



HOW TO REMEMBER & RETAIN FIRST AID KNOWLEDGE AFTER COMPLETING A COURSE



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STRATEGIES, TIPS, & RESOURCES FOR LIFELONG FIRST AID CONFIDENCE



Completing a first aid course is an empowering step toward being prepared to help others in times of need. However, real confidence comes not just from having taken the course, but from retaining and recalling the information when it matters most. It's natural for details to fade over time, especially if you don't use your skills regularly.

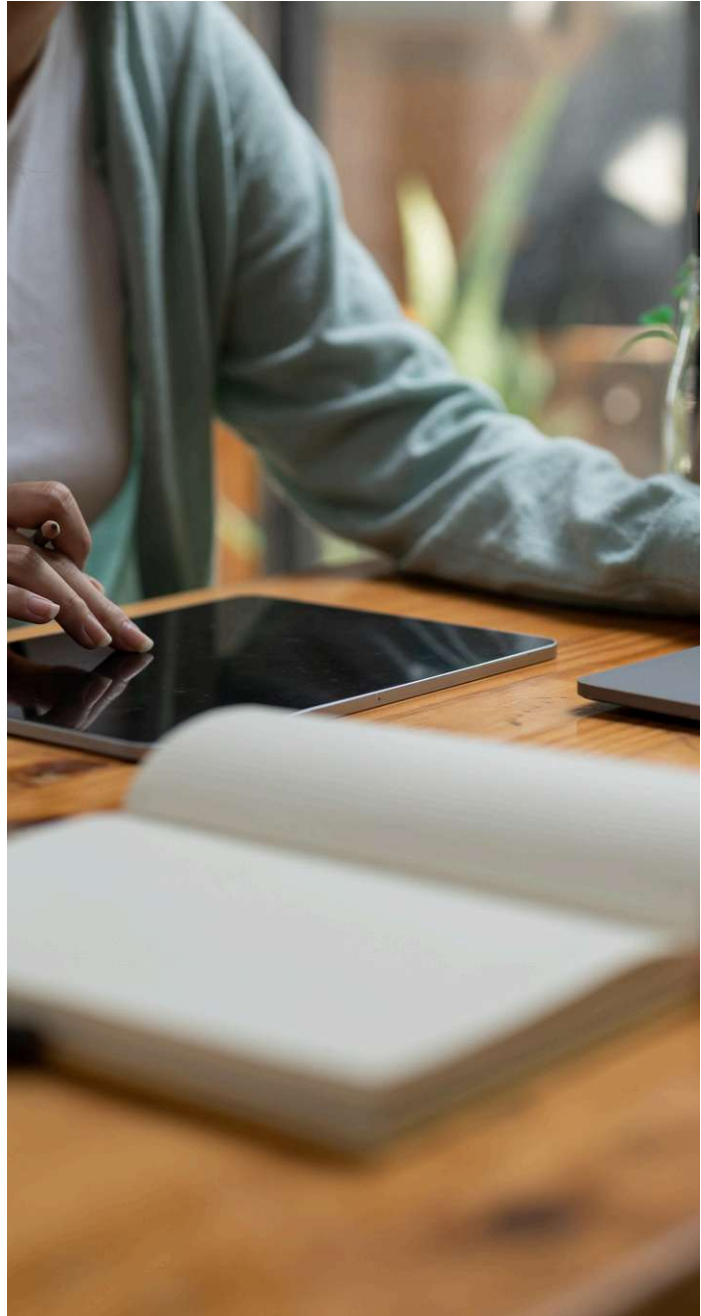
Here's a comprehensive guide to help you remember what you've learned and keep your first aid knowledge fresh and ready to use.



UNDERSTAND, DON'T MEMORIZE

Many people attempt to memorize lists, acronyms, and procedures—but understanding the principles behind first aid is much more effective for long-term retention. When you comprehend why a certain action is taken (for example, why recovery position keeps the airway clear), you can adapt and recall the steps more easily, even as specific details fade.

