



**SURF LIFE SAVING®**  
NEW ZEALAND

*In it for life*



# First Aid Level 1 Refresher ONLY

**Date:** 7 November 2020  
**Venue:** TBC  
**Address:** TBC  
**Time:** 9am – 3pm  
**Cost:** \$92.00

## COURSE OVERVIEW

This is a 1-day resuscitation course refreshing the following topics from First Aid Level 1: assessment of emergency situations, basic life support, soft tissue injuries, bleeding, shock, fractures and head injuries, hypothermia, asthma, oxygen delivery systems, burns, asthma and basic drowning physiology. Encompasses Unit Standards 6400, 6401 and 6402.

## COURSE INFORMATION

**Duration:** 1 day Refreshers will be run for one day only

**Requirements:** Participate in the full 1 day refresher course  
Complete all practical requirements  
Complete all theory requirements

**Registration:** Please contact your club lifesaving coordinator or administrator to register for this course.

## COURSE COST

Refresher (1 day): \$92.00 pp

## PRE-REQUISITES

**First Aid Level 1** 14 years of age  
Current member of a SLS club

## CONTACT

**Jessica Rodrigues** – Club Development Officer – Christchurch/Tasman  
M | 027 379 5166  
E | [Jessica.Rodrigues@surflifesaving.org.nz](mailto:Jessica.Rodrigues@surflifesaving.org.nz)

Surf Life Saving New Zealand 1063 Ferry Road, Ferrymead, Christchurch 8023  
PO Box 22528, Christchurch 8142.