



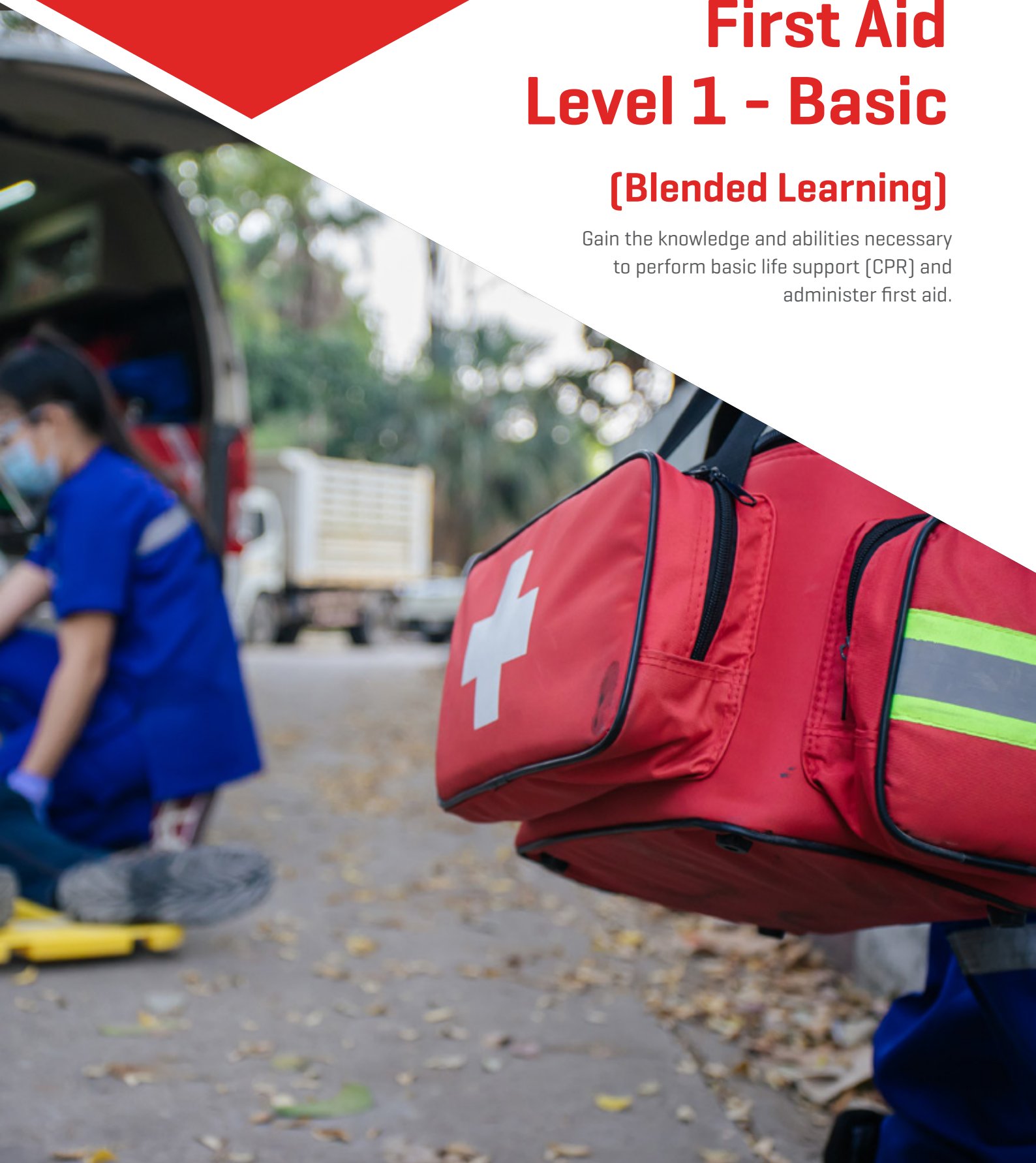
**SAFETY<sup>™</sup>  
ACTION**



# First Aid Level 1 - Basic

**[Blended Learning]**

Gain the knowledge and abilities necessary to perform basic life support (CPR) and administer first aid.





# First Aid Level 1 - Basic

## (Blended Learning)

During your participation in this one-day basic First Aid, you will gain the knowledge and abilities necessary to perform basic life support (CPR) administer first aid to persons feeling the initial impact of bleeds, burns, fractures, soft tissue injuries, and poisons.

In addition, you can recognise the warning signs and symptoms of someone who is experiencing the negative effects of a medical condition and be able to aid until the casualty recovers or emergency services arrive and take over.

This course is nationally recognised and incorporates the New Zealand Resuscitation Council guidelines.

### Key Learning Outcomes:

- ✓ Provide basic life support and first aid.
- ✓ Understand and be able to respond to dangers to ensure safety of self and others in area.
- ✓ Assess and assist a collapsed or injured person(s).
- ✓ Control foreign body airway obstructions.
- ✓ Apply basic first aid to a range of traumas and/or medical conditions.

### FIRST AID LEVEL 1 - BASIC (Blended Learning)

Unit 6402	Provide basic life support
Unit 6401	Provide first aid
Course Duration	Online Learning + 4 Hour Practical Component
Availability	✓ At your own site or workplace