

# Remote Area First Aid



HLTAID009 Provide cardiopulmonary resuscitation  
HLTAID010 Provide basic emergency life support  
HLTAID011 Provide First Aid  
HLTAID013 Provide First Aid in remote and isolated sites



## Overview

This remote area first aid course is specifically designed to meet the first aid needs of bushwalkers, wilderness guides, and people who work or live in remote locations.

The course covers everything from comprehensive first aid treatments to aeromedical evacuation, long-term care, self-care, and contingency planning. This course is focused on the safety of the first aider and extended care of an ill or injured casualty where help is likely to be delayed or inaccessible.

## Course Duration

St John offers the following options:

- 3 days face-to-face workshop: This is full face-to-face course and participants are required to attend all days. Participants who have completed HLTAID011 Provide First Aid in the last 3 years may be entitled to an exemption from the first day.
- Assessment only: This course is for those who are confident in their skills and only want to complete the assessment.

## Certificate

On successful completion of this course you will be issued a statement of attainment in:

- HLTAID009 Provide cardiopulmonary resuscitation
- HLTAID010 Provide basic emergency life support
- HLTAID011 Provide First Aid
- HLTAID013 Provide First Aid in remote and isolated sites

St John recommends, as per the First Aid in the Workplace Code of Practice and the Australian Resuscitation Council guidelines, that first aid skills are renewed every 3 years and resuscitation skills (HLTAID009/HLTAID015) are renewed every 12 months.

## Course Outline

The course covers the following:

- DRSABCD action plan
- Infection control
- Managing the unconscious breathing casualty
- Resuscitation and defibrillation
- Choking, chest pain, stroke and shock
- Asthma, allergic reactions and anaphylaxis
- Burns, wounds and bleeding
- Fractures & dislocations/sprains & strains
- Head, neck and spinal injuries
- Facial and eye injuries
- Hyperthermia and hypothermia
- Rescue preparation and evacuation
- Poisons, bites, and stings
- Diabetes and seizures
- Remote area first aid
- Two-rescuer resuscitation
- Planning, preparation, and communication
- Triage, advanced bleeding
- Managing environment-induced illness'
- Lifting and moving casualty

## Assessment methods

A successful outcome for this statement of attainment will be determined by a range of different methods including written assessment, observation of simulated and practical activities, etc.

You will be required to demonstrate CPR on a manikin on the floor.

## Locations

St John delivers first aid courses nationally and across many locations in Australia. Choose the location to suit your needs.

- Public (at a venue near you)
- Onsite (at a venue of your choice)
- Online (some training can be delivered online)

## Delivery by St John RTO Partners

St John Ambulance South Australia acts as an agent for the delivery of nationally recognised training on behalf of St John Ambulance Australia (RTO 88041) who is offering this training.

Contact details for all partner organisations are available from [stjohnsa.com.au](http://stjohnsa.com.au) or call 1300 ST JOHN (1300 78 5646).

## Participant's Handbook

Download the [Participant's Handbook](#) from [stjohnsa.com.au](http://stjohnsa.com.au) for more information about completing a course with St John Ambulance Australia. This includes information about complaints, appeals and privacy information.

We actively tailor training to meet the needs of people from diverse backgrounds and abilities and encourage all to apply.

**For more information on this course, contact the Training Office in your area.**

**1300 ST JOHN (1300 78 5646) | [www.stjohnsa.com.au](http://www.stjohnsa.com.au)**

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For more information about your specific course, including units of competency achieved, options for delivery, duration and more, visit [www.stjohnsa.com.au/training](http://www.stjohnsa.com.au/training).