








Workplace First Aid – Level 1

UNIT STANDARD: 6401, 6402

Outline









This course equips you with the confidence and skills to provide essential first aid when it's needed most. You'll learn to assess and manage a wide range of conditions and you'll gain the ability to perform CPR, manage choking incidents, and recognise the warning signs of various medical conditions, ensuring you can provide critical assistance until the casualty recovers or emergency services take over.

This course has been designed for:

-  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:

-  Understand the Health and Safety at Work Act and regulations relating to injuries in the workplace.
-  Act as a first aid provider – personal safety and contacting emergency medical services.
-  Assess and manage sudden cardiac arrest and AED (Automated External Defibrillator) operation.
-  Approach an accident scene and carry out hazard management.
-  Assess and manage serious injuries – bleeding, shock, soft tissue injuries and wounds.
-  Assess and manage burns and poisoning.
-  Assess and manage sudden illness – stroke, diabetic emergencies, seizures, breathing difficulties and asthma.
-  Perform CPR – Adult, child and infant.

 **Inhouse**

 **Face to face**

ASSESSMENT:

This course has one assessment.

DURATION: 1 Day
CLASS SIZE: Maximum 15