



ST JOHN AMBULANCE AUSTRALIA (NSW)

HOME, SPORT & LEISURE

First aid skills for those critical moments
before professional help arrives



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Knowing what to do in those critical moments before professional help arrives may save a life. Every person trained in first aid directly contributes to safer families and communities.

The majority of accidents occur in and around the home. Being trained in first aid and equipped with the right first aid kit will ensure you are prepared to look after family, friends or yourself if an accident does occur.

To find out more, go to www.stjohnfirstaid.com.au

** Did you know?*

Senior First Aid is St John's flagship two day course that, with our kits, provides the essentials that most people will need in an emergency situation – at work, at home or at play.



If you can't spare two days, do a Senior First Aid course using our flexible learning option.

Study at a time and place to suit you, using either our provided workbook, CD ROM or on-line. On completion of the theory component, you only need attend a one day interactive workshop to finalise the practical and assessment components of the program.

* *Did you know?*

In NSW alone, the practice of first aid by our 3,400 volunteers make St John first aid courses and kits the most tested in the market.

* *Did you know?*

St John is a self-funded not-for-profit organisation. The proceeds we make from the sale of our first aid training, kits and services, directly fund our community activities.















Each year in NSW, this includes:

- supporting and training our 3,400 first aid services volunteers
- treating more than 30,000 first aid casualties
- providing over 480,000 hours of voluntary first aid and training services
- spending in excess of 100,000 hours refreshing volunteer first aid and advanced life support skills
- supporting an additional 500 volunteers who are actively involved in early literacy and immunisation community programs, providing 10,000 volunteer hours.

To book into a course see the contact details on page 31























EASY REFERENCE GUIDE



DESCRIPTION



















	Senior First Aid: St John's most popular course. It is nationally accredited and recognised.
	Emergency First Aid: The basics of sustaining life but not as comprehensive as Senior First Aid.
	Preliminary First Aid: First Aid course for students between 10 and 14 years old.
	Advanced First Aid: Provides advanced first aid skills.
	Remote Area First Aid: For people who work, live or are travelling to remote locations.
	Analgesic Gases: For the administration of pain reducing agents such as inhaled gas.
	Advanced Resuscitation: Advanced skills including AED, mechanical resuscitation and oxygen delivery.
	Anaphylaxis Training: Provides skills to handle severe allergic reactions.
	Automated External Defibrillation (AED): The skills necessary to use an AED.
	Cardiopulmonary Resuscitation (CPR).
	Introduction to Sports First Aid: First aid for coaches and first aiders at sporting events.
	Caring for Kids: First Aid specifically to help children and babies.
	First Aid for Motorcyclists.
	Family First Aid: First aid for parents, guardians and carers of school aged children.

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

EASY REFERENCE TABLE

	COURSE	SUBJECT AREA
08	 Senior First Aid	Comprehensive First Aid Skills
08	 Senior First Aid Flexible Option	Comprehensive First Aid Skills
18	 Emergency First Aid	Basic First Aid Skills
19	 Preliminary First Aid	Course for students aged 10-14 years
	+ Take an advanced course	
10	 Advanced First Aid	Advanced First Aid Skills
12	 Remote Area First Aid	Comprehensive First Aid for Remote Areas
	OR Take a specialised course	
13	 Caring for Kids	To care for children up to 7 years
14	 Family First Aid	To care for children 5-18 years
17	 Anaphylaxis Training	
15	 Cardiopulmonary Resuscitation (CPR)	
16	 Automated External Defibrillation	 
20	 Introduction to Sports First Aid	 
21	 First Aid for Motorcyclists	 

-  Subject covered and attainment received
-  Subject covered but no attainment received

PREREQUISITES	DURATION	ATTAINMENT
14 yrs +	2 days	 
14 yrs +	1 day	 
14 yrs +	1 day	 
10-14 yrs old	1 day	–
18 yrs + 	3 days	     *
14 yrs + 	2 days	
14 yrs +	1 day	–
14 yrs +	6 hours	–
14 yrs +	1 day	
14 yrs +	4 hours	
14 yrs +	4 hours	
14 yrs +	1 day	
14 yrs +	1 day	–

* AG = Administration of analgesic gases including Methoxyflurane (and Nitrous Oxide if requested and authorised to use it)

It is recommended that certain components are recertified annually.



