

24/25

School & Teacher

**First Aid Education
& Compliance Guide**



St John



For all your first aid needs visit www.stjohnqld.com.au

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First Aid Training

Overview

First aid training is a requirement of the Department for Education for all teachers and school support staff, and is a vital part of student safety and wellbeing.

While HLTAID010 Provide basic emergency life support is the minimum first aid requirement for the Department of Education, designated first aiders must complete HLTAID012 Provide First Aid in an education and care setting. Those seeking employment who hold a current HLTAID011 Provide First Aid qualification can complete the Asthma and Anaphylaxis course to meet the requirements.

First aid training needs may vary depending on role and school-specific requirements.

Emerging Issues

Education and student wellbeing go hand-in-hand. Positive wellbeing is linked to higher engagement with learning and a good education has been associated with wellbeing. A common impact on student wellbeing is bullying, and in 2023, this unfortunately extends beyond the school yard. Children are becoming more connected online, with 1 in 3 children aged between 8-13 years using social media. As a result, young people are at risk of online bullying, increasing their likelihood of poor academic performance and mental health concerns.

As educators, training in Mental Health First Aid can be the difference in providing support to students before any mental health concerns can develop and impact ongoing wellbeing. For more information on the St John Ambulance Mental Health First Aid course, please visit our website at www.stjohnqld.com.au/training or contact 1300 785 646.

Australian Institute of Health and Welfare 2020, *Australia's Children: in Brief*.

What you need to know...

	Principal	Teachers	SSO/ Admin	First Aiders	OSHC & Pre-school
HLTAID009	✓	✓	✓	✓	✓
HLTAID010	✓	✓			
HLTAID011	✓	✓	✓		
HLTAID012	✓	✓		✓	✓
HLTAID013		✓*			
Asthma & Ana.	✓	✓		✓	✓
Mental Health	✓	✓	✓	✓	✓
Manual Handling	✓	✓	✓	✓	✓

✓ Recommended to be refreshed every 12 mths. ✓ Recommended to be refreshed every 36 mths. ✓* Required for teaching activities in remote locations.

Refer to page 5 for course information.



Solutions

Public Courses

Corporate On-Site Courses

HLTAID009*

Provide cardiopulmonary resuscitation

2.5 Hours in the classroom
(no pre-learning)

\$48
SAVE 30%

2.5 Hours at your location
(no pre-learning)

\$770
SAVE 30%

HLTAID011*

Provide First Aid
(Blended)

Pre-learning + 5 Hours
in the classroom

\$90
SAVE 30%

Pre-learning + 5 Hours
at your location

\$910
SAVE 30%

HLTAID011*

Provide First Aid
(Full Course)

1-Day in the classroom
(no pre-learning)

\$132
SAVE 30%

1-Day at your location
(no pre-learning)

\$1,540
SAVE 30%

HLTAID011*

Provide First Aid
(100% Online)

Pre-learning + 5 Hours
Virtual Classroom.
This course is delivered by
our St John VIC Office

\$325

Pre-learning + 5 Hours
Virtual Classroom.
We'll send the
equipment to you!

\$1,680
SAVE 30%

HLTAID012**

Provide First Aid in an
education and care setting

Pre-learning + 1 Day
in the classroom

\$118
SAVE 30%

Pre-learning + 1 Day
at your location

\$1,540
SAVE 30%

HLTAID013**

First Aid in remote and
isolated sites

3-Days in the classroom
(no pre-learning)

\$279
SAVE 30%

3-Days at your location
(no pre-learning)

\$4,200
SAVE 30%

Asthma and Anaphylaxis*

Consisting of accredited courses: 22556VIC – Course in the Management of Asthma Risks and Emergencies in the Workplace and 22578VIC Course in First Aid Management of Anaphylaxis.

This course can be
delivered alongside First
Aid and CPR

POA

Specialist Skills for Key Staff



Mental Health First Aid

The 2-day Mental Health First Aid course teaches adults (18 years and over) how to provide initial support to adults who are developing a mental health problem or experiencing a mental health issue or crisis until appropriate professional help is received or the crisis resolves using a practical, evidence-based Action Plan. This course is externally accredited through Mental Health First Aid Australia.

