



CORPORATE ONSITE TRAINING INFORMATION

First Aid Training Courses

St John Ambulance Australia is the leading provider of first aid training in Australia. From courses for parents with young children to Apply First Aid and more advanced courses in Occupational First Aid, St John (NSW) has courses for people of all ages and interests. St John courses are accredited by the Vocational Education and Training Accreditation Board (VETAB) and St John is listed as a National Training Provider.

St John offers a range of quality first aid courses. The skills learnt in St John First Aid courses provide individuals, companies and organisations with the confidence, knowledge and skills to manage an emergency situation. St John will improve your ability to perform quality First Aid, tailor it to your needs and assist with choosing a course and kits. Classes are conducted at our training venues throughout New South Wales or onsite at workplaces.

We can also advise and provide first aid kits to meet your individual requirements.

First Aid Training Information

Apply First Aid

This course is the flagship St John Ambulance first aid course designed to give you the confidence, knowledge and skills to help someone ill or injured until medical aid arrives.

The course includes: safety and hazards, managing the unconscious casualty, resuscitation techniques, trauma management, shock, bleeding, wounds, skeletal damage, sprains and strains, head, neck and spinal injury, eye, ear or mouth injury, chest pain and injury, breathing difficulties, abdominal or pelvic injury, poison, bites and stings, heat and cold induced illness, infection control, first aid team work, treatment of serious injuries. The course complies with requirements of the Occupational Health Safety Regulation 2001.

Corporate Class (Onsite): \$2850 per group

Participants: Maximum 24

(Includes all Equipment)

Duration: 1 Day (8 Hours)*

**Also available on 2 days on request*

Apply First Aid Recertification

This one day course is designed to reassess the skills and knowledge of those who hold a current Apply First Aid Certificate. You must complete recertification training **prior** to the expiry date on your certificate.

Corporate Class (Onsite): \$2400 per group

Participants: Maximum 24

(Includes all Equipment)

Duration: 1 Day (8 Hours)

Advanced First Aid

This three day certificate course includes instruction on casualty assessment, first aid equipment, lifting and moving casualties, drug and alcohol abuse and sports injuries.

NB: Participants must be 18 years of age.

Venue requirements: Lifting equipment

Corporate Class (Onsite): \$3250 per group

Participants: Maximum 16

(Includes all Equipment)

Duration: 3 Days (24 Hours)

Occupational Health and Safety Consultation Course

The course familiarises committee members and representatives with the knowledge and skills necessary to apply the principles of workplace consultation as an integral part of an effective OHS management system (OHSMS). The course also assists in the development of appropriate attitudes to enable committee members and representatives to effectively carry out their functions under the OHS / WHS legislation.

Corporate Class (Onsite): \$4500 per group

Participants: Maximum 16

(Includes all Equipment)

Duration: 4 Days (32 Hours)

Occupational First Aid

A four day certificate course designed for those in charge of first aid rooms within their place of work as required under the Occupational Health Safety Regulation 2001. Topics include toxic hazards, documentation, oxygen therapy and transportation.

The course complies with requirements of the Occupational Health Safety Regulation 2001.

NB: Participants must be 18 years of age.

Venue requirements: First Aid Room, lifting equipment

Corporate Class (Onsite): \$5350 per group

Participants: Minimum 4 - Maximum 16

(Includes all Equipment)

Duration: 4 Days (32 Hours)

Occupational First Aid Recertification

This two day certificate course is designed to reassess skills and knowledge and, where appropriate, recertify Occupational First Aid qualifications.

The course complies with requirements of the Occupational Health Safety Regulation 2001.

NB: Participants must hold a current Occupational First Aid certificate or higher and must be 18 years of age.

Venue requirements: First Aid Room, lifting equipment

Corporate Class (Onsite): \$3250 per group

Participants: Minimum 4 - Maximum 16

(Includes all equipment)

Duration: 2 Days (16 Hours)

Workplace Infection Control

This course is available as a 1 hour course and a 3 hour course.

The 1 hour course is an introduction to Workplace Infection Control allowing participants to understand what it is and how to manage it (Infection control checklist, products and personal protective equipment)

Corporate Class (Onsite):

- Up to 25 participants: \$725 per group
- Up to 50 participants: \$1200 per group
- Up to 75 participants: \$1650 per group
- Up to 100 participants: \$1950 per group

The 3 hour course has been designed for managers who are responsible for risk management and business continuity policies in their organisation. It provides the participants with all the knowledge, experience and skills to assess risks, develop management processes, respond to pandemics, develop an infection control plan.

Corporate Class (Onsite): \$1500 per group

Participants: Maximum 20

Advanced Resuscitation

This six and half hour certificate course includes a revision of basic cardiopulmonary resuscitation skills and the use and maintenance of oxygen equipment.

NB: Participants must hold a current Apply First Aid certificate or higher

Corporate Class (Onsite): \$1800 per group

Participants: Maximum 16

(Includes all Equipment)

Duration: 6.5 Hours

Automated External Defibrillation

The aim of this four hour certificate course is to equip those who have access to an Automatic External defibrillator with the skills necessary to use it as part of a resuscitation attempt.

Corporate Class (Onsite): \$1000 per group

Participants: Maximum 16

(Includes all Equipment)

Duration: 4 Hours

Advanced Life Support

This course is designed to meet the needs of those who need to recertify in the administration of analgesic gases, advanced resuscitation and automated external defibrillation or to maintain an Advanced Life Support certificate as part of a higher level course.

