



**SAFETY<sup>N</sup>  
ACTION**



# First Aid - Level 1 Basic Refresher

Refresh the skills and knowledge to recognise emergencies, and comfortably be a first responder to provide a range of first aid treatment and basic life support





# First Aid - Level 1 Basic Refresher

**This nationally recognised First Aid course will refresh you with the skill and knowledge to recognise emergencies, and comfortably be a first responder to provide a range of first aid treatment and basic life support in line with the New Zealand Resuscitation Council guidelines.**

In a safe simulated environment, you will be able to assess the dangers to yourself, check the condition of collapsed or injured person(s) and gain confidence to perform CPR on an adult, child and infant in an emergency. You will also review alternative methods for delivering rescue breaths and how to manage a victim of drowning.

## Key Learning Outcomes:

- ✓ Provide basic life support and first aid.
- ✓ Understand the dangers of and secure an emergency scene.
- ✓ Assess the condition of and assist a collapsed or injured person(s).
- ✓ Control foreign body airway obstructions.
- ✓ Apply basic first aid to a range of medical conditions.
- ✓ Manage first aid in an emergency.

## FIRST AID - LEVEL 1 BASIC REFRESHER (FACE TO FACE)

<b>Unit 6402</b>	Provide basic life support.
<b>Unit 6041</b>	Provide first aid.
<b>Course Duration</b>	6 Hours
<b>Availability</b>	✓ At your own site or workplace