

Provide First Aid



HLTAID009 Provide cardiopulmonary resuscitation
HLTAID010 Provide basic emergency life support
HLTAID011 Provide First Aid



Overview

This St John Ambulance first aid course covers a comprehensive range of topics to enable participants to confidently manage emergency situations and provide a first aid response to a casualty. It covers the most common injuries and illnesses.

It is suitable for both people in the workplace and members of the public who want training in first aid.

Course Duration

St John offers the following options:

- Half-day (face-to-face and online: 4.75 hours)
 - Offered in a blended format
 - Participants first complete the knowledge component of the course via online pre-learning and assessment. The duration of this is dependent on the participant's existing level of current first aid knowledge. This must be completed prior to attending the face-to-face workshop.
 - The face-to-face workshop covers all the practical requirements of the course, including assessment.
- 1-day (face-to-face workshops with pre-work):
 - 1-day face-to-face course using immersive technology (requires participant to have mobile phone (i.e. smartphone) to participate).
 - The 1 day course duration is 8.5 hours (breaks included).
 - There is no requirement to complete pre-work prior to attending.
- 100% Online (virtual):
 - Covers the same comprehensive range of topics as a face-to-face first aid course, however participants can learn all this without having to leave their home or workplace.
 - Participants are required to complete online pre-learning and assessment, prior to attending the virtual practical workshop with assessment. The duration of this is dependent on the participant's existing level of current first aid knowledge.
 - The virtual classroom session takes 5 hours and is in real time, live with a Trainer on a video conference with a small group of students.
 - For the virtual classroom, participants will need multiple devices (i.e. smart phone and tablet or laptop) and internet access to be able to attend. Participants will also need a second person available during the practical assessments to enable them to demonstrate providing first aid to another person.
- 2 days face-to-face workshop: This is a full face-to-face course and participants are required to attend both the days.
 - Covers the same comprehensive range of topics as the face-to-face course, however it does not use immersive technology and there is no pre-work.
 - Participants must attend both days
 - This course is recommended for participants who do not feel comfortable with technology and/or want a slower-paced learning experience.
- Assessment only (face-to-face):
 - 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

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:

- Roles and responsibilities of the first aider
- The DRSABCD action plan and responding to emergency situations
- Managing unconscious casualties
- Cardiopulmonary resuscitation (CPR)
- Using a defibrillator (AED)
- Legal issues in first aid
- Infection control
- Diabetes
- Seizures
- Asthma
- Allergic reactions and anaphylaxis
- Wound and bleeding management
- Burns
- Fractures and dislocations
- Sprains and strains
- Hypothermia and hyperthermia
- Head, neck, and spinal injuries
- Medical emergencies
- Choking
- Abdominal and chest injuries
- Poisoning management
- Bites and stings
- Stroke

Assessment Methods

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

You will be required to demonstrate CPR on an adult 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)

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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.

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

Delivery by St John RTO Partners

St John Ambulance South Australia delivers nationally recognised training on behalf of St John Ambulance Australia (RTO 88041).

Participant's Handbook

Download the [Participant's Handbook](#) from 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

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