

Basic Workplace

First Aid and Refresher Courses

OSHbox is now offering first aid training courses!

Due to the huge demand from clients and the lack of courses available, we have found a simple solution for our clients...we'll run them!

We know that first aid training isn't the most exciting way to spend your time, so we have partnered with some enthusiastic Heart Saver instructors who make a real effort to make the sessions interesting and engaging.

Because Heart Saver work with a lot of businesses of all sizes and in all sorts of industries, they are great at delivering first aid courses that are targeted to what is relevant to you and your specific risks.

Cambridge Dates: 1st – 5th May

LIMITED SPACES!
Call or flick us an email



OSHbox

making safety simple

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Basic Workplace First Aid

This course ensures attendees are trained in the necessary skills to provide effective first aid assistance in the workplace. Ideal for anyone who wants to learn basic first aid or needs to refresh their first aid qualification

- ✓ Minimum qualification requirement for a workplace first aider
- ✓ Helps your workplace to meet health and safety standards

What are the benefits?

This course teaches practical skills in a scenario based, interactive and engaging learning environment.

On successful completion of the course, you will be able to:

- ✓ Recognise life-threatening situations
- ✓ Offer effective assistance before emergency service arrival
- ✓ Progress your first aid training and knowledge

Topics Covered

- ✓ Scene Assessment
- ✓ CPR
- ✓ Chest Pain
- ✓ Dislocations
- ✓ Safety
- ✓ How to use an AED (Automated External Defibrillator)
- ✓ Broken Bones
- ✓ Burns
- ✓ Soft Tissue Injury
- ✓ Asthma
- ✓ Stroke
- ✓ Seizures
- ✓ Bleeding

Duration – Full Day (8 hours)

Course Fee - \$145+gst

Workplace First Aid Refresher

This course is for attendees who hold a current workplace first aid certificate (less than 2 years old).

- ✓ Provides revalidation for current workplace first aiders
- ✓ Helps your workplace to meet health and safety standards

What are the benefits?

This 6 hour course has a strong practical skills focus. Scenario based, skills and knowledge are 'refreshed' in an interactive and engaging learning environment.

On successful completion of the course, you will be able to:

- ✓ Receive first aid revalidation certificate
- ✓ Be current with the most up to date first aid information and techniques

Prerequisite – all attendees must have a current Workplace First Aid Certificate (less than 2 years old)

Duration – 6 hours

Course Fee - \$115+gst