

# APPLY FIRST AID

HLTFA311A



## *Why TechWest?*

*TechWest Sydney's 'Apply First Aid' enables participants to confidently manage emergency situations, providing care for the ill or injured until medical aid arrives on the scene. The course covers first aid response, CPR, basic emergency life support and the management of an incident and other first aiders until the arrival of medical or other assistance. The skills and knowledge gained in this course are essential for workplace settings and the general community.*

## **Does this course suit you?**

This unit of competency describes the skills and knowledge required to provide first aid response, life support, management of casualty's, the incident and other first aiders until the arrival of medical or other assistance.. The unit applies to all workers who may be required to provide a first aid response in an range of situations, including community and workplace settings.

*Specific licensing requirements relating to this competency, including requirements for refresher training should be obtained form the relevant state/territory Work Health and Safety Regulatory Authority.*

## **How we deliver the training**

This course is delivered by Face to Face learning or Pre-Course blended study + Face to Face and includes flexible classroom delivery, scenario training, assessment and CPR training.

## **Course Duration**

TechWest Sydney offers our Provide First Aid course :-

- ◆ Face to Face — 8 hours of face to face training (for Initial & Refresher training)
- ◆ Pre-Course Study— 5.5 hours of practical training + Pre-Course study (for Initial training) or 4 hours of practical training & Pre-Course study (for Refresher training)

The Pre-Course study requires a workbook to be filled out prior to commencing the course and the completion of 40 multiple choice questions. The workbook covers basic background knowledge that will be revised at the start of the course. You will be required to bring the completed questions with you to your training.

*Course duration is dependant on class sizes of between 4-15 participants. If there are less students in a group, the course duration may be reduced. If class size exceeds 15 participants, course duration may increase.*

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## Course Elements

Course elements cover the following :

- ◆ Assess the situation
- ◆ Apply first aid procedures
- ◆ Communicate details of the incident
- ◆ Evaluate own performance

*Within the above elements, the following course content will be covered:-*

- ◆ Identify, assess and minimise hazards in the situation that may pose a risk of injuries or illness to self and others
- ◆ Minimise immediate risk to self and casualty's health and safety by controlling the hazard in accordance with workplace health and safety requirements
- ◆ Assess casualty and identify injuries, illnesses and conditions
- ◆ Adopt a communication style to match the casualty's level of consciousness
- ◆ Use available resources and equipment to make the casualty as comfortable as possible
- ◆ Respond to the casualty in a culturally aware, sensitive and respectful manner
- ◆ Determine and explain relevant first aid procedures to provide comfort
- ◆ Seek consent from casualty prior to applying first aid management
- ◆ Provide first aid management in accordance with established first aid principles and procedures
- ◆ Seek first aid assistance from others in a timely manner and as appropriate
- ◆ Correctly operate first aid equipment for first aid management according to manufacturers instructions and procedures
- ◆ Use safe manual handling techniques
- ◆ Monitor casualty's condition and respond in accordance with established first aid principles
- ◆ Finalise casualty management according to casualty's needs and first aid principles
- ◆ Request ambulance support and/or appropriate medical assistance according to relevant circumstances
- ◆ Accurately convey observation of casualty's condition and management activities to ambulance services/relieving personnel
- ◆ Accurately assess and report details of casualty's physical condition, changes in conditions, management and response to management in line with established procedures
- ◆ Maintain confidentiality of records and information in line with privacy principles and statutory and/or organisational policies
- ◆ Seek feedback from appropriate clinical expert
- ◆ Recognise the possible psychological impacts on rescuers involved in critical incidents
- ◆ Participate in debriefing/evaluation to improve future response and address individual needs



*How can we get started?  
REGISTER by calling  
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