



## **First Aid**

Surf Life Saving has a specific curriculum for first aid training to ensure that surf lifeguards on patrol are trained and equipped to deal with potentially life threatening situations. Approved first aid providers have this curriculum. All first aid qualification need to be refreshed every two years. Members will be required to start again from first aid level one if their awards are not refreshed.

### **First Aid Level One:**

#### **Unit standards achieved:**

6401, 6402, 6400

#### **Prerequisites:**

Financial member of a Club

14 years old

#### **Course duration:**

Two days

#### **Topics Covered:**

Primary Assessment

CPR

Common first aid conditions

Bleeding – signs and symptoms and treatment

Shock

Oxygen

AED

Basic Drowning physiology

Scenarios

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**SURF LIFE SAVING**  
NORTHERN REGION

3 Solent Street, Mechanics Bay, Auckland 1010  
PO Box 2195, Shortland Street, Auckland 1140  
T 09 303 0663  
[www.lifesaving.org.nz](http://www.lifesaving.org.nz)

**First Aid Level Two:**

**Unit standards achieved:**

25411, 14473

**Prerequisites:**

Financial member of a Club

15 years old

SLS Level One

**Course duration:**

One day

**Topics Covered:**

Automatic External Defibrillator

Oxygen

Patient monitoring

Packaging patients for transport

Scenarios

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**Pre-Hospital Emergency Care (PHEC):**

**Unit standards achieved:**

25412

**Prerequisites:**

Financial member of a Club

17 years old

SLS Level One & Two

**Course duration:**

Three days

**Topics Covered:**

Primary survey

Anatomy and physiology considerations

Scene assessment & the physiology of drowning

Patient triage

Shock management

Oxygen therapy & advanced airway management

Defibrillation

Secondary survey conscious and unconscious patients

Vital signs & readings (blood pressure etc.)

Bleeding control & management

Major wounds management

Soft tissue management

Dislocations & fractures management

Head injury management & Spinal management

Extended care considerations

Positioning and moving patients

Hyperthermia & Hypothermia

Medical Conditions

Marine Stings

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Burns

Critical care and after care management

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**Pain Relief Module:**

**Prerequisites:**

Financial member of a Club

18 years old

SLS Level one, two and PHEC

**Course duration:**

Three hours

**Topics Covered:**

Identify when the use of Methoxyflurane is justified

Contra indicators in the use of Methoxyflurane

How to administer the Methoxyflurane

Patient monitoring / side effects

Disposal of used Methoxyflurane

Recording the use of Methoxyflurane

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