



## HLTAID011 Provide First Aid (Inc. CPR)

### COURSE INFORMATION - Units Delivered

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

It is recommended this unit be renewed every 36 months in line with industry standards.

### About the Course

With instruction and practical training in line with legal, workplace, and community considerations, Australian Resuscitation Council guidelines, and other Australian national peak clinical bodies, this first aid course teaches the skills and knowledge to recognise emergencies and provide immediate and effective first aid treatment to any person suffering a sudden illness or injury.

The course covers assessing the casualty, providing safety, accessing emergency services, and using resources to provide first aid, such as providing CPR and using a defibrillator, administering an autoinjector for anaphylaxis, administering asthma medication, assisting someone choking, using appropriate immobilisation techniques for envenomation, fractures, dislocations, sprains and strains, managing casualties with non-life-threatening bleeding and shock.

You will learn basic anatomy, physiology, and the differences between adults, children, and infants relating to CPR, the importance of the chain of survival, written and verbal reporting of incident details, reviewing incidents to improve own skills and response times, to recognise psychological impacts, and seeking help as required.



## Entry Requirements

Participants must have the physical capacity to perform the practical demonstrations, such as 2 minutes of uninterrupted CPR on the floor.

Pre-course study: Students may be required to undertake online pre-course work prior to attending the face to face session depending on the course delivery mode.

Online study: Students must have access to a computer, smartphone, tablet or other electronic devices with access to the internet to complete the online/ pre-course studies.

## Course Duration

Course durations can vary for multiple reasons, so the durations below are the *minimum possible amount*.

- **Refresher** Face to Face contact time of at least 6 Hours
- **Blended** Face to Face contact time of at least 6 Hours
- **Face-to-Face** Face to Face contact time of at least 7 Hours 30 Mins
- **Online with face-to-face assessment** Face to Face contact time of at least 1 Hour

## Assessment Requirements

### Performance tasks and Practical scenarios

- Simulated First Aid Scenario – Perform CPR on an adult (incl. the use of an AED and placing a casualty into the recovery position)
- Perform CPR on an infant
- Manage a casualty with anaphylaxis
- Manage a casualty with asthma
- Manage a choking casualty
- Manage a casualty with non-life-threatening bleeding and shock, requiring minor wound cleaning
- Manage a casualty with a nosebleed
- Manage a casualty with a fracture and dislocation
- Manage a casualty with a sprain and strain
- Manage a casualty with envenomation (snake/ funnel-web spider bite)

**Theory assessment** – A written assessment consisting of multiple-choice questions.



## Course Fes & Payments

- Please refer to our booking calendar for individual course fees.
- Refund and fee protection policy – Please refer to the student handbook (<https://allenstraining.com.au/students/student-handbook>)
- Payment Terms – Payment for individual participants is upfront, group booking payment terms are based on agreement between the client and service provider.

Public Course only - \$130.00

Training will be conducted on-site or in an agreed location between the client and provider.



Training and assessment delivered on behalf of Allen's Training Pty Ltd RTO 90909