First Aid for the Mind

Early recognition and intervention are key to effectively assisting in mental health emergencies. Our 1-Day course is delivered by experienced professionals who give you strong skills to recognise the signs of mental disorders early, effective strategies to assist, and the confidence to use them. This is a non accredited courses.

First Aid for Seniors

This course is aimed at equipping older adults with vital life-saving skills. It addresses the unique health concerns of seniors, offering practical and easy-to-follow instructions. Participants will learn how to respond confidently in emergencies, making it a valuable resource for both personal safety and assisting others.

Tailored Information Sessions

St John can provide qualified first aid trainers to attend your next staff meeting or professional development day to deliver tailored information sessions. There may be a particular first aid topic your staff would like to know more about, such as anaphylaxis or snake bite treatment. These non-accredited information sessions can be tailored to suit the needs of your school and staff.

To book, call us on 1300 785 646 or email enquiries@stjohnqld.com.au

For more information about your specific course, including units of competency achieved, options for delivery, duration and more, please visit www.stjohnqld.com.au/training.

*St John Ambulance (Queensland) delivers nationally recognised training and assessment on behalf of St John Ambulance Australia (RTO 88041).

**Course includes CPR and First Aid

**30%
OFF
HLTAID011**

First Aid Products

Overview

Having the right first aid products available to students, staff and visitors at your education facility is essential. SafeWork Australia's First Aid in the Workplace Code of Practice stipulates the required type and quantity of first aid equipment in different settings to meet minimum requirements.

The Department for Education also specifies the number and type of first aid kits and modules that must be present, depending on the school environment.

Implement sun safety in the school yard this summer

When your students are returning to school, make sure you assist in protecting their skin in the following ways:

- **Slip** on clothing that covers as much skin as possible; it's one of the best barriers between your skin and the sun.
- **Slop** on a SPF 30 or higher, broad spectrum sunscreen 20 minutes before going outdoors, and reapply every 2 hours.
- **Slap** on a hat that provides protection to your face, neck and ears.

If one of your students experiences heat induced illness due to prolonged sun exposure, follow these steps:

1. Follow DRSABCD.
2. Lie the patient down in a cool or shaded area.
3. STRIP the patient of as much clothing as possible. If the patient does not improve quickly (within 10 minutes), call Triple Zero (000) for an ambulance.
4. SOAK the patient with any available water.
5. FAN the patient continuously.
6. Give cold water to the patient to drink if they are fully conscious and able to swallow.

To book a First Aid course to learn more about heat induced illness and other First Aid related emergencies, please visit: www.stjohnqld.com.au/training.

Cancer Council SA, July 2020, Be SunSmart for the return to school.

What you need to have...

Must-Haves (min 1 per workplace):

Standard workplace kits

- Office
- Canteen
- Workshops
- Department for Education fleet vehicles
- Outdoor and excursions
- Separate work areas

