

# First Aid Level 1

St John | Training

## Your foundation for first aid

This one day course is ideal for first aiders in workplaces and anyone wanting to learn the basics of first aid.

- Minimum qualification requirement for a workplace first-aiders valid for 2 years
- Take our First Aid Refresher course within 2 years of completing this course for a time and cost saving re-certification
- Eligible for NZQA unit standards 6401 and 6402.

## What you'll gain

In this course, our in-depth lessons and scenario-based activities will give you:

- the confidence to recognise and treat everything from common injuries to life-threatening medical emergencies
- the skills to offer vital assistance and CPR before more experienced help arrives
- the starting point for advancing your first aid training to the next level
- a First Aid Level 1 certificate valid for 2 years upon successful completion.

## You'll learn about

- patient positioning and assessment
- scene and hazard management
- CPR (adults, children, babies)
- defibrillator (AED) use
- choking (adults, children, babies)
- general care
- bleeding and shock
- burns
- poisoning
- heart attacks and chest pain
- strokes
- seizures
- fractures and dislocations
- soft tissues injuries
- allergic reactions (anaphylaxis)
- asthma
- diabetes.



**Duration** | One day

**NZQA units** | 6401, 6402

*Current as at 1 March 2022*

### Keeping you safe from COVID-19

For your health and safety, all in-class attendees must provide proof, upon entry, of double vaccination against COVID-19. Mask wearing, social distancing and contact tracing may be required depending on the alert level at the time of your course.

## Choose St John

St John is one of New Zealand's leading providers of first aid courses. Years of experience, a dedicated team of knowledgeable people and proven teaching systems make our courses engaging and highly effective.

As the provider of ambulance services to most New Zealanders, we want you to do the right thing when an emergency happens. Who better to train you in life-saving first aid skills than the people behind New Zealand's largest ambulance service.

And by choosing a St John First Aid Training course you are helping to support essential community services in New Zealand.



## Keep up to date with our first aid training newsletter

Join our e-newsletter mailing list and you'll receive an email each quarter with first aid stories and tips, news from St John and a quiz to test your knowledge.

[stjohn.org.nz/newsletter](https://stjohn.org.nz/newsletter)



## Be prepared

We sell a wide range of first aid essentials – from first aid kits, refill packs and medical supplies to defibrillators. Shop online today to make sure you are prepared for a medical emergency.

[buy.stjohn.org.nz](https://buy.stjohn.org.nz)



## St John training courses

- > Mental Health First Aid
- > Online Mental Health First Aid
- > Online Mental Health First Aid Refresher+
- > Basic Life Support – includes CPR
- > First Aid Level 1
- > First Aid Level 2
- > First Aid Refresher
- > Blended (in class and online) First Aid Level 1 or Level 2. By arrangement
- > St John Online First Aid
- > First Aid Refresher (blended)
- > Pre-Hospital Emergency Care (PHEC)
- > Pre-Hospital Emergency Care (PHEC) Refresher
- > Child First Aid
- > Workshops
- > Resuscitation Level 3
- > Resuscitation Level 4
- > Resuscitation Level 5
- > Resuscitation Level 5 Refresher
- > First Aid Construction Safety Course with Site Safe
- > Emergency Response Awareness

## Private courses

Our range of first aid courses and workshops can be tailored to your needs. Courses are regularly held at St John premises throughout New Zealand and are ideal for individuals or small groups. If you have a larger group, we can arrange a course for you at your premises or ours.

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