



# SAFE@WORK

Training Update by Australian Premier Learning & Australian First Aid



Edition 3 Nov 2011

## We're late!! - We formed 'APL Healthcare'



We're a little late with our newsletter but we have a great reason; and you can benefit from it!!

We've formed APL Healthcare, which can offer you the largest range of *First Aid, Rescue, Nursing* and *Medical* training aids and supplies in the country, all supported by expert professional advice.

APL Healthcare is the latest member of the APL Group:  
(*Australian First Aid; Australian Premier Learning* and now *APL Healthcare*)

**END OF YEAR SALE** - Access discounts ranging from **20 - 40%** e.g. First Aid Kits, AED Trainers (only \$119 each)  
Check out: [www.aplhealthcare.com.au](http://www.aplhealthcare.com.au) (offer ends 22nd Dec 2011)



## World-1<sup>st</sup> - GR8 4 Life

APL is excited to announce the development of our GR84Life program - *'Connecting Life Saving First Aid training, including Travel, Alcohol and Drugs awareness scenarios essential for students in years 9,10,11 and 12, including VET and VCAL'*.

This tailored course has been designed to fit within school curriculums over an 8 week period, with a blend of theory and practical assessment to ensure an engaging and dynamic learning experience for teenagers.

The most important outcome is; all participants will receive training in how to deal with many of life's hazards and how to manage a wide variety of emergency situations. Oh yeah, successful participants also receive a nationally recognised *Apply First Aid* certificate, which is valid for 3 years to assist them in their journey through life.

ASK FOR MORE INFORMATION, OR HOW YOU CAN GET INVOLVED.



## FREE - Health & First Aid Tips Library for you

Don't forget our FREE library. You can access an ever increasing library of health and first aid subjects at the *Australian Premier Learning* [www.premierlearning.com.au](http://www.premierlearning.com.au) and *Australian First Aid* ([www.australianfirstaid.com.au](http://www.australianfirstaid.com.au)) websites e.g.

- ➔ Aspirin - helping to save your life
- ➔ Blood Pressure - understanding your B.P. and recording



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## FREE - Fire Warden & Extinguisher Training

Grab this FREE training offer before it runs out.

So many of our clients have taken advantage of our great new service and FREE training deal. Here's how it works:

Book a Fire Warden or Fire Warden & Extinguisher course for 10 or students and HALF will be trained FREE for your 1st course!  
Save up to \$975 on your course.

Oh, and we'll also include.....

FREE Fire Extinguisher

FREE Fire Blanket

25% OFF your first Manual Handling, First Aid or \*Hospitality course (\*coming soon)

FREE



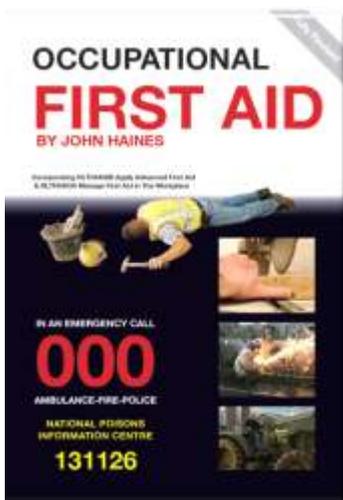
FREE



FREE



## New Book Release - 'Occupational First Aid'



You can now access the most comprehensive 'Occupational First Aid' book in the country.

Written by our Managing Director, John Haines, a former MICA Flight Paramedic and author of such best-selling books as 'Emergency First Aid' (approx 500,000 copies sold) along with several others.

'Occupational First Aid' contains 328 pages covering subjects as diverse as:

- \* Dangerous Goods
- \* Hazardous Substances
- \* Oxygen Therapy & Resuscitation
- \* Automated External Defibrillation (AED)
- \* Trauma and Multiple Casualties / Triage
- \* Aseptic Wound Management
- \* plus heaps more.

FREE Sample Copy - If you'd like a sample contact us at [admin@premierlearning.com.au](mailto:admin@premierlearning.com.au)

## 20% Off First Aid Kits Until Dec 22nd



Car/Travel Kits



Wallmount Kits



Portable Kits



Softpack Kits

Call 1300 727 580 [www.aplhealthcare.com.au](http://www.aplhealthcare.com.au)



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## Research:- Sudden Cardiac Death in the Young

A study of sudden cardiac arrest among young people by Dr. Robert E. Eckart, a Brooke Army Medical Center cardiologist, found that the primary causes were cardiac arrhythmia and a structural problem in the coronary arteries.

Eckart told a *HealthDay* reporter that the condition of coronary arteries that take off from the aorta in an abnormal fashion was the leading cause of sudden cardiac death. The second leading cause was the development of arrhythmia. Eckart said both were genetic problems.

Abnormal muscle thickening of the heart had been thought to be the leading cause of sudden cardiac death in young people.

Eckart studied collected data on 6.3 million military recruits over a 25-year period, and found 127 sudden cardiac arrest deaths.

As a result of this study, Eckart said he now treats young adults who complain of chest pain with an electrocardiogram (ECG) first and an examination of the coronary arteries to check for abnormalities.

(Our thanks to Merginet)



## Our Christmas Card to you - (It's the cutest ever!)

Treat yourself to 2 minutes of joy, by simply viewing one of the cutest Xmas cards EVER

- Simply:
1. go to: [www.aplhealthcare.com.au](http://www.aplhealthcare.com.au)
  2. click on: 'Christmas Trading Times (with speakers ON)
  3. click on: the blue Christmas graphic and enjoy!

## Get a Giggle



Errh! Fellas!!!