St John

Advanced First Aid
Occupational First Aid

Advanced Resuscitation and Defibrillation
Remote Area First Aid.

SENIOR FIRST AID – Two day Course

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Perform CPR – HLTCPR201A



ASSESSMENT

Competency based assessment of practical skills combined with theory and verbal assessments.

DURATION

Two days training and assessment

8.30am to 5.30pm includes meal breaks. Students are advised to bring their own lunches.

ENTRY REQUIREMENTS

There are no entry requirements, however all participants must be 14 years or older.

PRICE

Full fee - \$194.00

Concession Fee - \$174.50

FURTHER TRAINING OPPORTUNITIES

Students who successfully complete Senior First Aid may undertake further training in more advanced first aid techniques through courses such as:

Advanced First Aid

Advanced Resuscitation and Defibrillator

Occupational First Aid

Remote Area First Aid



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