

PROVIDE FIRST AID 1 DAY

UNIT: HLTAID003 (St John Reference: PFA141)

COURSE DURATION: 1 day = 8 hours (including breaks)

Day 1: 08:30 – 16:30hrs

*additional 1 hour pre-work OR existing demonstrated knowledge/current certificate)



The aim of this course is to provide the necessary skills and knowledge to sustain life, reduce pain and minimise the consequences of injury or sudden illness until professional help arrives. This course is reliant on either pre-learning or existing prior knowledge of current first aid practices.

Please note: it is an assessment requirement of this course that the participant be able to competently perform 2 minutes of continuous adult CPR on the floor.

COURSE CONTENT

- Roles and responsibilities of the First Aider
- Management of unconscious, breathing and non-breathing casualties using the DRSABCD action plan (including CPR and AED skills)
- Management of a choking casualty
- Recognition and treatment of casualties experiencing shock
- Various wound management techniques
- Identification and treatment of musculoskeletal injuries
- Recognition and management of medical conditions including chest pain, anaphylaxis, asthma, seizures and stroke
- Treatment of bites and stings, including the use of the “Pressure bandage with immobilisation” technique.

Please note: Completion of the pre-learning will assist in creating a sound knowledge base for all topics covered during training.

COMPETENCIES

A Statement of Attainment is issued on successful completion of this course for the following units of competency:

**HLTAID001
Provide Cardiopulmonary Resuscitation**

**HLTAID002
Provide Basic Emergency Life Support**

**HLTAID003
Provide First Aid**

PRE-REQUISITES

It is highly recommended that participants complete the pre-course work prior to attendance.

Participants must be 14 years or older. Participants under 14 years must provide written permission to attend the course from their parent or legal guardian.

Participants with a language or literacy difficulty or other special needs should inform the training support staff or trainers so appropriate assistance can be arranged.

PROVIDED TRAINING MATERIALS

- Personal Protective Equipment (for use in the course)
- St John “Emergency First Aid” publication

COMPETENCY RECERTIFICATION

As per the First Aid in the Workplace Code of Practice, First Aiders should attend training on a regular basis to refresh their first aid knowledge and skills and confirm their competence to provide first aid. The Australian Resuscitation Council (ARC) www.resus.org.au recommends the CPR competency be recertified annually.

Please be familiar with any requirements in your own industry and/or organisation.

ATC is proud to offer First Aid Training provided by St John

First Aid Training is conducted by St John Ambulance. (RTO number: 88041)

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