

# Provide first aid

HLTAID009 Provide cardiopulmonary resuscitation;  
HLTAID011 Provide first aid

## Course aim

This course provides the skills and knowledge required to provide a first aid response to a casualty. It applies to all workers who may be required to provide a first aid response in a range of situations, including community and workplace settings.

## Course objectives

By the end of the course, the student will be able to:

*Demonstrate knowledge of:*

*State/Territory regulations, first aid codes of practice and workplace procedures including:*

- ARC Guidelines relevant to provision of CPR and first aid
- Safe work practices to minimize risks and potential hazards
- Infection control principles and procedures, including use of standard precautions
- Requirements for currency of skill and knowledge

*Legal, workplace and community considerations, including:*

- Awareness of potential need for stress-management techniques and available support following an emergency situation
- Duty of care requirements
- Own skills and limitations
- Respectful behaviour towards a casualty
- Consent
- Privacy and confidentiality requirements
- Importance of debriefing

*Considerations when providing first aid including:*

- Airway obstruction due to body position
- Appropriate duration and cessation of CPR
- Appropriate use of an AED
- Chain of survival
- Standard precautions
- How to conduct a visual and verbal assessment of the casualty
- Principles and procedures for first aid management of the following scenarios:
  - Abdominal injuries
  - Allergic reaction
  - Anaphylaxis
  - Basic care of a wound
  - Bleeding control
  - Burns
  - Cardiac conditions, including chest pain
  - Choking and airway obstruction
  - Diabetes
  - Dislocations
  - Drowning
  - Envenomation
  - Environmental impact, including hypothermia, hyperthermia, dehydration and heat stroke
  - Eye and ear injuries
  - Fractures
  - Febrile convulsions
  - Head, neck and spinal injuries
  - Minor skin injuries
  - Needle stick injuries
  - Poisoning and toxic substances
  - Respiratory distress, including asthma
  - Seizures, including epilepsy
  - Shock
  - Soft tissue injuries, including strains and, sprains
  - Crush injuries

## Course prerequisite

No prerequisite is required for the completion of this course.

## Course assessment

Students will be assessed to determine their competency in these courses both theoretically and practically. The theory assessment consists of multiple choice and short answer questions.

The practical assessment will require students to apply the DRS ABCD to an adult and infant mannequin and manage a casualty until help is on the scene. The student will also be required to apply first aid procedures for the following:

- Allergic reaction
- Anaphylaxis
- Bleeding control
- Choking and airway obstruction
- Envenomation, using pressure immobilisation
- Fractures, sprains and strains, using arm slings, roller bandages or other appropriate immobilisation techniques
- Respiratory distress, including asthma
- Shock

## Course duration

16 hours over 2 days (Initial)  
8 hours over 1 day (Refresher)  
(The time noted above includes breaks.)

*Where delivered as a refresher, the delivery time is reduced and assessment time remains the same.*

## Trainer ratio

10 students per trainer

## Course location

Courses are primarily delivered at our facilities:  
3M Australia,  
93 Derby Street, Silverwater NSW  
The Construction Training Centre,  
460 Beaudesert Road, Salisbury QLD  
However, courses can be delivered at your worksite if required. In this instance your employer will confirm there are suitable facilities on site to deliver the training.

*Considerations when providing first aid including (cont):*

- Stroke
- Unconsciousness
- Basic anatomy and physiology relating to:
  - Considerations in provision of first aid for specified conditions
  - Chest
  - How to recognise a person is not breathing normally
  - Response/consciousness
  - Upper airway and effect of positional change

*Demonstrate skills in the following:*

*Followed DRSABCD in line with ARC guidelines, including:*

- Performed at least 2 minutes of uninterrupted single rescuer cardiopulmonary resuscitation (CPR) (5 cycles of both compressions and ventilations) on an adult resuscitation manikin placed on the floor
- Performed at least 2 minutes of uninterrupted single rescuer CPR (5 cycles both compressions and ventilations) on an infant resuscitation manikin placed on a firm surface
- Responded appropriately in the event of regurgitation or vomiting
- Managed the unconscious breathing casualty
- Followed single rescue procedure, including the demonstration of a rotation of operators with minimal interruptions to compressions
- Followed the prompts of an Automated External Defibrillator (AED)

*Responded to at least two simulated first aid scenarios contextualised to the candidate's workplace/community setting, including:*

- Conducted a visual and verbal assessment of the casualty
- Demonstrated safe manual handling techniques
- Post-incident debrief and evaluation
- Provided an accurate verbal or written report of the incident

**On successful completion students will be issued with:**

**Statement of Attainment in HLTAID009 Provide cardiopulmonary resuscitation; HLTAID011 Provide first aid**