



St John

first to care

First Aid Refresher

Maintain your confidence as an effective first aider.

First aid skills need to be regularly updated and practiced, to ensure you'll be able to do the right thing in an emergency. This course includes theory and practice to refresh your knowledge, teach you the latest first aid techniques and maintain your confidence as a first aider. Our First Aid Refresher is compliant with Department of Labour and NZQA requirements.

If you didn't complete your original course with us, it doesn't matter. You can still choose St John for your refresher training.

Choose St John

St John is one of New Zealand's leading providers of first aid courses. Years of experience, a dedicated team of knowledgeable people and proven teaching systems make our courses engaging and highly effective.

As the provider of ambulance services to most New Zealanders, we want you to do the right thing when an emergency happens. Who better to train you in life-saving first aid skills than the people behind New Zealand's largest ambulance service.

And, by choosing a St John First Aid Training course you are helping to support ambulance and other essential community services in New Zealand.

What you'll gain

This course has a practical focus. It includes group scenarios and individual hands-on activities, so that you can reacquaint yourself with first aid equipment and techniques. Learning is fun and focuses on what you need to know. On completion you will:

- be issued with a new first aid certificate
- be up-to-date with the latest first aid skills and knowledge
- help your workplace to meet health and safety standards.

Course content

- Update on first aid changes
- Scenario sessions
- Workstation sessions on trauma, medical conditions and CPR
- Update on topical medical issues

Course prerequisites

This refresher course is suitable for people who need to revalidate their First Aid certificate because they are a designated first aider. If your certificate was issued more than two years ago, or you need to learn first aid from scratch, consider a First Aid Level 1 or Level 2 course.

Please note: The First Aid Refresher course does not include assessment for unit standards, and is designed to refresh / maintain existing skills for those who have previously completed unit standards 26551, 26552 or 6401, 6402. If your existing qualifications were obtained outside of New Zealand these will need to be assessed by NZQA (www.nzqa.govt.nz).

DURATION | 6 hours



Stay up to date

To help keep all your training knowledge top of mind, sign up to our monthly e-newsletter. We'll keep you informed on training news, give advice and best practice examples.

Signing up is easy, go to our homepage www.stjohn.org.nz and click the e-newsletter link in the footer.



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. Visit www.stjohn.org.nz/shop for details.



St John Training courses

- First Aid Level 1
- First Aid Level 2
- First Aid Refresher
- Online First Aid Refresher
- Pre-Hospital Emergency Care (PHEC)
- Pre-Hospital Emergency Care (PHEC) Refresher
- Electrical Worker's Refresher
- Child First Aid
- CPR
- How to use an AED (Automated External Defibrillator)
- Workshops
- Resuscitation Level 3
- Resuscitation Level 4
- Resuscitation Level 5
- Advanced Resuscitation
- Maritime Medic
- First Aid for Forestry Workshop
- Outdoor First Aid
- Sports First Aid

Individual and group courses

Our range of first aid courses and workshops can be tailored to your needs. Courses are regularly held at St John premises throughout New Zealand and are ideal for individuals or small groups. If you have a larger group, we can arrange a course for you at your premises or ours.

Working Together



ASB

CALL 0800 FIRST AID (0800 347 782) | OR VISIT WWW.STJOHN.ORG.NZ