

# Provide First Aid

## COURSE INFORMATION

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The flagship St John Ambulance first aid course covers the skills and knowledge required to provide a first aid response to a casualty in line with first aid guidelines determined by the Australian Resuscitation Council (ARC) and other Australian national peak clinical bodies.

This course includes the following units of competency:

- HLTAID009 Provide cardiopulmonary resuscitation
- HLTAID010 Provide basic emergency life support
- HLTAID011 Provide First Aid

## COURSE DURATION AND DELIVERY MODES

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St John offers the following options:

- **1 day face to face session-SJx:** This is a 7.5 hour face to face session and participants must attend full session.
- **Half day face to face session with pre-learning and online assessment-SJX:** This is a 4 hour 45 minutes session and participants MUST complete pre-learning and online assessment BEFORE coming for the face-to-face session.
- **Half day virtual classroom session-SJx:** This is a 5 hour Virtual Classroom session delivered in real time, live with your trainer on a video conference. Participants are required to perform assessment tasks on another person, who acts as the 'mock casualty'. Participant need to arrange a second person to join them for 1 hour 15 mins during second half of the session.

## ENTRY REQUIREMENTS

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### Participants must:

- Provide a valid Unique Student Identifier (USI) at enrolment
- Provide photo ID at attendance
- Have physical capacity to perform a rescue
- Be able to perform 2 minutes of CPR on a manikin on the floor
- Have access to a reliable device (e.g., computer, laptop, or smart phone) connected to the internet for courses with pre-learning.
- Complete all pre-learning before the workshop (if applicable)
- Have sufficient Language, Literacy, Numeracy and Digital (LLND) skills to follow course requirements, instructions, and effectively participate in assessments and practical rescue tasks.

## WHO SHOULD ENROL

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This course is for all individuals who may be required to provide a first aid response in a range of situations, including community and workplace settings. This course covers a comprehensive range of topics to enable participants to confidently manage emergency situations and provide a first aid response to a casualty. It covers the most common first aid injuries and illnesses.

*If you require any additional support or reasonable adjustments, please inform St John at booking or before enrolment. For enquiries, contact your St John State/Territory office or visit [www.stjohn.org.au](http://www.stjohn.org.au), or call 1300 ST JOHN.*

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## COURSE OUTLINE

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This course covers the below key highlights:

- Apply the DRSABCD action plan
- Perform adult and infant CPR in line with ARC guidelines
- Use an AED safely and effectively
- Identify electrical hazards and follow safe work practices
- Perform a low-voltage panel rescue using correct equipment and PPE
- Provide immediate casualty care during electrical incidents
- Follow isolation, emergency response, and workplace procedures
- Undertake all required practical rescue and CPR assessments

## ASSESSMENT INFORMATION

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A successful outcome for this statement of attainment will be determined by a range of different methods including written assessment, observation of simulated and practical activities etc.

## REFRESHER REQUIREMENTS

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St John Ambulance advises, in accordance with The Safe Work Australia model Code of Practice: First Aid in the Workplace and the guidelines of the Australian Resuscitation Council, first aid skills are renewed every 3 years and resuscitation skills are renewed every 12 months.

## LOCATIONS

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St John delivers courses nationally and across many locations in Australia. Choose location as per your needs

- **PUBLIC** (at a venue near you)      • **CUSTOMISED** (on-site consultation)
- **ONSITE** (at a venue of your choice) • **BLENDED** (online learning & face-to-face session)

## DELIVERY BY ST JOHN'S THIRD PARTIES

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St John Ambulance Australia's courses are delivered by way of third-party arrangements (e.g. with State or Territory St John Ambulance organisations). These St John states and territories (except WA) are authorised to deliver nationally recognised and accredited training on behalf of St John Ambulance Australia Ltd (RTO 88041). Contact details for St John's states and territories are available from [www.stjohn.org.au](http://www.stjohn.org.au) or call 1300 ST JOHN.

## PARTICIPANT HANDBOOK

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Download the Participant's Handbook from [www.stjohn.org.au](http://www.stjohn.org.au) for more information about completing a course with St John Ambulance Australia. This includes information about complaints, appeals and privacy of information. We actively tailor training to meet the needs of people from diverse backgrounds and abilities and encourage all to apply.

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