



GET THE LIFE SKILL THAT CAN MAKE A WORLD OF DIFFERENCE.

Why is First Aid training so important?

We all know First Aid can mean the difference between saving a life or losing one. It is the first and most immediate assistance given to any person suffering from a minor or serious illness or injury. Its purpose is to preserve life, prevent the condition from worsening or to promote recovery. Knowing First Aid provides learners with a life skill that can make a world of difference to your staff and clients, a member of the public, a work colleague or – most importantly – a loved one.

First Aid preserves life

Our courses are developed by qualified health professionals and delivered by instructors dedicated to ensuring that learners leave the classroom confident in their ability to provide First Aid. Our classes are small, personal, fun, and practical. The courses are all NZQA approved, and all credits are registered with NZQA. Certificates and refresher reminders are also provided.





Basic First Aid

(Unit Standards 6401 and 6402)

This course is ideal for those who want to be prepared in a First Aid situation or for those who work with the public. It covers the following:

- CPR and rescue breathing
- Accessing help
- Basic airway management
- Choking management
- Use of an AED (defibrillator)
- Management of an unconscious patient
- Managing bleeding and shock
- Wounds / Fractures / Soft tissue injuries / Burns
- Angina / Heart Attack / Diabetes / Stroke / Seizures / Anaphylaxis / Asthma

Delivery: Classroom

Duration: 8 hours

Price: Individuals: \$165pp (incl GST)

Corporate: \$1500 (excl GST) (for up to 12 people)



First Aid Refresher

This course refreshes the knowledge and skills gained on either the Basic or Comprehensive courses. It should be completed within 2 years and 3 months of having completed the original course. A current certificate must be submitted to C4 when booking the course. If the certificate is outside the above timeframe, a full course is required.

Delivery: Classroom

Duration: 6 hours

Price: \$90pp (incl GST)