

# Emergency First Aid



HLTAID009 Provide cardiopulmonary resuscitation  
HLTAID010 Provide basic emergency life support



## Overview

The St John Emergency First Aid course will provide you with the skills to manage emergency first aid situations, including managing the unconscious casualty, performing CPR, controlling bleeding, and managing other life-threatening and non-life-threatening situations. It is suitable for people in workplaces and members of the public who want to be able to manage an emergency first aid situation.

## Course Duration

St John offers the following options:

- 1 day face-to-face workshop (0830 - 1430): This is full face-to-face course and participants are required to attend the full session.

## 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

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 and responding to emergency situations
- How to manage a first aid scenario
- Infection control
- Cardiopulmonary resuscitation (CPR)
- Defibrillation
- Wounds and bleeding
- An unconscious breathing person
- An unconscious non-breathing person (includes CPR and use of an AED)
- Burns
- Choking
- Chest pain
- Stroke
- Allergic reactions and anaphylaxis
- Asthma
- Shock

## 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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St John Ambulance (SA) delivers nationally recognised training and assessment on behalf of St John Ambulance Australia (RTO 88041).

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).