

## Provide First Aid

**Course Delivery Time:** 6.5-17 hours face-to-face

### Units of Competencies:

Successful completion of this first aid course will result in the award of:

- HLTAID003 Provide First Aid
- HLTAID002 Provide Basic Emergency Life Support
- HLTAID001 Provide CPR

### Pre-requisites:

- Be a minimum of 14 years of age on the date of assessment (where a candidate is under 18 they must have parent/ carer/ guardian consent)
- Completion of an online pre-course work prior to attending the course (for full course participants only)
- Provide a copy of your statement of Attainment if your qualification was issued by an RTO other than SLST, for Update candidates
- Adhere to SLST policies and procedures

### Validity:

The qualification is valid for a period of 3 years however the Australian Resuscitation Council (ARC) and SLST recommend that the CPR qualification be updated annually.

### Course delivery options:

- Provide First Aid – Full Course (17 hours Face-to-Face Only)
- Provide First Aid – Blended (6.5 hours Online & Face-to-Face)
- Provide First Aid – Update (6.5 hours Face-to-Face Only)

### Course Overview:

SLST's Provide First Aid course will provide you with the skills and knowledge to be able to confidently take control of potentially life-threatening emergencies until professional assistance arrives. The course was previously known as a Senior First Aid, Level 2 First Aid or Apply First Aid qualification.

The course will cover the signs and symptoms and treatment options for incidents including CPR, shock, bleeding, crush injuries, burns, fractures, sprains and strains, spinal injuries, breathing and heart conditions, diabetes, seizures and envenomation. It is ideal for those who are employed as an Organisational health and safety representative as well a person required to hold a first aid qualification as part of their role. It is also recommended for Care workers, Sports coaches/ trainers and parents/ guardians.

### Course Outline:

- 1.0 Respond to an emergency situation
  - 1.1 Recognise an emergency situation
  - 1.2 Identify, assess and manage immediate hazards to health and safety of self and others
  - 1.3 Assess the casualty and recognise the need for first aid response
  - 1.4 Assess the situation and seek assistance from emergency response services
- 2.0 Apply appropriate first aid procedures
  - 2.1 Perform cardiopulmonary resuscitation (CPR) in accordance with Australian Resuscitation Council (ARC) guidelines
  - 2.2 Provide first aid in accordance with established first aid principles
  - 2.3 Display respectful behaviour towards casualty
  - 2.4 Obtain consent from casualty where possible
  - 2.5 Use available resources and equipment to make the casualty as comfortable as possible
  - 2.6 Operate first aid equipment according to manufacturer's instructions
  - 2.7 Monitor the casualty's condition and respond in accordance with first aid principles

### Surf Life Saving Tasmania

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- 3.0 Communicate details of the incident
- 3.1 Accurately convey incident details to emergency response services
- 3.2 Report details of incident to workplace supervisor as appropriate
- 3.3 Maintain confidentiality of records and information in line with statutory and/or organisational policies
- 4.0 Evaluate the incident and own performance
- 4.1 Recognise the possible psychological impacts on self and other rescuers involved in critical incidents
- 4.2 Participate in debriefing to address individual needs

**Course Assessment:**

The assessment for this first aid course includes two key components. These are i) a multiple-choice assessment and ii) a selection of practical based assessments. These are based on the content taught during the training session and are completed under exam conditions by each individual candidate.

**Practical Assessment Checklist:**

**Task 1: Conduct an initial patient assessment using recognised techniques**

- 1.1. Identify and appropriately respond to dangers (hazards) to persons affected
- 1.2. Assess patient response capabilities (talk and touch)
- 1.3. Obtain consent and reassure patient in a culturally aware, sensitive and respectful manner
- 1.4. Provide accurate information and make patient comfortable using available resources
- 1.5. Using safe manual handling techniques place patient in the recovery position
- 1.6. Call 000 and communicate accurate incident details to emergency services / appropriate personnel
- 1.7. Check patient for breathing (look, listen and feel) and consider patient body position
- 1.8. Manage the unconscious breathing casualty – recovery position

