



NEW SOUTH
WALES



AUSTRALIAN LIFESAVING
ACADEMY
NEW SOUTH WALES



Provide First Aid - Update Course

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 includes

- Legal Issues and Infection control
- DRSABCD action plan
- The principles of first aid and its applications
- Recognition and management of emergency situations
- Cardiopulmonary Resuscitation (CPR) and Defibrillation
- 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
- Treatment of poisoning including venomous bites and stings

Pre-requisite

Participants must hold a current Apply First Aid Statement of Attainment (or equivalent). If the update course is not completed within 3 years of the original course completion then the Provide First Aid full course must be completed.

Delivery option

- **Face-to-face training** – One (1) day of face to face training (8 hours)

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.

Accreditation

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

- HLTAID003 - Provide first aid

*Note: This unit of competence incorporates the content of HLTAID001 - Provide cardiopulmonary resuscitation (CPR)

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.



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