



# South Coast

## FIRST AID TRAINING

PTY  
LTD

NATIONAL COURSE CODE: HLTAID003

**Aim:** This course provides the skills and knowledge required to provide first aid care for injuries and illnesses in the home or workplace and emergency first aid.

**Outline:**

- \* DRSABCD Action Plan
- \* Chain of survival
- \* Signs of life
- \* Performing CPR
- \* Automated External Defibrillator (AED)
- \* Care of the unconscious person
- \* Breathing emergencies including choking and asthma
- \* Cardiac emergencies
- \* Anaphylaxis
- \* Shock
- \* Bleeding and wound care
- \* Burns and scalds
- \* Extremes of heat and cold
- \* Poisoning
- \* Altered conscious states
- \* Bites and stings
- \* Sprains and strains
- \* Infection control
- \* Reporting procedures

**Duration:**

New participants are required to complete either an online learning session or a hard copy workbook prior to 8 hours face to face training.

Students with a current qualification do not need to complete any work prior to the one day face to face training session.

**Assessment methods:**

- \* Online multiple choice quiz or hard copy workbook
- \* Multiple choice quiz
- \* Progressive practical assessment

**Inclusions:**

- \* Active First Aid manual
- \* CPR resuscitation face shield
- \* A4 display certificate

**Prerequisites:**

- \* Minimum age for participants is 14 years

**Award Issued:**

- \* Successful participants will receive a Statement of Attainment (HLTAID003)

**Recertification:**

- \* Legislative approval valid for 3 years from the completion date
- \* Annual refreshers recommended to maintain current CPR skills

**Notes:**

- \* This unit of competency is nationally recognised and is registered on the National Training Information Service website
- \* This course is Workcover approved
- \* Due to the practical components of the course, participants are advised to wear comfortable casual attire.
- \* This course was formally known as Senior First Aid and Apply First Aid.

Provide First Aid