**Task 2: Using recognised techniques administer CPR to an adult manikin**

- 2.1. Open, clear and maintain patient airway (head tilt / pistol grip)
- 2.2. Administer 30 chest compressions (correct hand location / effective depth)
- 2.3. Administer 2 rescue breathes (mouth to mouth or mouth to mask)
- 2.4. Respond appropriately to patient vomiting or regurgitating
- 2.5. Perform 2 minutes of uninterrupted single rescuer CPR on the floor (5 full cycles)
- 2.6. Demonstrate rotation of CPR operator with minimal interruptions to compressions

**Task 3: Operate an AED in an emergency**

- 3.1. Communicate effectively and participate as a team member
- 3.2. Identify and appropriately respond to dangers (hazards) e.g. conductors
- 3.3. Turn on the AED and follow the prompts
- 3.4. Prepare patient for pad application (dry chest, check for implants / medical patches, remove jewellery)
- 3.5. Apply electrode pads (working around the CPR operator)
- 3.6. Manage incident situation (time, communications, safety, self and team)

**Task 4: Using recognised techniques manage choking patient**

- 4.1. Identify and manage mild airway obstruction
- 4.2. Identify and manage severe airway obstruction – conscious patient
- 4.3. Identify and manage severe airway obstruction – unconscious patient

**Task 5: Using recognised techniques administer CPR to an infant manikin**

- 5.1. Open, clear and maintain patient airway including nose / mouth (head supported in neutral position)
- 5.2. Administer 30 chest compressions (correct hand and finger location / effective depth)
- 5.3. Administer 2 rescue breathes (mouth to nose and mouth)
- 5.4. Respond appropriately to patient vomiting or regurgitating
- 5.5 Perform 2 minutes of uninterrupted single rescuer CPR on the floor (5 full cycles)
- 5.6. Demonstrate rotation of CPR operator with minimal interruptions to compressions

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**Task 6: Undertake required post incident processes in line with Organisational procedures**

- 6.1. Provide accurate verbal report of patient condition and CPR procedures performed to relieving personnel
- 6.2. Debrief – discuss and provide support for the psychological impact and individual needs

**Task 7: Using recognised principles and procedures, manage a bleeding patient suffering shock**

- 7.1 Offer assistance to, and gain consent from patient
- 7.2. Apply appropriate PPE and assess wound
- 7.3. Conduct a verbal secondary survey
- 7.4. Apply direct pressure and elevate the limb where possible
- 7.5 Correctly position the bandage firmly and secure ensuring the least amount of discomfort to patient
- 7.6 Reassure casualty and treat for shock if appropriate
- 7.7 Check bandaged area and check for circulation
- 7.8 Due to bleeding through first bandage, correctly apply pressure immobilisation bandage

**Task 8: Using recognised principles and procedures, manage patient suffering a suspected fracture**

- 8.1. Obtain consent from patient
- 8.2. Conduct a primary survey, whilst reassuring the patient ensuring they remain comfortable
- 8.3. Immobilise joint above and below fracture using splint (positioning for comfort) and apply arm sling
- 8.4. Treat for shock if applicable

**Task 9: Using recognised principles and procedures, manage patient suffering a suspected asthma attack**

- 9.1. Obtain consent from patient whilst moving them to a safe environment
- 9.2. Call 000 and communicate accurate incident details to emergency services / appropriate personnel
- 9.3. Sit patient in an upright position whilst staying to reassure them
- 9.4. Identify appropriate equipment for use, and obtain patients medication
- 9.5. Administer medication through a spacer device using recognised procedures until ambulance arrives
- 9.6. Assist with handover to ambulance or medical team
- 9.7. Describe steps taken to document incident
- 9.8. Undertake a post incident debrief focussing on psychological impact and individual needs

**Task 10: Using recognised principles and procedures, manage patient suffering an allergic reaction or anaphylaxis**

- 10.1. Obtain consent from patient
- 10.2. Identify need for adrenalin auto injector whilst reassuring patient
- 10.3. Administer device as per manufacturer's instructions, massaging injection site for 10 seconds
- 10.4 Identified the need to call '000' whilst continuing to monitor and reassure patient

**Task 11: Using recognised principles and procedures, manage patient suffering from envenomation**

- 11.1. Obtain consent from the patient
- 11.2. Conduct primary survey, ensuring the bite site is preserved to assist in venom identification
- 11.3. Place firm pressure on the wound and apply pressure immobilisation bandage
- 11.4. Identify the need to call '000' whilst reassuring the casualty and ensuring they remain still