SENIOR FIRST AID

INC. RECERTIFICATION + FLEXIBLE LEARNING OPTION

STATEMENT OF ATTAINMENT



CPR



Senior First Aid is the flagship St John Ambulance course. It is a comprehensive course designed to give you the knowledge, skills and confidence to help manage most situations until medical aid arrives.

COURSE DURATION

Option 1 Senior First Aid Course		
• Face to face workshop	2 days	16 hours
Option 2 Flexible Learning		
• Self-study time <i>prior</i> to workshop		6 hours
• Face to face workshop	1 day	8 hours
Option 3 Recertification *		
• Face to face workshop	1 day	8 hours

CONTENT

- safety and hazards
- managing the unconscious casualty
- resuscitation techniques (including CPR)
- shock
- bleeding, wounds
- fractures, sprains and strains
- head, neck and spinal injury
- allergic reaction and anaphylaxis awareness
- eye, ear or mouth injury
- chest pain and injury
- breathing difficulties
- abdominal or pelvic injury
- poison, bites and stings
- exposure to heat and cold
- infection control
- first aid team work

PREREQUISITES

Minimum age for participants is 14 years.

* A current Senior First Aid certificate is needed for a recertification course.

MATERIALS PROVIDED

Australian First Aid manual, bandages.

For the flexible learning option, a self-paced workbook, CD or online is available.

CLASSES

Conducted at Burwood, branch offices or at your place of work on request.

CERTIFICATE VALIDITY

Three years.

* The Australian Resuscitation Council recommends that CPR skills are refreshed annually.

ASSESSMENT

Theory: 20 multiple choice questions, pass mark is 80%

Practical: resuscitation skills, casualty management skills

NATIONAL ACCREDITATION

Statement of Attainment:

HLTFA301B – Apply first aid

HLTCPR201A – Perform CPR

Complies with requirements of the Occupational Health Safety Regulation 2001.



STATEMENT OF ATTAINMENT



Advanced First Aid provides those who have prior first aid skills with refresher and advanced skills, including advanced life support, to help the ill or injured until medical aid arrives.

COURSE DURATION

Advanced First Aid Course

3 days 24 hours

CONTENT

- Senior First Aid curriculum
- advanced resuscitation
- automated external defibrillation
- drug and alcohol misuse
- emotionally disturbed casualties
- lifting and moving a casualty
- first aid records
- trauma management
- multiple injuries
- multiple casualties
- first aid team work
- administration of analgesic gases (if authorised to use it)

PREREQUISITES

A current Senior First Aid Certificate is required.

Minimum age for analgesic gases component is 18 years.

MATERIALS PROVIDED

Australian First Aid manual, bandages.

CLASSES

Conducted at most St John training venues.

CERTIFICATE VALIDITY

Three years.

One year for Advanced Resuscitation, AED, Analgesic Gas Administration and CPR.

ASSESSMENT

Theory: 30 multiple choice questions. Pass mark is 80%

Practical: CPR and advanced resuscitation skills, casualty management skills, administration of methoxyflurane, use of automated external defibrillator, use of oxygen delivery systems

NATIONAL ACCREDITATION

Statement of Attainment:

HLTFA301B – Apply first aid

HLTFA402B – Apply advanced first aid

HLTFA404A – Apply advanced resuscitation techniques

80871ACT – Course in analgesic administration (Methoxyflurane)

22101VIC – Course in automated external defibrillation

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



REMOTE AREA FIRST AID

STATEMENT OF ATTAINMENT



Remote Area First Aid is designed for travellers, outdoor enthusiasts or if you live or work in remote areas. It is designed for remote areas where access to medical aid is difficult.

