First Aid Training – time for a refresher?

You might think you already know what to do when an accident happens, but First Aid practices are always being updated.

Just imagine you were working outside when someone gives a yell, then falls down onto the side of the road, screaming ‘a snake’s bitten me’.

The recommended first aid for a snake bite ages ago would have been to cut open the wound and suck the poison out. When this was found to put the first aider at risk, and do very little to help the person who’d been bitten, the next practice was to apply a tourniquet above the bite. Years later researchers found that applying a tourniquet often risked cutting off vital blood supply to the area that had been bitten.

Would you know the current first aid for treating a snake bite?

How about the latest first aid practices for a burn?

Picture one of your colleagues carrying back the usual quota of staff cappuccinos. They accidently trip over the edge of some equipment, and start screaming as boiling coffee runs over their hands and into their lap. It’s not so long ago, that a common first aid practice for a burn was to smother the area with an ‘ointment’, butter, or even toothpaste. Researchers have since found that applying any type of cream to a burn only makes the burn much, much worse and scarring many times more likely. How about a bandage? Do you bandage a burn, or leave it open?

WorkSafe Australia’s Guidelines recommend first aiders take a refresher CPR course every year, and do their first aid training every third year. But, other organisations suggest first aiders should update their training more frequently, even every year!

Over time we all forget bits and pieces of what training we’ve been involved in. And, as Wikipedia reports ‘due to regular changes in procedures and protocols, based on updated clinical knowledge’ it is necessary to refresh a first aider’s training quite often. So, it doesn’t matter if you’re a mum, dad or grandparent, company first aider, or someone looking for a change of careers and update their CV – whoever you are and whatever you do, it is worth taking a refresher course to have up-to-date certification in first aid.
Edway Training runs accredited First Aid Training Courses at both our Melbourne and Sydney venues. Furthermore, we offer discounted Group Bookings for Onsite First Aid Training at your workplace or chosen venue.

For any information about training subsidies, to enroll, or any other information concerning our Onsite Training Courses - call us nationally on our 1300 663 350 hotline, Email info@edway.edu.au, or simply fill out the form on our Contact Page.