

You can help your community in an emergency

Personal Support Training for Volunteers



Personal Support Training is a one-day training program which will prepare you to work as a Red Cross Emergency Services volunteer.

One day training course

Red Cross personal support training is designed to give you a basic level of skill that will enable you to support people affected by an emergency.

You will build your confidence in the various roles and responsibilities of Red Cross Emergency Services teams.

This training will help you to qualify as a volunteer with Red Cross Emergency Services. Once approved you may be called upon to assist in evacuation and recovery centres, or to take part in outreach programs to the community following an emergency.

Course content

- Personal support overview 1 hour
- The emergency context 1 hour
- Interpersonal skills 2 hours
- Self care 1 hour
- Practical exercise/role play 1-2 hours

Training in your community

Red Cross is delivering this training in remote and rural areas of the state.

It is important that people are trained and proficient to provide quality support to the members of their local or neighbouring communities should they be affected by an emergency.

Training is delivered free of charge to a minimum of 5 people in your local area who are interested and willing to become Red Cross Emergency Services volunteers.

If you know anyone in your community that may be interested please pass this information on to them.



An Australian Government Initiative

Working Together to Manage Emergencies
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Register now for Personal Support Training

Telephone (03) 6235 6077 or email
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