



SENIOR FIRST AID

AIM

This course is accredited and approved by NSW WorkCover, SafeWork SA and is also nationally approved and accredited by VETAB, the Vocational Education & Training Accreditation Board.

It is designed for those who require training that conforms to the recommendations of the Australian Resuscitation Council and provides the knowledge and skills to provide first aid response, life support, management of the casualty(s) and resuscitation.

This course incorporates the content of:

- HLTCPR201A Perform CPR
- HLTF201A Provide Basic Emergency Life Support

COURSE CONTENT

- The principals of first aid
- Basic OH&S requirements
- Infection control
- The Chain of Survival
- First aider's skills & limitations
- Understanding the use of an Automated External Defibrillator
- Abdominal injuries
- Allergic reactions
- Bleeding & Burns
- Cardiac arrest & chest pain
- Casualty with NO signs of life
- Chest pain
- Choking & airway obstructions
- Injuries to the body
- Bites and stings
- Environmental injuries
- Medical conditions
- Near drowning
- Poisoning and toxic substances
- Respiratory distress
- Seizures, shock & stroke
- Substance misuse
- Stress management techniques
- Social and legal issues

PRE-REQUISITES

Participants must be 14 years or older

DURATION

The expected duration to complete this course is 16 hours training and assessment.

Students are to complete the theory via self-paced learning using a workbook and manual. Upon completion of the theory students are required to attend 6 hours of face to face practical learning and assessment.

QUALIFICATION GAINED

- Statement of Attainment & Wallet Card in HLTF301B – Apply First Aid (from the Health Training Package HLT07)
- Valid for three (3) years from the completion date
- CPR required to be refreshed every 12 months

COST

From \$150* excl GST

*prices may vary depending on location