

# Provide First Aid

## Course Description

This course provides participants with the knowledge and skills needed to manage emergency first aid situations and deliver competent emergency care until the arrival of professional medical support. Once completed, participants will obtain a first aid certificate that is valid for three years. The Provide First Aid course is nationally recognised WorkCover approved training.

## Course Content

- ✓ Legal issues and infection control
- ✓ DRSABCD action plan
- ✓ The principles of first aid and its applications
- ✓ Recognition and management of emergency situations and convey details of the incident to emergency services
- ✓ Cardiopulmonary Resuscitation (CPR) and Defibrillation
- ✓ Contribute to workplace reporting of an incident and psychological impacts on self and others
- ✓ Treatment of shock, infection, fractures, bleeding and burns
- ✓ Emergencies due to lack of oxygen, excess heat or cold
- ✓ Recognition and management of medical conditions that may need emergency care, including heart attack, stroke, asthma, diabetes and epilepsy
- ✓ Management of common medical emergencies using available equipment
- ✓ Treatment of poisoning including venomous bites and stings

## Delivery Options

The following delivery options are available for the Provide First Aid Course

- Full flexible delivery – One full day of training (8 hours) plus a question and answer workbook (available online or in hardcopy format) to be completed independently prior to the day of practical training.
- Full course – Two full days of face to face training (16 hours)
- Update course - one full day of face to face training

## Assessment

This course is assessed through demonstration, presentation and application of all elements of competency in the workplace. Participants will be required to complete activities that may include role-plays, oral and written questioning, practical demonstrations and performing scenarios.

## Certification

Upon successful completion of the course, participants will receive a nationally recognised statement of attainment for the following units of competency:

- **HLTAID009 - Provide cardiopulmonary resuscitation (CPR)**
- **HLTAID010 - Provide basic emergency life support**
- **HLTAID011 - Provide first aid**

## Validity

Three (3) years from date of course. It is recommended by the Australian Resuscitation Council that the CPR component of this course be updated every 12 months

## Course Fee

Please contact an Academy Business Officer (02) 9471 8000

\*Onsite training is available throughout NSW and the ACT for a minimum of 6 participants. Group discounts may apply.

## Contact Us

### Surf Life Saving NSW

3 Narabang Way, Belrose NSW 2085

### Phone

1300 766 257 | (02) 9471 8000

### Email

training@surflifesaving.com.au

### Website

www.surflifesaving.com.au

**Surf Life Saving NSW**  
RTO ID: 90394