



SILVER SALTIES

First Aid   

Objective To promote first aid knowledge, understanding and skills to be confident and capable to support someone in need at home, at the clubhouse or on the beach.

Duration

2hr+ depending on First Aid Course

Frequency

One-off course

Program

One-off course

Place



Clubhouse

Intensity



Light to Moderate. Suitable for participants who have a good range of mobility and sound fitness. Participants must be able to kneel to practice cardio-pulmonary resuscitation.

A Typical Session

- Welcome, introductions, group check in, safety, course overview and housekeeping by SLS Club Leader – 10min
- First Aid Course – Length of course depends on course being undertaken
- Social activity – Participants can choose to stay and enjoy a coffee/tea at the clubhouse or a nearby café.

Safety

All participants should:

- Bring any medications, asthma puffers, and water.
- Wear comfortable clothing suitable for getting down to ground level, bending and stretching.



HOME LIFESAVER COURSE

2hr (Free)

The Home Lifesaver Course has been designed to provide parents, family members and friends with essential lifesaving skills and knowledge around the home. This course is a practical short course that will provide family members with basic first aid knowledge for those unforeseen accidents. It includes:

- Cardiopulmonary Resuscitation (CPR)
- Choking
- Asthma
- Anaphylaxis and allergies
- Fractures, sprains and strains
- Bites and stings

Upon successful completion of the course, participants will receive a Certificate of Participation.

This course was designed by Surf Life Saving Western Australia.



PERFORMING CPR COURSE

2-3hr (Approx \$65 pp)

The Cardiopulmonary Resuscitation (CPR) course enables participants to acquire the skills and knowledge to perform CPR in line with the Australian Resuscitation Council (ARC) Guidelines.

The course applies to all individuals or workers who may be required to provide CPR in a range of situations, including community and workplace settings.

Upon successful completion of the course, participants will receive a nationally recognised WorkCover approved statement of attainment for the following unit of competence:

HLTAID001 - Provide Cardiopulmonary Resuscitation



PROVIDING FIRST AID

8hr (Approx \$170pp)

This course provides participants with the knowledge and skills needed to manage emergency first aid situations and deliver competent emergency care until the arrival of professional medical support.

Once completed, participants will obtain a first aid certificate that is valid for three years.

The Provide First Aid course is nationally recognised WorkCover approved training.

HLTAID003 Provide First Aid