COURSE DURATION

Remote Area First Aid Course	2 days 16 hours
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CONTENT

- first aid management in remote areas
- common ailments
- prolonged care
- contingency planning
- casualty assessment
- protection from the environment
- musculoskeletal injuries
- wound care
- assessing the scene
- exposure to heat and cold
- rescue preparation

PREREQUISITES

A current Senior First Aid Certificate is required.
Minimum age for participants is 14 years.

MATERIALS PROVIDED

Australian First Aid manual and St John Ambulance Australia Remote Area First Aid: Field Guide booklet and bandages.

CLASSES

Conducted at Bundilla and Blaxland or at your place of work on request.

CERTIFICATE VALIDITY

Three years.

ASSESSMENT

Theory: 30 multiple choice questions, pass mark is 80%
Practical: resuscitations skills, casualty management skills.

NATIONAL ACCREDITATION

Statement of Attainment:

HLTFA302A – Provide first aid in remote situations



This course is designed to meet the first aid needs of parents, grandparents, carers and members of the public who care for babies and children up to the age of 7 years.

COURSE DURATION

Caring for Kids Course

1 day 8 hours

CONTENT

- resuscitation of an infant and child
- control of bleeding
- poisoning and acute illness
- management of shock
- wounds
- burns
- bites and stings

PREREQUISITES

Minimum age for participants is 14 years.

MATERIALS PROVIDED

First Aid for Children and Babies Fast manual, one roller bandage and triangular bandage.

CLASSES

Conducted regularly at Burwood, branch offices or at your place of work on request.

CERTIFICATE VALIDITY

Three years.

ASSESSMENT

Theory: 20 multiple choice questions, pass mark is 80%

Practical: resuscitation skills

CERTIFICATION

Statement of Attendance:

Course in Caring for Kids



This course is designed to meet the first aid needs of parents, guardians and carers of school children and focuses on first aid for children between the ages of five and 18 years.

COURSE DURATION

Family First Aid

6 hours

CONTENT

- resuscitation
- control of bleeding
- management of shock
- wound management
- burns
- bites and stings
- acute illness
- poisoning
- fractures and sprains

PREREQUISITES

Minimum age for participants is 14 years.

MATERIALS PROVIDED

Emergency First Aid: A Quick Guide booklet, one roller bandage and triangular bandage.

CLASSES

Available only on request for group bookings.

CERTIFICATION

Statement of Attendance

+ REFRESHER

STATEMENT OF ATTAINMENT



This course is designed to provide the knowledge, skills and confidence necessary to perform CPR.

COURSE DURATION

CPR Course	4 hours
Refresher *	2 hours

CONTENT

- management of the unconscious casualty
- resuscitation techniques
- infection control

PREREQUISITES

Minimum age for participants is 14 years.

* A current CPR certificate is required for the refresher course.

MATERIALS PROVIDED

Emergency First Aid: A Quick Guide booklet.

CLASSES

Conducted at Burwood, branch offices or at your place of work on request.

CERTIFICATE VALIDITY

One year.

ASSESSMENT

Practical: resuscitation skills

NATIONAL ACCREDITATION

Statement of Attainment:

HLTCPR201A – Perform CPR



AUTOMATED EXTERNAL DEFIBRILLATION

STATEMENT OF ATTAINMENT



This course equips individuals, who have access to an Automated External Defibrillator (AED), with the skills necessary to use it as part of a resuscitation attempt.

COURSE DURATION

AED Course

4 hours

CONTENT

- management of an unconscious casualty
- resuscitation techniques including CPR
- use of an automated external defibrillator
- test and maintenance of machine
- charge and change battery

PREREQUISITES

Minimum age for participants is 14 years.

CLASSES

Conducted at Burwood, branch offices or at your place of work on request.

CERTIFICATE VALIDITY

One year.

