

PERSONALISED FIRST AID TRAINING PROGRAM

In addition to its well known and recognised courses, St. John Ambulance Australia (N.S.W.) has other educational programs which may assist you when planning your inservice activities.

- **Personalised First aid Training Program**

In these sessions the trainer will discuss the areas of first aid (nominated by you) and explain the need for them. The aim of these discussions is to heighten the awareness of people to the need for first aid and to show what can be achieved in an emergency by an individual with first aid skills. As these sessions are discussion (and Q&A) and time is limited they **do not incorporate any practice**.

- **Mini Teaching Sessions (Explanation and/or demonstration session)**

Mini teaching sessions are designed to teach aspects of first aid that have been identified for a particular situation. They are valuable to organisations wanting first aid skills but are concerned that certain areas of first aid relevant to their type of work must be known.

We hope this information will assist you and take this opportunity to emphasise that wherever possible we will tailor educational activities to meet your needs.

These activities, though valuable, do not replace a full first aid course, and are not recognised as first aid training within the guidelines of the Occupational Health and Safety Act 2001.

- ◆ Minimum time 2 hours
- ◆ Maximum time 4 hours

You choose the topics you would like covered, which should correspond to the time allowed.

If more than four hours is required, an Emergency First Aid course of eight hours should be undertaken.

Minimum 2 hours – Maximum 4 hours

Choose the topics you would like covered, which should correspond to the time allowed

	Topic	Time in minutes	✓
1	Cardiopulmonary Resuscitation Demonstration – Adults (no practice)	20	
2	Cardiopulmonary Resuscitation Demonstration – Babies and Children (no practice)	20	
3	Cardiopulmonary Resuscitation Demonstration – Adults, Babies and Children (no practice)	30	
4	Hands on practice session for CPR (must be accompanied by one of the above CPR theory sessions) <i>* Note this practice session does not replace a full training course. For full CPR training a 4 hour CPR or 2 hour CPR recertification course should be undertaken</i>	60	
5	Shock	15	
6	Bleeding	10	
7	Grazes, blisters and minor wounds	10	
8	Bleeding nose	5	
9	Burns	15	
10	Sprains and Strains	10	
11	Broken Bones/Fractures (General)	10	
12	Broken Bones/Fractures (Remote areas)	30	
13	Management of a Serious Accident/Injury	20	
14	Head Injuries	15	
15	Eye and Facial Injuries	15	
16	Chest Injuries and Broken Ribs	15	
17	Poisoning	15	
18	Bites and Stings	20	
19	Overexposure to Heat and Cold	15	
20	Safety at Traffic Accidents	10	
21	Preventing Infection whilst providing First Aid	15	
22	Neck and Spinal Injuries	15	
23	Buying and Stocking a First Aid Kit	10	
24	Illnesses		
	Asthma	10	
	Choking	5	
	Infantile Convulsions	5	
	Fitting	5	
	Diabetes	10	
	Chest Pain	15	
	Stroke	5	
	Fainting	5	
	Anaphylaxis (Severe Allergic Reaction) overview <i>Note: for full training a 2 hour anaphylaxis course should be undertaken</i>	10	
	Sudden Illness in Children (Vomiting and Diarrhoea)	10	
25	Defibrillation Demonstration and Overview <i>Note: for full training a 4 hour Automatic External Defibrillation Course should be undertaken</i>	15	
26	Advance Resuscitation (Oxygen and Oxy-viva) Demonstration and Overview <i>Note: for full training an 8 hour Advance Resuscitation course should be undertaken</i>	30	
	Break/refreshments (total time for breaks, if your group wishes to include these)		