Administration of Nitrous Oxide can be taught on request to authorised persons.

NB: Participants must hold a current Apply First Aid certificate or higher and must be 18 years of age.

Corporate Class (Onsite): \$2350
(Includes all Equipment)

Participants: Maximum 16
Duration: 1 Day (8 Hours)

Administration of Analgesic Gases

This certificate course equips participants with the knowledge and skills to administer analgesic (pain relieving) gases to the injured or ill casualty in a safe and effective manner.

NB: Participants must hold a current Apply First Aid certificate or higher and must be 18 years of age.

Corporate Class (Onsite): \$720 per group
(Includes all Equipment)

Participants: Maximum 16
Duration: 2 Hours

Anaphylaxis Training

The aim of this two hour session is to recognise an anaphylactic reaction, manage the casualty and demonstrate the use of an adrenaline auto-injector (eg.EPIPEN)

Corporate Class (Onsite): \$600 per group
(Includes all Equipment)

Participants: Maximum 24
Duration: 2 Hours

Emergency management of Asthma

The aim of this 3 hour session is to recognise asthma, manage the casualty (Action Plan) and demonstrate the use of an asthma inhaler.

Corporate Class (Onsite): \$900 per group
(Includes all Equipment)

Participants: Maximum 24
Duration: 3 Hours

Asthma and Anaphylaxis combined course

The aim of this 4 hour session is to recognise asthma or anaphylactic reaction, manage the casualty (Action Plan) and demonstrate the use of both an asthma inhaler and an adrenaline auto-injectors administration.

Corporate Class (Onsite): \$1200 per group
(Includes all Equipment)

Participants: Maximum 24
Duration: 4 Hours

Caring for Kids

An eight hour certificate course designed for parents, and carers and those entrusted with the care of children and babies. Participants learn child and infant resuscitation, management of fractures, head injuries and sudden illness.

Corporate Class (Onsite): \$1650 per group

Participants: Maximum 24

(Includes all Equipment)

Duration: 1 Day (8 Hours)

CPR (Cardiopulmonary Resuscitation)

This course is designed for members of the general public, industry and TAFE students to provide participants with the knowledge and skills necessary to make them confident and competent to perform cardiopulmonary resuscitation.

Corporate Class (Onsite): \$800 per group

Participants: Maximum 24

(Includes all Equipment)

Duration: 4 Hours

CPR (Cardiopulmonary Resuscitation) Recertification

This course is designed for members of the general public, industry and TAFE students and provides participants with the knowledge and skills necessary to make them confident and competent to perform cardiopulmonary resuscitation.

Corporate Class (Onsite): \$600

Participants: Maximum 24

(Includes all Equipment)

Duration: 2 Hours

Emergency First Aid

An eight hour course introducing the basics of life sustaining procedures including resuscitation, bleeding and unconsciousness. It is not a substitute for a comprehensive first aid course.

Corporate Class (Onsite): \$1650 per group

Participants: Maximum 24

(Includes all Equipment)

Duration: 1 Day (8 Hours)

Remote First Aid

A certificate course specially designed for bushwalkers, climbers, canyoneers, cavers, four wheel drive enthusiasts, outdoor/adventure instructors, wilderness guides and scout leaders or anyone whose interests, activities or employment takes them to isolated areas. It will provide them with the knowledge and skills to give ongoing care over a prolonged period to an ill or injured casualty.

Participant requirements: Pack and general hiking equipment.

NB: Participants must hold a current Apply First Aid certificate.

Corporate Class (Onsite): \$2950 per group

Participant: Maximum 16

(Includes all Equipment)

Duration: 2 Days (16 Hours)

Low Voltage Rescue

This course is designed for people who work with low voltage electricity. It provides participants with the skills and knowledge to perform a low voltage rescue and CPR.

It will assist employers in meeting the electrical safety recommendations of the WorkCover Low Voltage Electrical Work – Code of Compliance 2007.

Corporate Class (Onsite): \$1000 per group

Participants: Maximum 16

(Includes all Equipment)

Duration: 4 Hours

Industrial First Aid

A three day certificate course designed for workers in heavy industry where there are risks of serious and life threatening injuries. The course is tailored to meet individual worksite needs.

Corporate Class (Onsite): \$4000 per group

Participants: Minimum 8, Maximum 12

(Includes all Equipment)

Duration: 3 Days (24 Hours)

NB: For courses outside the Sydney Metropolitan area additional accommodation and expense fees may apply.

Sports First Aid

This course aims to provide participants with the knowledge and skills necessary to implement effective injury prevention and provide immediate response to injuries in a sport setting, until the arrival of a health care professional.

Corporate Class (Onsite): \$1800 per group

Participants: Maximum 16

(Includes all Equipment)

Duration: 1 Day (8 Hours)

Motorcycle First Aid

This course is designed to equip you with the skills and knowledge necessary to provide care to an injured or ill motorcycle rider.

Corporate Class (Onsite): \$1650

Participants: Maximum 24

(Includes all Equipment)

Duration: 1 Day (8 Hours)

Family First Aid

A six hour course designed for parents, and carers and those entrusted with the care of children and young people for five to 18 years old. Participants learn resuscitation, management of fractures, head injuries and sudden illness.

Corporate Class (Onsite): \$85 per person

(rebates available)

(Includes all Equipment)

Participants: Maximum 24

Duration: 6 Hours

Updated 15/01/12