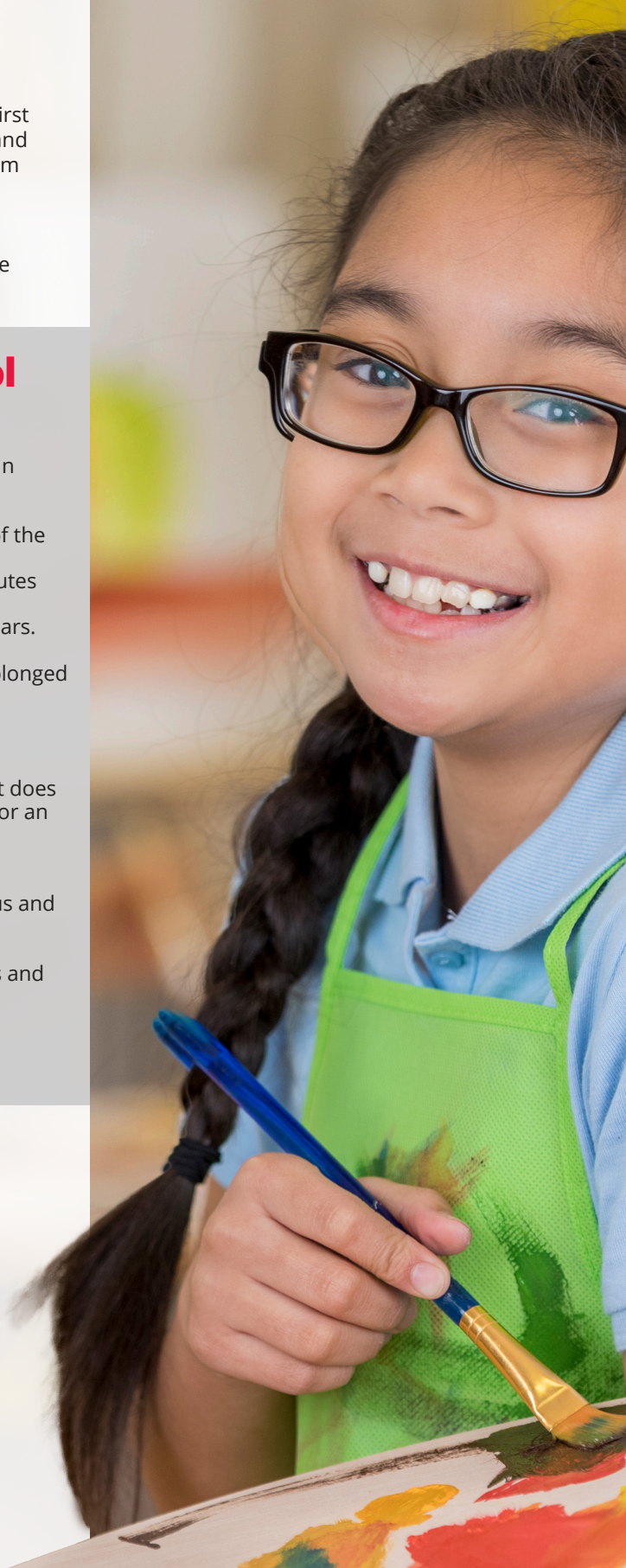
Recommended:

Additional kits

- Agricultural studies facility
- Ground person's shed
- Science laboratories
- Gymnasiums
- Private vehicles for work purposes
- Other high-risk areas (identified through a workplace first aid assessment – see pg. 9)



RECEIVE 30% OFF
PATCH 'N' GO FIRST AID KIT



Solutions

First Aid Kits

- First aid kits for all school office environments
- Various sizes and applications including wallmounts
- Durable design including soft and hard shells
- Fully customised options available
- Waterproof kit



Personal Protective Equipment (PPE)

Personal Protective Equipment in schools is important as it helps reduce the risk of the spread of germs between students, teachers and visitors.

PPE equipment recommended for use in schools includes:

- Face masks
- Hand sanitiser
- Surface wipes



These can be purchased through the St John shop on our website both separately and in a bundle.

Sports First Aid Kit

The Sports First Aid Kit includes an extensive range of first aid components suitable for a sportsperson, coach, trainer, teacher, athlete, and the parents and/or guardians of school children. This comprehensive kit includes a sports strapping tape.



Specific Classroom Modules

Some specific modules are required by the Department for Education.

Burns Module: classroom activities that may cause chemical and/or heat burn.

Personal Protection Module: protection for where there may be risk of infectious disease.

Sprains and Strains Module: perfect for physical activities including sports and excursions

+ more modules available.



Complete modular kit

**30%
OFF**
ITEMS
ABOVE

Email: enquiries@stjohnqld.com.au to order.

On-site Services

Overview

St John is your one-stop-shop for all things first aid, making maintaining first aid compliance easy. We can deliver all of our products and services on-site, making your life easier. We like to make maintaining first aid compliance easy and we work closely with you to make this achievable.

St John can deliver first aid training for your staff, provide first aid services at school events or restock first aid supplies at your school or education facility.

Book St John QLD Event Health Services for your next school event

In addition to the day-to-day first aid requirements of an education environment, further support may be required for larger school events, such as fetes and sports days. Given the large number of students and additional spectators, this presents a higher risk for injuries and the need for first aid intervention.

