



# Senior First Aid Certificate

This award is valid for 3 years from the date of the examination.

## Pre-requisites

- Be a minimum of 15 years of age on the date of examination.

## Learning Outcomes

### **Identify basic patient management techniques.**

- Perform checks to identify potential danger to self, patient and bystanders, specifically; preventative actions for communicable diseases.
- Recognise and manage external bleeding injuries.
- Recognise and manage patient shock.
- Recognise and manage patients suffering minor burns, specifically; sunburn.
- Recognise and manage patients suffering soft tissue injuries, specifically; rest, ice, compression, elevation.
- Perform an airway management assessment, specifically; danger response, airway, breathing, circulation.

### **Perform basic patient management techniques.**

- Recognise and sort patients into management categories.
- Recognise and manage patients with hypothermia/hyperthermia.
- Recognise and manage marine envenomation injuries.
- Recognise and manage patient with chest pains.
- Recognise and manage patients with fractures.
- Recognise and manage patients with spinal injuries.
- Demonstrate an understanding of basic anatomy and physiology.
- Maintain effective documentation.

### **Demonstrate an ability to identify and manage patient's condition.**

- Prioritises patient treatment and emergency management.
- Recognise and manage patients with complicated and closed fractures.
- Recognise and manage patients with internal bleeding.
- Recognise and manage patient with head injuries.
- Recognise and manage patients with asthma.
- Manage patients with bleeding from the ear.
- Identify parts of the eye and removal of foreign material.
- Recognise and manage patients with burns.
- Recognise and manage patients with seizures.



- Recognise and manage patients with diabetes.

**Maintain adequate first aid equipment and facility.**

- Maintains first aid room and equipment according to SLISA standards.
- Manage first aid stock levels to SLISA standards.
- Sterilise equipment in accordance with medial protocol.

**Perform basic resuscitation techniques.**

- Perform a priority injury management assessment of a patient.
- Place a patient in recovery position.
- Perform a patient rollover.
- Open airway by attaining a backward head tilt.
- Perform 5 full breaths in 10 seconds.
- Detail breathing rate differences for adult, child, infant.
- Perform mouth to mouth/nose/mask expired air resuscitation technique/s.

**Perform resuscitation (CPR) techniques.**

- Detail the systems of the body, specifically; muscular-skeletal, circulatory, respiratory, nervous.
- Demonstrate a knowledge of when to commence CPR, and flow chart procedures for CPR.
- Detail CPR rate differences for adult, child, infant.
- Perform 1 and 2 person CPR techniques.
- Perform oxygen aided resuscitation technique.
- Demonstrate and describe patient management procedures after CPR.

**Assessment**

- Satisfy the majority of the Examiners in respect to their competence in all learning outcomes by -
  - Written/oral examination.
  - Basic Skill Performance.
  - Rescue Scenario simulation.

For this award to remain current candidates are required to perform an annual proficiency test in resuscitation.