- Ask “why”: After learning a skill, ask yourself why each step is important.
- Connect concepts: Link new information to prior knowledge or real-world situations.
- Teach someone else: Explaining a procedure to a friend or family member reinforces your understanding and highlights gaps in your recall.



REGULARLY REVIEW COURSE MATERIALS

Repetition is key to transferring information from short-term to long-term memory. Set aside regular time to review your notes, handbook, or official first aid manual. Even five minutes a week can make a significant difference.



- Keep a summary sheet: Create a one-page quick-reference with key procedures and emergency numbers.
- Use bookmarks: Save important pages in your manual for easy access during reviews.
- Set reminders: Use your phone or calendar to schedule monthly review sessions.
- First Aid Action will be sending you checklists at 3 months, 1 year, 2 years to self-check yourself with the information.

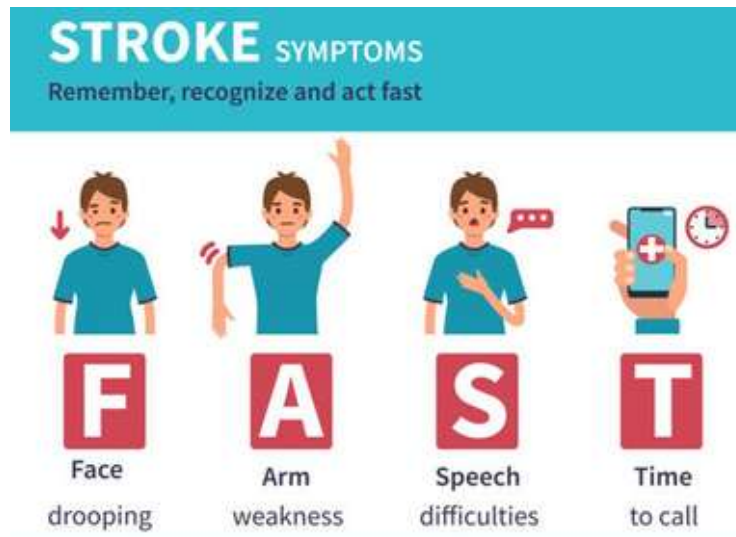
PRACTICE PRACTICE PRACTICE

First aid is a practical skill —muscle memory and hands-on experience are invaluable.

- Simulate scenarios: Regularly walk through common first aid situations such as choking, burns, or bleeding or common injuries that occur at the workplace. Try and do simulated scenarios at your workplace with all the first aid staff at least 2-3 times a year.
- Role play: With friends, family and work colleagues, take turns acting as the responder and the casualty.
- Use household objects: Practice with makeshift bandages to reinforce improvisation skills.
- Attend refresher sessions: 12 monthly for CPR and 3 yearly for First Aid. Although you can also do the refresher training more often if you feel you need to.



LEVERAGE MEMORY AIDS AND ACRONYMS



First aid courses often introduce acronyms to help you recall steps in an emergency. Re-familiarize yourself with these memory aids and make them part of your regular review.

- **DRSABCD:**

Danger, Response, Send for help, Airway, Breathing, CPR, Defibrillation (for basic life support).

- **RICE:**

Rest, Ice, Compression, Elevation (for sprains and strains).

- **SAMPLE:**

Signs and Symptoms, Allergies, Medication, Past History (such as medical conditions and injuries), Last meal and drink, Event (what happened).

- **FAST:**

Face, Arm, Slurred Speech, Test (for Stroke assessment).

Write them out, say them aloud, or create your own mnemonics for steps that you find challenging.

STAY UP TO DATE

First aid recommendations can change as new research emerges. By staying informed, you are not only keeping your knowledge current but also reinforce your learning.

- Subscribe to newsletters: Organizations like the Australian Resuscitation Council, Asthma Foundation, Anaphylaxis Australia.
- Follow official social media channels: These often share quick tips and reminders.



