



Why a St John First Aid course?

- All of our tutors hold pre-hospital emergency care qualifications or higher and are experienced in operational ambulance or first aid work.
- NZQA Category 1 training provider.
- We are New Zealand's largest provider of pre-hospital care, providing over 89% of New Zealanders with an ambulance service.
- We are registered with NZQA and offer a range of NZQA unit standards.
- Our flagship First Aid Level 2 course is the only first aid course in New Zealand that includes a "take home" CPR manikin, DVD and first aid manual (public courses only).
- We provide scheduled courses throughout New Zealand but can also provide groups and businesses with flexible delivery options.

Tailored courses: St John can provide courses for groups and businesses at your premises or ours. These courses can be customised to meet your needs. Call us to discuss your requirements.

Keep up to date with St John

Subscribe to our e-newsletter for the latest on first aid training and kits, competitions and useful first aid tips.

Simply click the link on our homepage stjohn.org.nz

Are you prepared?

We make kits for every purpose, from single-person portable kits to large kits for high-risk workplaces. Each kit has been expertly compiled to suit its purpose – simply select the right kit for your situation. We also sell replacement items, so that your kit can always be fully-stocked and up-to-date. stjohn.org.nz/shop

stjohn.org.nz/first-aid
0800 FIRST AID (0800 347 782)



First Aid Training



Train with the experts





First aid training

Ensuring the safety of your staff when there is an emergency is the hallmark of a caring employer. Investing in training your staff with St John will give you the confidence and peace of mind you need as well as helping you to meet your obligations under the Health and Safety Work Act 2015.

Mental Health First Aid

With 1 in 5 adult New Zealanders experiencing some form of mental health concern in any given year, this course is designed to equip participants with the knowledge and skills to be able to help.

Attendees will gain an understanding of the relationship between mental health and illness, recognise the symptoms of mental health problems, know how to provide initial help, and how to guide a person toward appropriate professional support.

Duration: 1-day **Price:** \$195

First Aid Level 1

Designed to provide participants with the knowledge to recognise life threatening situations and the skills to offer vital assistance to the patient before more experienced help arrives. Attendees will also learn about a wide range of medical and trauma conditions and how to help.

This course is ideal for first aiders in workplaces and anyone wanting to learn the basics of first aid. It is also the best course for renewing a certificate if it was issued more than 2 years ago.

Duration: 1-day **Price:** \$179
NZQA units: 6401, 6402 (or 26551 and 26552 by arrangement)

First Aid Level 2

Teaches the practical skills needed to manage emergencies, and a wider range of medical and trauma conditions, including situations where there may be more than one casualty. This course is designed to ensure your staff feel truly competent about providing first aid when it is needed.

Every student receives a St John First Aid Handbook, personal manikin and resources to take home, so that they can practise CPR and share their skills with colleagues, friends and family.

Completion of this course qualifies students as a trained first aid person in their workplace.

First Aid Level 2 includes all First Aid Level 1 content plus more, and there are no prerequisites for this course.

Duration: 1.5 days **Price:** \$249
NZQA units: 6400, 6401, 6402 (or 26551, 26552 by arrangement)

First Aid Refresher (Blended learning option also available)

Suitable for those who require revalidation of their workplace first aid certificate every 2 years because they are a designated first aider, this course provides a day of practical skills refreshment along with an update on any changes to first aid practice.

It includes practical scenarios and individual workstations so that you can concentrate on updating the skills and knowledge that you need.

You will need to have a current first aid certificate to enrol. This course can now be completed partly online – check our website stjohn.org.nz/firstaid.

Duration: 6 hours **Price:** \$159

Resuscitation Level 3

Resuscitation Level 3 is designed for those who need this level of qualification as part of their vocation and is also suitable for any person who has access to more advanced resuscitation equipment. The course can also be used as a refresher/revalidation for Level 3 Resuscitation and meets the skills level requirements of the NZ Resuscitation Council's Level 3.

Attendees use resuscitation equipment available in the pre-hospital environment.

The course is practical and provides ample 'hands on' time with equipment to ensure competency in performing a range of resuscitation skills. It is expected that attendees are competent in CPR. If you have not learned or refreshed your CPR skills within the previous 2 years, we strongly recommend you complete a Basic Life Support or Level 1 training course before enrolling on this course.

Duration: 4 hours **Price:** \$119

Pre-Hospital Emergency Care (PHEC)

Designed to motivate and train attendees to be able to provide immediate advanced first aid assistance in any situation. This course includes emergency care equipment with a focus on airway and respiratory support, AED, and a range of medical and trauma conditions. In addition, the course covers moving patients in readiness for transport, triage of multiple casualties, and handover to ambulance personnel.

Attendees are trained to a high standard of patient care with assessments throughout the course. More than 50% of the course is practical, allowing attendees to gain the confidence and competency to use the various techniques taught throughout the course.

Duration: 3 days **Price:** \$659
NZQA units: 14473, 25411, 25412

Pre-Hospital Emergency Care Refresher

Designed to refresh skills and knowledge for people involved in the advanced first aid/pre-hospital emergency care environment. Attendees will hold a current PHEC or PHEC Refresher Certificate.

The course is very practical with scenarios and practice sessions to refamiliarise yourself with pre-hospital emergency care equipment and techniques. There is no formal assessment on this course allowing more time to practice and discuss relevant scenarios.

Duration: 1-day **Price:** \$219

Child First Aid

This course is a recognised qualification for home-based Early Childhood Education Service providers and is recommended for parents, grandparents, family and anyone looking after children. If you work in an early childhood education centre or facility, we recommend you choose our First Aid Level 1 course.

This course provides the skills to deal with life threatening conditions in children, including CPR and choking, as well as an understanding of serious medical and trauma conditions that may affect children up to 8 years.

Duration: 4.5 hours **Price:** \$69
NZQA unit: 25459

Basic Life Support

This course teaches essential life-saving skills and is ideal for anyone who wants to learn CPR, while also covering the management of choking and serious bleeding. It is assessed and can lead to an NZQA unit standard.

Duration: 4.25 hours **Price:** \$99
NZQA unit: 6402 (or 26551 by arrangement)

Prices current as at July 2018. Prices are subject to change without notice. All prices are per person and include GST.