

## Combined Secondary Schools WSC Team Training – Saturday 8<sup>th</sup> August

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Commences at 8:00AM and finishes at the latest 6:30PM – for those doing Safety Training 9:00PM

All meals will be provided.

### All training is at:

State Training Services Pty Ltd, 129 Richmond Road, Richmond SA 5033 Tele 1300 766 086

Courses are accredited under the National Australian Training Authority. NTIS (National Training Information Services) is the official national register of information on Training Packages, Qualifications, Courses, Units of Competency and Registered Training Organisations (RTOs) and has been developed for experienced training sector users. State Training Services is registered by NTIS.

This course includes national accredited subjects and additional awareness subjects. National Units are: HLTA301B - Apply First Aid, HLTCP201A – Perform CPR and HLTA404A – Apply Advanced Resuscitation Techniques

All participants will need to complete a short workbook prior to attending the face to face training day.

The days training will cover a selection for each member from:

- Safety Officer First Aid training
  - Safety brief for crew members
  - Fatigue
  - Self massage
  - Cramps
  - Stretching before/after
  - Sprains and strains
- Hot and Cold related incidents etc – including additional information on
  - Road accidents, including scene management, fractures, spinal and head injuries
  - Heat related emergencies
  - Hydration
  - Nutrition
  - Posture
  - Blisters
  - Burns
  - Unconscious casualty
  - CPR
  - Choking
  - Bleeding
  - Fractures
  - Medical conditions
  - Asthma and allergic reactions
- Fire Fighting use and awareness
- For Safety Training Students and Staff only – after tea – Oxygen Training and use

As this is the only day, training of this kind will be offered to our members, please ensure that you are free to attend. The cost is ZERO to the whole team. Instruction will be given by a qualified

- paramedic,
- nurse and
- sports and fitness trainer

along the lines given to those attending the Australia Institute of Sport in Canberra. Year 11 and 12 students can use this training session and subsequent creditation towards a Stage 1 or 2 SACE subject if they couple it with another appropriate subject. Year 10 students are advised to discuss the possibilities of incorporating it into their PLP.

Your school's SACE Coordinator should be able to guide you as to how to claim your subject or consult the STEPUP section of the new SACE at <http://www.stepup.saceboard.sa.edu.au/comm-develop.php> or include your training as part of an Integrated subject based on your complete experience of preparing and participating in the 2009 World Solar Challenge with us. Additional information will be given closer to the day.

Please check the website if you fail to receive the workbook or update – [http://wsc.energy.edu.au/wsc\\_1stAid.html](http://wsc.energy.edu.au/wsc_1stAid.html).