

## Senior First Aid Update (Level 2) / CPR Update

**Did you know that your First Aid Certificate is only valid for 3 years and your CPR for just 12 months?**



Life Saving  
Victoria

### Course Overview

If you are already a qualified First Aider, then this is the course for you! You do not need to resit the whole course again, just a 1 day re-accreditation course.

For only the CPR component, it is just two hours of your time to reinforce your skills. Upon successful completion of this course you will update your knowledge and skills in emergency care, how to react safely in an emergency and help prevent emergencies, participate in the control of minor injuries and provide First Aid and Resuscitation.

This program includes casualty assessment (DRABCD), covering both one and two operator CPR. Techniques for adults, children and infants are included.

This course is accredited by Royal Lifesaving Victoria.

### Prerequisites

Level 2 First Aid (with CPR updated annually)

The Level 2 First Aid Level qualification is valid for 3 years. Please note that in order to keep this qualification current for the 3 year term, you must have a current CPR qualification at all times. CPR qualifications must be updated annually.

### Level 2 First Aid Update

**Duration:** 1 day

**Time:** 9am - 5pm

**Cost:** \$115

**Dates:** Please refer to [www.msacinstitute.com.au](http://www.msacinstitute.com.au)

### CPR Update

**Duration:** 2 hours

**Time:** 8:30am - 10:30am

**Cost:** \$50

For registration or further information please contact  
[msacinstitute@ssct.com.au](mailto:msacinstitute@ssct.com.au)

Courses are held at the MSAC Institute of Training located in Sports House, 375 Albert Road, Albert Park (adjacent to the Melbourne Sports & Aquatic Centre)

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