



First Aid Refresher

UNIT STANDARD: N/A

Outline

Enhance your first aid skills and stay up-to-date with the latest practices. Whether you need to revalidate your Workplace First Aid certificate or simply wish to refresh your knowledge and skills from previous training, this course is ideal for you.

It is a requirement to refresh your first aid training every two years. If your certificate was issued more than 2 years and 3 months ago, you will need to complete a full course to stay compliant.

Our course adheres to the guidelines published by WorkSafe NZ for workplace first aid, ensuring you receive the most current and relevant training.

Unit standards are not awarded on this course.

This course has been designed for:

- 👤 Anyone needing to refresh US6400, US6402, US6401.
- 👤 Workplace employees.
- 👤 School staff and teachers.
- 👤 Community volunteers.
- 👤 Caregivers and parents.
- 👤 General Public - anyone interested in learning basic first aid skills to be prepared for emergencies at home, in public, or in social settings.

Objectives

On successful completion, students will be able to:

- + Provide basic life support and first aid.
- + Perform CPR (adults, children, infants).
- + Provide scene, hazard management and general care.
- + Carry out patient positioning and assessment.
- + Control foreign body airway obstructions.
- + Use a Defibrillator (AED).
- + Apply basic first aid to a range of medical conditions.
- + Manage first aid in an emergency.

 Inhouse

 Face to face

ASSESSMENT:

This course has one assessment.

DURATION: 4–6 hours
CLASS SIZE: Maximum 15