



# Apply First Aid

(HLTFA301B)

Participants will gain 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. This includes CPR.

This nationally accredited workshop is a combination of theory and practical, and includes written assessment tasks.

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**DURATION:** 1 day

**CERTIFICATE VALIDITY:** 3 years.

**Note:** Australian Resuscitation Council Guidelines state that CPR should be refreshed every 12 months. A 3hr CPR refresher course is available from LGTI.

**PLEASE BRING:** Identification that shows your FULL NAME. This can include your birth certificate, drivers licence or passport.  
**PLEASE NOTE: A Statement of Attainment cannot be issued until ID is supplied.**

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## **COURSE OUTLINE**

### **Do you prefer a *flexible learning option*?**

This flexible learning option allows you to learn the theory content at a time, place and pace that suits you, enabling you to then attend a shortened version of the Apply First Aid course over just one day. The one day 'in class' content is mainly practical and some *pre-course work (1 -1.5hrs)* is required to complete the requirements of this program.

A full colour First Aid reference text and pre-course quiz will be sent to you prior to the training and *must* be completed and handed to the trainer on the day of the face to face practical training.

### **Do you hold a St John Ambulance Senior First Aid qualification, or equivalent, which is due for *renewal*?**

A full colour First Aid reference text will be sent to you prior to the training. You do not need to complete any pre-course work. However, on the day of training you *must present your previous certification to the trainer.*



At the completion of this workshop, the participants will be able to meet the requirements of the unit “**HLTFA301B Apply First Aid**” from the nationally accredited Health Training Package (HLT07). Upon successful completion of all assessment tasks, participants will receive a statement of attainment for this unit, in partial completion of a Certificate III in Basic Health Care (HLT33107).



## **Local Government Training Institute**

4 Sandringham Ave Thornton NSW 2322

PO Box 137, Thornton NSW 2322

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Email: [reception@lgti.com.au](mailto:reception@lgti.com.au)

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## **TOPICS INCLUDE:**

- Australian Resuscitation Council Guidelines relating to provision of first aid as outlined
- Working knowledge of:
  - Basic principles and concepts
  - Basic OHS requirements
  - Infection Control
  - Chain of Survival
- First Aiders skills and limitations
- Abdominal; injuries
- Allergic reactions
- Altered and loss of consciousness
- Casualty with no signs of life
- Bleeding
- Burns
- Cardiac arrest
- Chest pain
- Choking/airway obstruction
- A range of injuries
- Snake, spider, insect and marine bites
- Hypothermia, Hyperthermia, dehydration, heat stroke
- Fitting and seizures
- Infection control
- Follow OH&S guidelines
- Safe manual handling
- Welfare of the casualty
- Ability to call an ambulance
- Fractures
- Cardiac conditions, epilepsy, diabetes, asthma
- Near drowning
- Poisoning and toxic substances
- Respiratory distress
- Shock
- Stroke
- Substance misuse
- Stress management
- Duty of Care
- Need to be culturally aware
- Importance of debriefing
- Confidentiality
- Own skills and limitations
- Initial casualty assessment
- Plan an appropriate first aid response
- Cardiopulmonary Resuscitation (CPR)
- Apply first aid principles

***To register, please complete a Local Government Training Institute registration form at [www.lgti.com.au](http://www.lgti.com.au) and submit online; or you can fax to Local Government Training Institute on (02) 4966 0655***

Course enquiries may be directed to Training Administration on 4922 2333  
*Registered Training Organisation No: 358687*

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