

# First Aid Information Sheet

This sheet is to provide further information for those who want to know more about the FactCo First Aid courses for the Exercise Industry. To book please return to: [www.exercisenz.org.nz/firstaid](http://www.exercisenz.org.nz/firstaid)

For additional information on FactCo the training provider: [click here](#)

## Who should take these courses?

These courses are designed for anyone who needs a first aid certificate specifically designed for exercise professionals and is recognised by REPs for Workplace first aid.

Note: All courses have a 30 Min Lunch Break at Midday (BYO Lunch).

## What do the courses cover?

**Full Course (8 Hours)** If you have never taken a first aid course, or if your last First Aid Certificate has expired more than three months ago, you need to attend the Full First Aid Course.

Course Outline:

- Primary Assessment – Scene and Casualty Assessment in a Gym Environment
- CPR and Choking in Adults, Children and Infants
- AED Use in Adults
- Bleeding and Shock
- Burns, and Poisoning
- Fractures and Soft Tissue Injuries
- Strapping and Immobilization
- Seizures, Diabetic Emergencies, Asthma, Heart Attacks and Strokes

**Refresher First Aid Course (6 Hours)** This course refreshes the 8 Hour First Aid Course and adds some additional skills. If you have a current First Aid Certificate, or if your last First Aid Certificate expired less than three months ago, you need to attend the Refresher First Aid Course.

Course Outline:

- Primary Assessment – Scene and Casualty Assessment in a Gym Environment
- CPR and Choking in Adults, Children and Infants
- Bleeding and Shock, Head and Spinal Injuries, Fractures with Complications, Anaphylaxis, Hot and Cold Emergencies

Review of:

- Burns, Poisoning, Soft Tissue Injuries
- Seizures, Diabetic Emergencies, Asthma, Heart Attacks and Strokes

**CPR Course (4 Hours)** This course is great for those who need a basic first aid certificate (basic life support) and covers the following topics:

- Primary Assessment
- CPR in adults, children and infants
- Choking in Adults, children and infants
- Management of the unconscious victim

All pricing and bookings can be made on the first aid page [www.exercisenz.org.nz/firstaid](http://www.exercisenz.org.nz/firstaid)

## Some Testimonials

I recently attended FACT Co. (first aid CPR training). There was a small group which suited me and we had a lot of fun which makes it more enjoyable. I have always attended St. John's courses over the last 30 years. So I thought I would give FACT Co. a try. I thoroughly enjoyed the course. Donevon our teacher was fantastic! He explained things really well and made it a great experience, I learnt a lot on the day so I will definitely go back in two years. **Tania, Personal Trainer, Christchurch**

I recently completed the 8 hour "Workplace First Aid" course with FactCo. I have done these courses with various providers every 2 years over the past 20 years. I found FactCo. covered all the bases in a knowledgeable, friendly way. Ample time was spent on each section, the practise sessions were to the point and useful. I felt well prepared to be a useful first responder or assistant as a result. I would recommend this course. **Erin, Fitness Instructor/Physio, Christchurch.**