ASSESSMENT

Practical: use of an automated external defibrillator

NATIONAL ACCREDITATION

Statement of Attainment:

22101VIC – Course in automated external defibrillation



ANAPHYLAXIS TRAINING

STATEMENT OF ATTAINMENT



This training session teaches you to recognise and manage an anaphylactic reaction using an adrenaline auto-injector (eg. Epipen).

COURSE DURATION

Anaphylaxis Training Course

2 hours

CONTENT

- identification of the signs and symptoms of an anaphylactic reaction.
- avoidance and preventative measures to take for children with severe allergies
- management of a severe allergic reaction including the use of an adrenaline auto-injector (eg. Epipen)
- risk management planning

PREREQUISITES

Nil.

Resuscitation training including CPR is recommended either before or after this training.

CLASSES

Conducted at Burwood, Gosford and Newcastle or on request for group bookings.

CERTIFICATE VALIDITY

Three years.

ASSESSMENT

Practical: Use of an adrenaline auto-injector (eg. Epipen).
Risk management planning.

NATIONAL ACCREDITATION

Statement of Attainment:

22099VIC – Course in first aid management of anaphylaxis



EMERGENCY FIRST AID

STATEMENT OF ATTAINMENT

CPR



This course teaches you the basics of sustaining life until medical help arrives. It is not a substitute for the comprehensive Senior First Aid course.

COURSE DURATION

Emergency First Aid Course

1 day 8 hours

CONTENT

- control of infection
- first aid kit use
- management of the unconscious breathing casualty
- CPR
- shock
- bleeding
- treatment of wounds
- burns
- choking
- asthma
- anaphylaxis

PREREQUISITES

Minimum age for participants is 14 years.

MATERIALS PROVIDED

Emergency First Aid: A Quick Guide booklet, one bandage per participant.

CLASSES

Available only on request for group bookings.

CERTIFICATE VALIDITY

Three years.

The Australian Resuscitation Council recommends that CPR skills are refreshed annually.

ASSESSMENT

Practical: resuscitation skills and casualty management

NATIONAL ACCREDITATION

Statement of Attainment:

HLTCPR201A – Perform CPR

HLTFA201A – Provide basic emergency life support



This course is designed to teach basic first aid skills to young people aged 10-14 years.

COURSE DURATION

Preliminary First Aid Course	1 day 8 hours
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The duration may be delivered over shorter sessions in order to fit school timetables.

CONTENT

- introduction to first aid
- management of the unconscious breathing casualty
- management of a casualty who is having a seizure
- bleeding
- bites, stings
- asthma
- choking

PREREQUISITES

Minimum age for participants is 10-14 years.

MATERIALS PROVIDED

Emergency First Aid: A Quick Guide booklet.

CLASSES

Conducted at Gosford or on request for group bookings.

CERTIFICATE VALIDITY

Three years.

ASSESSMENT

Demonstration of practical skills including the management of the unconscious casualty, bleeding control and fracture management

CERTIFICATION

Statement of Attendance



INTRODUCTION TO SPORTS FIRST AID

STATEMENT OF ATTAINMENT



This course aims to provide you with the knowledge and skills to implement injury prevention and help treat injuries in a sport setting, until the arrival of a healthcare professional.

COURSE DURATION

Introduction to Sports First Aid Course	1 day	8 hours
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CONTENT

- roles and responsibilities of a sports first aider
- injury prevention, including preventative taping
- warm-up, stretching and cool down exercises
- fluid replacement
- serious and specific sports injury management
- lifting and moving injured players
- resuscitation

PREREQUISITES

Minimum age for participants is 14 years.

MATERIALS PROVIDED

Emergency First Aid: A Quick Guide booklet, 1 Roller bandage, 2 x Triangular bandages.

CLASSES

Available only on request for group bookings.

CERTIFICATE VALIDITY

Three years.

ASSESSMENT

Theory: 10 multiple choice questions, pass mark 80%
Practical: resuscitation skills, sports injury management

NATIONAL ACCREDITATION

Statement of Attainment:

SRSSPT001A – Implement injury prevention and apply basic sports 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.