Booking St John Event Health Services for your next school event will ensure you have highly trained and equipped St John volunteers looking out for the wellbeing of your staff, students and visitors. You can then get on with enjoying the day, knowing the school community is in safe hands.

What you need on-site...

Recommended schedule:

	Every 6 months	Every 12 months
FREE Workplace Assessment		✓
Restocking Services - bulk orders available	✓	
Customised Information Sessions		✓
First Aid Drills		✓
First Aid in Schools		✓
Event Health Services (e.g. at sports days)	(As required)	



Solutions

FREE Workplace Assessments

Our first aid advisors will visit your school, assess it against SafeWork Australia's First Aid in the Workplace Code of Practice requirements and make recommendations based on their assessment – completely free of charge.

Customised Information Sessions

Learn about topics relevant to your school's specific circumstances, such as common medical conditions including diabetes, asthma and anaphylaxis.

First Aid Drills

Regular first aid drills keep you and your team response-ready in between first aid courses. A St John trainer will visit your school and run first aid scenarios with your staff. Our first aid drills can be tailored and can be scheduled throughout the year at a time that suits you.

First Aid in Schools

See pages 10 - 11 for more information about this FREE program.

CPR Lab

Book St John for your school events – from school fetes to fundraisers, our Community Engagement team will provide services to promote CPR to children, parent and visitors.

Restocking Services

We examine your stock levels and quality of contents, check expiry dates and restock accordingly to meet WHS regulations. We also include an inventory list and audit date (as required by SafeWork's First Aid in the Workplace Code of Practice), and attach a service label indicating the next due date.

**30%
OFF
YOUR
RESTOCKING
PRODUCTS**

Quote 'SCHOOLS' when making a restocking booking enquiry at www.stjohnqld.com.au/workplace/workplace-supplies-restocking/ or when calling 1300 785 646.

First Aid in Schools

Overview

St John provides complimentary first aid education to Queensland primary school children through their First Aid in Schools (FAiS) program. This course is tailored to suit each individual year level, with a qualified St John First Aid Trainer coming to your school to teach students vital first aid skills.

Each session ranges from 45 to 60 minutes and is flexible to suit the age of the students and lesson times. It is suggested that students undertake the FAiS program annually in order to refresh skills.

Emerging Issues

Reports from St John First Aid in Schools Trainers have demonstrated that the benefits of students participating in the program are undeniable. For students residing in lower socioeconomic areas, this has been particularly apparent. Reports indicate these children are likely to be exposed to more violence and more situations where first aid intervention may be needed.

The program has been able to empower these children with the skills and knowledge to help a family member or friend in distress and respond in a calm way.

What's in it for the kids...

Lifesaving skills:

