

# PROVIDE FIRST AID 1 DAY

**HLTAID001** Provide cardiopulmonary resuscitation

**HLTAID002** Provide basic emergency life support

**HLTAID003** Provide first aid

(St John Reference: PFA141)

**COURSE DURATION: 1 day**

## Overview

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 two 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
- CPR including the use of an Automated External Defibrillator (AED)
- Management of a choking casualty
- Recognition 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 "Pressure bandage with immobilisation technique."

## Competencies

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

HLTAID001 Provide cardiopulmonary resuscitation

HLTAID002 Provide basic emergency life support

HLTAID003 Provide first aid

## Provided Training Materials

- Personal protective equipment (for use in the course)
- St John "Emergency First Aid" publication

## Pre-requisites

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.

It is highly recommended that participants complete the online learning prior to attendance.

## Assessment

This course employs a variety of assessment methods in order to determine competency. These may include written short answer questions, multiple choice questions, practical scenarios, and practical demonstration.

## Certificate Renewal

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](http://www.resus.org.au) recommends the CPR competency be recertified annually.

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



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