

## **FMR training day- First Aid Refresher, Sun, 19th April, 2020.**

**Content-** focus will be on refreshing your first aid knowledge and skills with updated information and practice. This will be done in non-threatening, assessment free environment. We will utilize the context of the search and rescue casualty in our session.

**Leader:** Tom Bor, FMR/ BOSQ member, Registered Nurse, Credentialed Mental Health Nurse, recent first aid certificate (Australiawidfirstaid)

**Participants-** max 12 for this session, no requirement to have accreditation in first aid. Beginners welcome.

**Cost:** \$2.00 to cover printing and equipment costs.

**Register:** Email your interest to [fmrqld@gmail.com](mailto:fmrqld@gmail.com)

**Extra information-** contact leader on

Landline- 07 31723570

Mobile-0412473040

Email- [thomas.b\\_04@optusnet.com.au](mailto:thomas.b_04@optusnet.com.au)

**Meet:** 0800 hrs, Stockyard Creek, Brisbane Koala Bushland, Alperton Rd, Burbank. We will utilize a large open, sheltered complex with bench seating. If you prefer to sit in a **camping chair** bring it also. Please note there is **no potable water** in the facility. Flushable toilets are available.

**Directions-** travel east on Mt Cotton Rd and turn right into Alperton Rd and it's just 1km on the left.

**Duration-** 0800 till around 1530 hrs (max)

**Bring:** morning tea, water, lunch, a pen, and clipboard/ notebook, 2 snake bite bandages( Aeroform or Seto bandages are recommended- Aeroform are cheaper and can be purchased from Chemist Warehouse for \$8.00 each), first aid kits for review and use on the day, sandals/ joggers will do, and comfortable appropriate clothing for practicing first aid( e.g. CPR)

**Content:** this session will focus on:

- Survivability in Search and Rescue Situations.
- Critical situations (e.g. snake bite, cardiac arrest, anaphylaxis, severe bleeding, dehydration, hypothermia heat stress etc.)
- Basic requirements for first aid kits and medication for first aid kits
- Wound care
- Demonstrations and case study by the leader.
- An opportunity for all participants to practice their skills in a friendly, informal environment.

**Handouts** will be provided during the session.