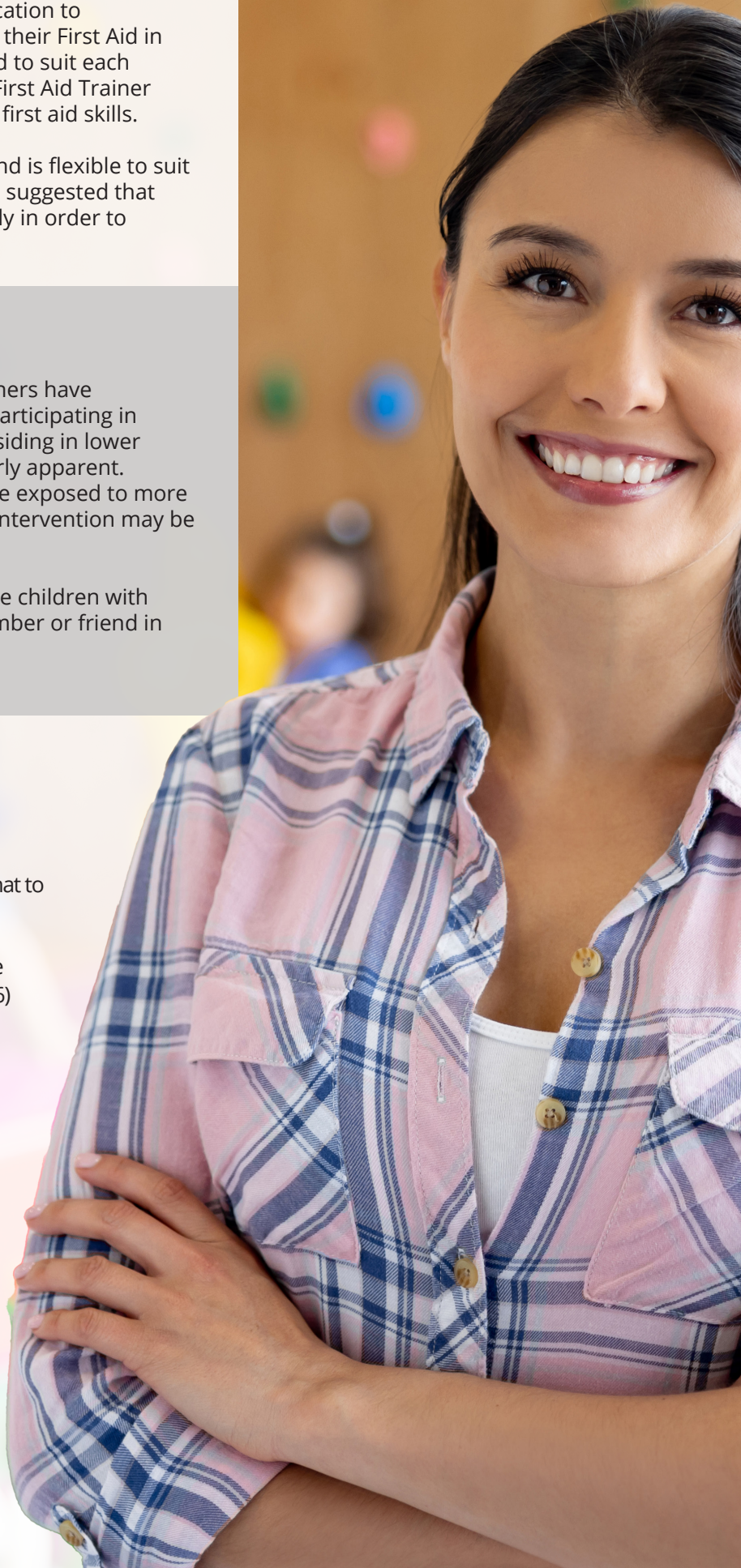
- How to call an ambulance
- Danger assessments and personal safety - what to look out for and what to do
- Dealing with an unconscious person
- Recovery position demonstration and practice
- Cardiopulmonary Resuscitation (from year 5-6)

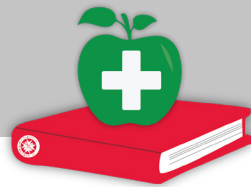
Take-home resources:

- Interactive first aid workbook
- Emergency assistance fridge magnet
- Certificate of achievement
- Encouragement letter to parents

Free Learner Driver Training

This FREE online training course, offers an introduction to first aid that may give a person the confidence and knowledge to take action during an unexpected and overwhelming roadside situation.





FAiS

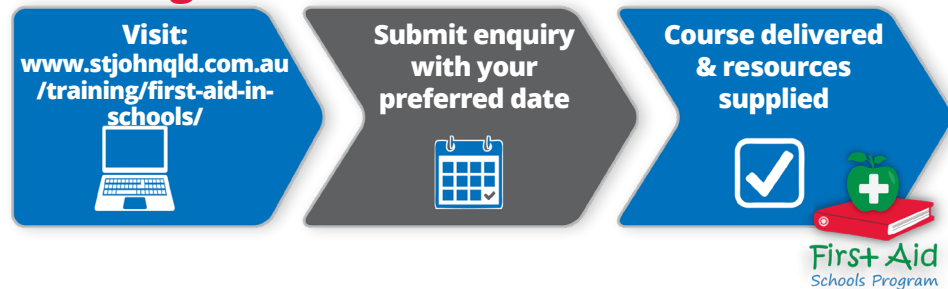
First Aid Schools Program

The FAiS program is complimentary for schools and students, and in addition to gaining vital knowledge and skills, each child will receive a gift bag with contents that encourage engagement with the first aid topic.

