



Are You Ready For A First Aid Course

**IN WERRIBEE THAT
ACTUALLY PREPARES
YOU?**

THE MINUTES THAT DECIDE EVERYTHING

Emergencies rarely wait for paramedics to arrive. In the first few minutes after a cardiac arrest, choking episode or serious injury, the actions of an ordinary bystander often matter more than anything that happens later. Communities with more trained responders consistently record better outcomes.



First aid training does more than teach steps. It builds the calm needed to act, and the judgement to know what a situation actually requires. Emergency preparedness starts with ordinary people, not specialists.

THREE ROUTES TO THE SAME CONFIDENCE

Every learner starts differently. A CPR course Werribee locals choose as a quick annual refresher pairs online theory with a forty-five minute practical session, while the full Provide First Aid qualification adds a two-hour practical for broader, longer-lasting skills. All pathways lead to nationally recognised training, valid Australia-wide.

HLTAID009

CPR Training

A focused refresher covering rescue breaths, chest compressions, defibrillator use and recovery position. Ideal for an annual CPR certification renewal.

HLTAID011

First Aid Training

Provide First Aid, including CPR and basic emergency life support, in one Statement of Attainment. The standard workplace first aid certificate.

GROUP & ONSITE

Workplace Programs

Group first aid training and onsite first aid training for teams, delivered at your workplace or a local venue in Werribee.

EVERY PATHWAY INCLUDES

- ✓ Nationally Recognised Training
- ✓ Same-Day Certificate
- ✓ Small Class Sizes



WHERE THEORY MEETS THE MANIKIN

Learning starts online, at your own pace, working through theory from a phone, tablet or laptop. The real learning happens afterward, in a two-hour face-to-face practical session where hands-on practical training replaces guesswork with muscle memory.

Experienced First Aid Trainers

Sessions are led by a Registered Nurse who brings genuine clinical and emergency-response experience into the room.

Hands-On Practical Training

Advanced CPR manikins give visual feedback, so you can see how correct compressions support blood flow.

Flexible Learning Options

Complete theory online in your own time, then attend one short practical session locally in Werribee.

EVERY DAY, SOMEWHERE, SOMEONE NEEDS THIS

First aid skills rarely wait for a convenient moment. They show up at the school gate, on the sideline, around the dinner table and on long drives out of Werribee. Knowing what to do turns a frightening moment into a manageable one.

Home	A burn from the stove or a fall on the stairs. The first response often shapes the recovery.
School	Teachers and carers are often the first on scene for a playground injury or allergic reaction.
Sport	Collisions, sprains and concussion are part of local sport. Confidence changes the outcome.
Workplace	Manual handling injuries and sudden medical events happen in every industry, every day.
Community	Volunteers, coaches and neighbours are frequently the closest help before paramedics arrive.
Travel	Away from home, help can be further away. Basic first aid closes that gap.

BEFORE YOU NEED IT

- Know where the nearest first aid kit is kept
- Save Triple Zero (000) and workplace emergency numbers
- Check your certificate renewal date
- Identify the closest defibrillator location
- Agree an emergency plan with your household or team

WHAT THE WORKPLACE DATA SHOWS

Workplace safety is not a paperwork exercise. It is the difference between a near miss and a life-changing injury. Building genuine emergency preparedness means having people on site who know exactly what to do in the first sixty seconds.



188

Workers fatally injured
at work across
Australia in 2024.

146,700

Serious workers' compensation claims lodged in 2023-24.

42%

Of fatalities involved a vehicle incident, the leading single cause.

FIVE MINUTES YOU SHOULD KNOW BY HEART

Danger	Check the scene is safe for you, the casualty and bystanders.
Response	Check if the person responds to voice or touch.
Send for help	Call Triple Zero (000) or ask someone else to call.
Airway	Open and check the airway is clear.
Breathing	Look, listen and feel for normal breathing.
CPR	Start chest compressions if not breathing normally.
Defibrillation	Attach an AED as soon as one is available.

FIRST AID KIT ESSENTIALS

- Sterile dressings and adhesive bandages
- Triangular bandage for slings and pressure
- Disposable gloves and a resuscitation face shield
- Antiseptic wipes and saline solution
- Scissors, tweezers and a thermometer

COMMON MISTAKES TO AVOID

- Moving a casualty unnecessarily before checking for danger
- Stopping compressions too soon once help is called
- Forgetting to check for normal breathing before starting CPR
- Leaving a conscious casualty without ongoing reassurance

SKILLS YOU WILL NEVER REGRET LEARNING

A first aid certificate does not expire in usefulness the way it expires on paper. Once learned, these skills stay with you at home, at work and anywhere life takes you next. The only real risk is waiting until after an emergency to learn them.

Book a first aid course Werribee residents already trust, and walk away with a nationally recognised certificate, practical confidence and one less thing to worry about.

BOOK YOUR COURSE TODAY



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