COURSE DURATION

First Aid Course for Motorcyclists	1 day	8 hours
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CONTENT

- safety at the scene of an accident
- recognition and management of the unconscious rider
- management and trauma including bleeding (internal & external)
- resuscitation techniques
- burns treatment
- wounds including impaled objects
- gravel rash, laceration, contusions and management of the casualty
- when and how to remove a motorcycle helmet

PREREQUISITES

Minimum age for participants is 14 years old.

MATERIALS PROVIDED

Emergency First Aid: A Quick Guide booklet, bandages.

CLASSES

Available only on request for group bookings.

CERTIFICATE VALIDITY

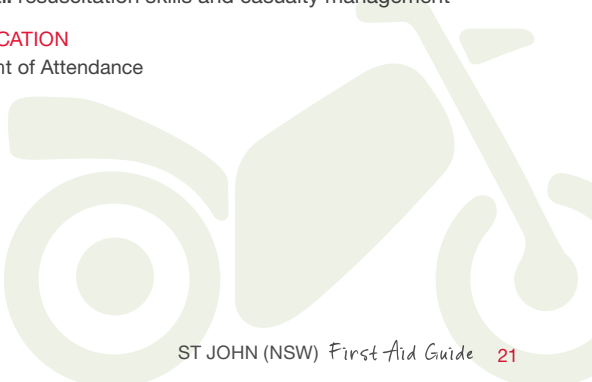
Three years.

ASSESSMENT

Practical: resuscitation skills and casualty management

CERTIFICATION

Statement of Attendance



“ It takes nine months to create a life and eight hours to learn how to save one ”

Sandra Davis

“ I never want to have to say ‘I’m sorry’ for not taking the time to learn first aid ”

Heather Bell

“ First aid training gave me the courage, confidence and skills to do what I had to do when my wife stopped breathing ”

Ian Denniss

“ My family enjoy mountain bike riding and my dad had an accident and injured his back. If we didn’t know first aid, he could have been paralysed ”

Michael Kemp

HOW TO ENROL IN A CLASS

You can enrol in a class by mail, telephone, fax, email, or online.

You will need:

- The full name, address and phone details of those attending
- Course name, date and venue you would like to attend
- Purchase order number (corporate customers only)
- Credit card details, cheque or cash.

TELEPHONE

Call our customer service staff on 1300 360 455, and have your credit card details ready.

ONLINE

Visit our website at www.stjohnnsw.com.au for more information on our courses, kits, venues and bookings.

EMAIL

You will need to send your booking details to customer_service@stjohnnsw.com.au or your nearest St John office (page 31).

MAIL

Complete a course enrolment form and mail, with your payment or payment details, to your nearest St John Office a minimum of three weeks in advance of the course.

Confirmation will be forwarded within two working days of receipt.

FAX

Please complete a course enrolment form (available by calling 1300 360 455) and a purchase order (if relevant) and fax to your nearest St John office (page 31) a minimum of two weeks in advance of the course.

**To find the best class for you,
call us on **1300 360 455** or visit
www.stjohnnsw.com.au**



Be more than a
VOLUNTEER
Be a St John
volunteer

1300 360 455
www.stjohnnsw.com.au

St John has a range of first aid reference material to help refresh your memory if needed.



Australian First Aid

Australian First Aid is a comprehensive manual designed to cover a broad range of injuries and illnesses.

Do you have a backyard swimming pool?



On average 15 children under the age of five drown in backyard swimming pools¹ each year.

To protect your family and friends, amongst other measures, make sure your family are trained in CPR and have a resuscitation chart by your pool.

St John resuscitation charts

are sturdy, waterproof and are easy to follow in an emergency. They are available by calling 1300 360 455 or visit your nearest branch.

Please note: St John first aid reference material is not a substitute for first aid training.