**ASTHMA
AUSTRALIA**

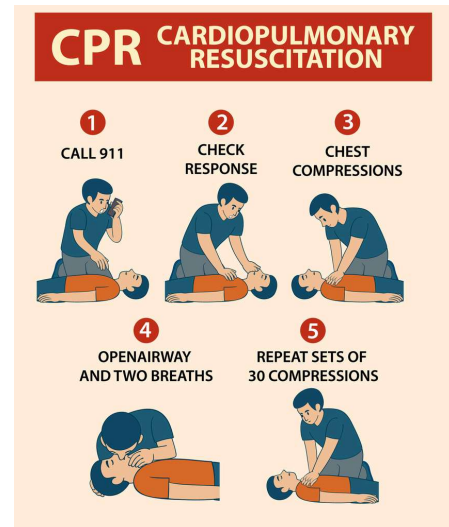


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VISUALIZE AND MENTAL REHEARSAL

Visualization is a powerful tool for memory retention. Picture yourself responding to an emergency—what do you see, hear, and do?

- Mental walkthroughs: Close your eyes and imagine each step of a scenario, from checking for danger to calling emergency services.
- Use diagrams: If you're a visual learner, draw flowcharts or mind maps of procedures.
- Watch demonstration videos: Reputable organizations provide videos of common first aid procedures; these reinforce both visual and auditory memory. You can always access the videos provided when you completed the theory online and Luella has a great YouTube Channel with over 80 videos to quickly refresh on certain skills – (provide a link to my Youtube channel).



ENGAGE WITH THE FIRST AID COMMUNITY

Sharing experiences and discussing first aid concepts with others helps cement knowledge.

- Join online forums or social media groups: Ask questions, share stories, and read about others' experiences.
- Volunteer at community events: Many organizations welcome certified first aiders to assist at marathons, festivals, and public gatherings—these are excellent opportunities for real-world practice.



KEEP FIRST AID SUPPLIES HANDY AND FAMILIAR



Familiarize yourself with the contents and layout of your first aid kit. Practice locating and using each item without looking at instructions. This not only speeds up response time in an emergency but reinforces your procedural memory.

- Regularly inspect your kit: Check expiration dates and restock supplies.
- Label compartments: Organized kits are easier to use under pressure.
- Practice assembling slings: This helps you remember the steps and builds confidence.

RECORD AND REFLECT ON YOUR EXPERIENCES

If you ever use your first aid skills, take time afterward to reflect:



- What went well?
- What did you forget or find difficult?
- How could you improve your response next time?

Journaling about these experiences helps consolidate what you know and identify areas for further review.

CULTIVATE A FIRST AID MINDSET

Remember, first aid is about staying calm and taking logical steps—perfection isn't required. By cultivating a mindset of preparedness and continuous learning, you'll be more likely to act effectively when the time comes.

- Embrace mistakes as learning opportunities: Everyone forgets details from time to time; reviewing them afterward helps you improve.
- Stay curious: Ask questions and seek out answers to deepen your understanding.
- Encourage others: Being an advocate for first aid in your community or workplace, helps reinforce your own knowledge and creates a safer environment for everyone.



BOOK A ZOOM SESSION WITH LUELLA OR CONTACT US IF YOU NEED ASSISTANCE OR MORE INFORMATION.



Book yourself in for a free Zoom session with Luella after a course, if you would like assistance with information or skills you have forgotten from your training. Luella is more than happy to help refresh your memory or we can send you more information about certain topics that you need help with. She will always be available to help you until she retires!

Retaining first aid knowledge is an ongoing process, not a one-time achievement. By understanding the principles, reviewing regularly, practicing hands-on skills, leveraging memory aids, and staying engaged with the community, you'll be well-equipped to step up during an emergency.

Ultimately, your commitment to keeping your skills sharp could make a life-changing difference for someone in need, and that's worth every bit of effort you invest.

