

## Apply First Aid – 1 day course

### HLTFA301B-Apply First Aid

#### Course Overview

This one day training course will provide participants with the skills and knowledge to perform basic and emergency first aid in the workplace as well as the home.

This short course requires homework to be done prior to training.

#### Course Duration

1 day classroom training

#### Course content

- Principles of First Aid
- Life Support
- Management of Common Medical Emergencies
- Bleeding Control
- Asthma & Diabetes
- Shock, Stroke
- Fractures and Soft Tissue Injury
- Managing Burns
- Poisons, Bites & Stings
- Exposure to Extreme Temperatures
- Bandaging & Slings
- CPR (Cardio Pulmonary Resuscitation)
- Use of EpiPEN (Anaphylaxis action plan)
- Demonstration in the use of an AED (Automatic External Defibrillator)

#### Assessment

Theory and practical CPR assessment is undertaken at the conclusion of the training.

#### Outcome

Upon successful completion a Statement of Attainment is issued.

Apply First Aid (HLTFA301B) is valid for 3 years.

Other units covered are Perform CPR unit (HLTCPR201A) which will need to be updated every 12 months. (separate certificate can be issued if required).

#### Course requirements

Students must be over 14 years of age

Photo Identification (e.g. Drivers Licence, RTA proof of age card or passport)

Covered footwear

#### Investment

\$150.00 per person (GST Exempt). This fee includes all texts and assessment material.

FIRST AID