The program is specifically designed with the kids' learning in mind. It is interactive, fun and communicates key skills that will empower young people with the ability to act in case of an emergency.

In 2023 we delivered our First Aid in Schools program to 35 schools empowering almost 13,000 primary school students the lifesaving skills of first aid.

How to get involved



It is almost certain that at some stage we will all be presented with a situation that requires first aid treatment. Whether that be a need for personal treatment, or aiding a friend, a family member or indeed a stranger, having first aid knowledge and skills could mean the difference between life and death.

FAiS is one of our many charitable programs and is funded through our commercial activity, generous sponsors and donations.

Our free app

First Aid Action Hero is a free app for children aged 5+. This app was designed by St John Ambulance Australia to teach and reinforce first aid fundamentals from the First Aid in Schools Program through a fun and engaging gamified experience.

It is available on the Apple App Store for any aspiring young hero!

FREE
FIRST AID IN
SCHOOLS

Find out more and enquire online on our dedicated website www.stjohnqld.com.au/training/first-aid-in-schools/ or call 1300 785 646 to book.

AED's

Overview

Sudden cardiac arrest can happen to anyone, at anytime, anywhere. Both children and adults can experience cardiac arrest without any pre-existing conditions, making it vital for educational institutions to be prepared with the essential training and equipment to manage this situation. Early CPR and early access to an Automated External Defibrillator (AED) are vital for providing a chance at survival.

Another life saved – Michael's story

"The odds of surviving an out of hospital cardiac arrest are 9%. The odds of surviving one being neurologically intact are 3%. I'm one of the lucky 3% and this is my story.

After completing the first 10km of the Pichi Richi Marathon, my Strava data would show that I completed kilometre 38 in 5 minutes and 22 seconds. This was the last kilometre I would run.

Doctors told me that I had suffered a cardiac arrest. An ectopic heartbeat sent my heart into a dangerously abnormal rhythm that is almost always fatal. A fit, seemingly healthy, 42-year old male, who had run most of his life, lying on the ground. I had dropped dead! The only thing that could save me was someone trained in First Aid, carrying a defibrillator.

Approximately 10 minutes before I collapsed, St John received a call advising another runner had fallen, cut their head, and was bleeding. It was only by chance that the two St John SA volunteers would come to the 37km

mark to help the runner with their injury and find me on the ground gasping for air.

Fortunately, one of the St John SA volunteers recognised the signs of cardiac arrest and ran and grabbed the defibrillator from the St John SA vehicle. By the time she returned, my eyes had rolled to the back of my head and I had stopped breathing. At this point, I had my life in the hands of a St John SA volunteer holding a defibrillator. The St John SA volunteers quickly commenced CPR, put the defibrillator pads on my chest, shocking me once, managing to get my heart back to normal rhythm. With thanks to St John volunteers and their knowledge of how to effectively use AEDs, I am able to spend another Christmas with my family."

Michael's is just one of so many lives saved by St John Ambulance SA and his Sudden Cardiac Arrest experience highlights the importance of AEDs and the importance of being trained in how to use the device effectively.



Defibrillator bundle

For a limited time only, St John is offering all schools the complete AED package with a saving of **more than \$500!**

School bundle includes:

- ✓ St John Ambulance G5 AED with Intellisense CPR Feedback*
- ✓ AED Ready pack
- ✓ White alarmed indoor cabinet
- ✓ AED 90degree poly sign
- ✓ DRSABCD plan A3
- ✓ AED awareness training licenses x 10

**ONLY
\$2,150**

**SAVE
\$500**

**ON DEFIBRILLATOR
BUNDLE**

Email enquiries@stjohnqld.com.au to order

**Intellisense CPR Feedback is the only CPR aid of its kind to combine compression rate and depth corrections, quick and easy functionality and Rescue Ready reliability. When lives are on the line, you need an intelligent CPR device in your hands.*

Did you know that St John QLD is a self-funded charity?

By choosing St John QLD as your first aid provider you help us continue our charitable work in the community.