



Free First Aid for Summer-Accredited

Supporting communities to prepare for heatwaves and hot weather

Heatwaves and hot weather are a major concern

While summer in Australia is a time for fun and celebrations, hot weather is a real threat to the health and wellbeing of many. Heatwaves cause more deaths in Australia than bushfires, cyclones and any other hazard. Being prepared and knowing how to support those around you during a medical emergency can help you feel better prepared when an emergency strikes.

Learn first aid skills to support those around you this summer

Participants will gain the knowledge and skills to help themselves and others cope with heat related illnesses, cardiac incidents, and other injuries—both physical and mental—that are more likely to occur during hot weather.

On successful completion of this course, students will be issued with a nationally recognised Statement of Attainment for HLTAID009 Provide cardiopulmonary resuscitation.

For queries, contact MaryJo at mgittany@redcross.org.au

First Aid for Summer training topics covered

- Basic Life Support (DRSABCD)
- Perform CPR
- Cardiac emergencies
- Heat Stroke & Heat Exhaustion
- Burns
- Breathing emergencies
- Drowning
- Shock management
- Wellbeing and mental health support and assistance

Registration:

<https://forms.gle/pdHBvVdTxdXomEBJ9>

Location: Metro Assist, Level 2, 59–63 Evaline St. Campsie

Date: November 21, 2024

Time: 9AM–2:30PM





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Registration:

<https://forms.gle/pMLkLjE2UymBxRYY7>

Location: Room 1, Bankstown Library and Knowledge Centre

Date: December 6, 2024

Time: 9AM-2:30PM

