

First Aid Course Surf First Responder

Overview

Modeled on the Fire First Responder program, we have a trial open to 32 interested candidates nationwide. The goal is to improve standardisation and consistency in first aid and resuscitation services provided by SLSNZ lifeguards. We'll achieve this by taking the best lifeguards, and exposing them to the best teaching from St. John personnel.



Information

Pre requisites	16 years of age Min 2 years patrolling experience SLS Level 2 First Aid (current) Current member of a SLS club Surf Lifeguard Award (refreshed)
Exclusions	Paramedics, EMTs, doctors, nurses, other health professionals
Duration	Four days, run over two weekends.
Delivered by	St. John personnel (EMT, Paramedic or Intensive Care Paramedic)
Who should complete it	Lifeguards committed to excellence in first response in an emergency
Candidate Requirements	Attend and fully participate in all four days Assist programme development by engaging in post-course evaluation
Course details	Pilot 1: Spencer Park SLSC, 29/30 June and 13/14 July, 0830 – 1700 Pilot 2: Waihi SLSC, 10/11 August and 17/18 August, 0830 - 1700

Outcomes

At the completion of the qualification candidates will be able to:

1. Describe professional and ethical behaviour and work professionally and ethically in a health or well-being setting
2. Demonstrate knowledge of safety and well-being in emergency care first response context
3. Gather and record patient medical information, demonstrate understanding of the use of common relevant medications and provide basic emergency care
4. Adapt strategies to manage complex emergency situations in first response contexts

To register an expression of interest for this course, please email brad.oleary@surflifesaving.org.nz

Course Content

Some of the topics covered in this course include:

- Identify the roles and responsibilities of the first responder
- Understanding common terminology used by the ambulance service
- Performing a primary and secondary survey
- Interviewing the patient and any bystanders
- Understanding when and how to take a set of vital signs
- Acquiring a 3-lead ECG
- Identifying information required for a handover
- Principles of resuscitation, including CPR, AED, airway management and oxygen administration
- Understanding and treating shock and trauma – including haemorrhage control, fractures and dislocations, burns, thermal problems and spinal injuries
- How to care for yourself and your patient
- Principles of pain relief and how to administer pain relief if required
- Assessment and treatment of respiratory emergencies including CORD, asthma, stridor, anaphylaxis and foreign body airway obstruction
- Assessment and treatment options for cardiac chest pain
- Assessment and treatment principles for other medical conditions including childbirth, stroke and seizures

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