¹Source: *Figure 5: Location of Drowning Deaths, Young children 0-4 years, 5 year average* Royal Life Saving Society *The National Drowning Report 2009, p9*

FIRST AID KITS

In addition to learning first aid, be prepared with a first aid kit. We have a range available to suit most applications for home, sport or leisure activities.



* Did you know?

You can buy replacement items for your first aid kit online at www.stjohnnsw.com.au or visit your nearest branch.

Personal Leisure Kit

An essential item for travel, outdoor and adventure activities, this kit fits easily into backpacks or can be attached to a belt for hands-free carrying. Compact, durable and water resistant, this first aid kit with roll-out compartments is filled with practical first aid supplies and instructions.

Small Leisure Kit

Soft, durable and water resistant, this practical and highly visible kit is suitable for most places such as the kitchen cupboard, garden shed, car and garage. Featuring comprehensive first aid supplies in conveniently organised mesh pockets, this kit is suitable for treating a range of minor injuries.

Medium Leisure Kits

This multi purpose kit is great for family activities like a day at the beach, BBQs, holidays, camping and adventures in the playground. Full of St John first aid supplies, this kit with fold-out pouches keeps contents organised, providing easy access in an emergency.

Large Leisure Kits

This all purpose kit is suitable for home, family activities, sporting clubs and off-road adventures. This extensive kit with fold-out pockets filled with quality first aid supplies will ensure you are prepared for every situation, from minor cuts, sprains and bites through to more serious injuries involving major trauma and heavy bleeding.

Our full range of first aid kits are available on our website www.stjohnnsw.com.au

CODE OF PRACTICE

St John Ambulance Australia (NSW) will ensure that qualified and experienced trainers are used to conduct all training courses. Trainers will present approved course material to meet the appropriate standards. Assessments will be conducted in a fair, objective and consistent manner to determine a person's level of competency. Course content and learning outcomes will vary according to the course type and duration.

If required, this information may be obtained by contacting our Customer Service Department

WORKPLACE HEALTH AND SAFETY

St John Ambulance Australia (NSW) has a responsibility to provide a safe and healthy environment for their employees, customers and visitors.

Under the Occupational Health and Safety Act 2000 course participants also have certain responsibilities. These include:

- Undertaking activities in a safe manner
- Following instructions provided for safety
- Not putting themselves or anyone else at risk
- Reporting an injury/illness or "near miss" to an appropriate person.

PRIVACY POLICY

Your privacy is respected by St John Ambulance Australia (NSW). Information provided may be used in course administration and provided to training staff. You will normally be reminded when your current certificate expires and may also be provided with information about other St John Ambulance Australia (NSW) services. If you do not want to receive this information, or have privacy concerns or would like to verify information held about you, please contact the Privacy Officer on 02 9745 8888 or email to customer_service@stjohnnsw.com.au

ENROLMENT CONDITIONS

Access to all courses is subject to:

- Availability of classes
- Sufficient enrolments in the class
- Course entry requirements being met
- Course fees being paid in advance

FLEXIBLE DELIVERY

St John Ambulance Australia (NSW) will offer flexible delivery including:

- Alternative course times, dates and modes of delivery
- A second assessment of competencies which were not achieved at the first assessment

- Client support arrangements for persons with language or literacy difficulties can be negotiated prior to the commencement of the course.

ASSESSMENT

Assessments will be conducted in accordance with Australian Quality Training Framework (AQTF) Standards as required by Registered Training Organisations. Trainers will inform participants of assessment requirements and procedures at the beginning of each program. Details on assessment are also available by contacting Customer Service on 1300 360 455.

Any appeal related to assessment must be lodged within five (5) days of course completion.

ACCESS AND EQUITY

St John Ambulance Australia (NSW) actively encourages the participation of a cross section of the community. This is achieved through the establishment of non-discriminatory selection procedures, encouraging access for all members of the community. All persons must successfully demonstrate the required competencies to receive a first aid certificate. If a person is unable to physically do this a Letter of Attendance will be given.