Remember: The best first aider is a prepared first aider.



**LET'S GET
IN TOUCH!**

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EMERGENCY ACTION PLAN – DRSABCD

DANGER

D

Make sure it is safe for you, bystanders, then the casualty (in that order)



RESPONSE

R

Check for a verbal or physical response by talking to them & gently squeezing their hands.



SEND FOR HELP

S

Send for Help & an AED if available – Call the ambulance – Triple Zero (**000**) or (**112**) mobile phones.



AIRWAY

A

Open the mouth and check for obstructions. If foreign material is present, place into the recovery position & clear with fingers (wear gloves).



BREATHING

B

Check Breathing for 10 seconds by looking at the rise & fall of the chest, listening & feeling for air or chest movement. If normal breathing, place into the recovery position.



CPR

C

Start CPR if unresponsive & not breathing – 30 compressions: 2 Breaths (use a face shield). Compress the chest by 1/3rd & at a rate of 100-120 compressions /minute. Continue CPR until help arrives or patient recovers.



DEFIBRILLATION

D

Attach a defibrillator as soon as it arrives and follow the voice prompts.



First Aid **Action**

RTO ID: 31668

FIRST AID TRAINING &
CONSULTING

Police, Fire, **000** Mobile:
Ambulance **112**

Speech & hearing-impaired **106**
Poison Information: **13 11 26**

DRSABCD

FIRST AID ACRONYMS

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5 B's

SAMPLE

R.I.C.E.R

DANGER

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MUST BE COMPLETED IN THIS ORDER OF PRIORITY

BREATHING

BLEEDING

BREAKS

BURNS

BITES

Police, Fire, Ambulance

000

SIGNS

- Signs and Symptoms - check Head to Toes for further injuries

ALLERGIES

- Find out if they have any allergies.

MEDICATION

- Are they taking any medication.

PREVIOUS MEDICAL HISTORY

- Has this happened before?
- Any other medical history?

LAST TIME CASUALTY ATE

- When was the last time they had anything to eat or drink?

EVENT

- History of injury/illness
- what happened, where & when)

REST

Assist the casualty into a position of comfort.



An ice pack should be applied for no longer than 10 mins.

COMPRESSION

Wrap a bandage around the injury plus above and below the injury site to provide a good compression. The bandage should be firm but not too tight that it can interrupt the blood flow. The bandage will help contain the swelling.



ELEVATE

Raise the injured area, if possible to limit any further bleeding into the damaged tissues. For a sprained ankle or strained calf muscle, raise and support the lower limb on padding made of rolled up clothing or a blanket, etc. For an injured arm or wrist, support it in a raised position or rest the limb on some rolled up clothing or a pillow. Ensure total rest with elevation of the injured area for the first 20-30 mins.

Mobile: 112
Speech & hearing-impaired: 106

DRSABCD

FIRST AID ACRONYMS

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First Aid **Action**
RTO ID: 3166S

FIRST AID TRAINING &
CONSULTING

DANGER

Make sure it is safe for you, bystanders, then the casualty (in that order)

RESPONSE

Check for a verbal or physical response by talking to them & gently squeezing their hands.

SEND FOR HELP

Send for Help & an AED if available - Call the ambulance - Triple Zero (000) or (112) mobile phones.

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5 B'S

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SHOCK

SIGNS & SYMPTOMS

- Pale, cool, clammy skin
- Nausea/vomiting
- Dry mouth
- Thirst
- Dizziness
- Rapid, shallow breathing
- Rapid pulse

CARE & TREATMENT

- Call 000
- Control any bleeding
- If conscious, lay the casualty flat on the ground
- If unconscious & breathing, place into the recovery position
- Reassure them
- Keep warm with a blanket
- Nil by mouth.
- Follow DRSABCD if casualty becomes unconscious.

Mobile: **112**
Speech & hearing-impaired: **106**