REFUND POLICY

A full refund of fees paid will be given if:

- St John Ambulance Australia (NSW) cancels a class
- The course participant/organisation gives notice in writing that they will not be attending the class, fourteen (14) days before the commencement date for that class.

A 50% refund on fees paid will be given when a course participant/organisation withdraws from the class within fourteen (14) days of the commencement date.

No refund will be given after the class has commenced.

To request a refund, a course participant/organisation should apply in writing to St John Ambulance Australia (NSW) at the centre where the booking was made, stating the amount sought and the reason why the refund should be made. A copy of the receipt for the amount paid must accompany the request. Refunds will not be made to any party other than the person/organisation making the original payment.

A transfer fee of \$20 may apply.

All courses must be completed within (3) months of the original booking date. No refunds or transfers will be made after this date.

RECOGNITION OF PRIOR LEARNING

St John Ambulance Australia (NSW) recognises first aid qualifications or certificates issued by other Registered Training Organisations (RTO) for the certificate's remaining period of currency.

Current qualifications issued by St John Ambulance or other RTOs in Senior and Occupational First Aid will allow entry into Senior and Occupational Recertification courses, which are shorter in duration.

GRIEVANCES

Customers have the right to seek redress if they feel they have cause for complaint or have been unfairly treated by St John Ambulance Australia (NSW).

The procedure to follow is:

- Discuss the grievance with the trainer of the first aid course. If the resolution is unsatisfactory or requires further action:
- Send the grievance, in writing, to the General Manager (Training). All grievances/complaints are attended to through our Quality System for Continual Improvement. Notification of the outcome will be given.

CLIENT CONDUCT

While in attendance at St John Ambulance Australia (NSW) courses, participants are expected to behave in a courteous manner at all times.

In the event a client exhibits behaviour which is disruptive, inappropriate or disturbing to other course participants and/or the trainer, disciplinary action will be implemented in accordance with our Client Conflict Resolution Procedure.

Failure to behave in an appropriate manner may result in a participant's expulsion from current and/or future courses.

ADVERTISING POLICY

Our privacy policy ensures that written permission is obtained from course participants before any information about them is used in any marketing or promotional material.

BRANCH OFFICE DETAILS

ST JOHN HOUSE

9 Deane Street, Burwood, NSW 2134
T 02 9745 8888 F 02 9745 8777
E customer_service@stjohnnsw.com.au

BATHURST

Shop 4, 213 – 217 Howick Street,
Bathurst, NSW 2795
T 02 6331 9691 F 02 6332 4316
E bathurst@stjohnnsw.com.au

GOSFORD

Suite 2, 88 Mann Street, Gosford, NSW 2250
T 02 4324 6047 F 02 4324 6303
E gosford@stjohnnsw.com.au

LISMORE

Lismore Professional Centre,
103-105 Molesworth Street, Lismore, NSW 2480
T 02 6621 8044 F 02 6621 8038
E lismore@stjohnnsw.com.au

NEWCASTLE

Court Street, Adamstown, NSW 2289
T 02 4952 8188 F 02 4956 2247
E newcastle@stjohnnsw.com.au

WOLLONGONG

30 Kenny Street, Wollongong, NSW 2500
T 02 4229 2788 F 02 4227 3463
E wollongong@stjohnnsw.com.au

TRAINING CENTRE DETAILS

LIVERPOOL

Level 1, 64 Macquarie Street, Liverpool, NSW 2170
T 02 9821 4045 F 02 9601 7768
E liverpool@stjohnnsw.com.au

PENRITH

Suite 11, 86 Henry Street, Penrith NSW 2750
T 02 4732 1318 F 02 4721 0189
E penrith@stjohnnsw.com.au

Toll free 1300 360 455 www.stjohnnsw.com.au

Courses are held in various locations not limited to the above. Contact your nearest office for locations, timetables and bookings.



Contact our customer service staff
on **1300 360 455** for more information
or visit the St John website
www.stjohnnsw.com.au

The information in this booklet is correct at the time of printing.

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