

Provide Advanced First Aid

Course Delivery Time: 12 hours (1.5-day course plus online pre-course learning)

Units of Competency:

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

- HLTAID006 Provide advanced first aid
- 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 a workbook (online or hardcopy) prior to attending the course
- 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 advanced first aid – Blended (12 hours, Pre-work & Face-to-Face)

Course Overview:

SLST's Provide an Emergency Response in an Education and Care Sector course will provide participants with the skills and knowledge to be able to confidently take control of a first aid incident until professional assistance arrives. The Advanced First Aid course is often referred to as a level 3 first aid qualification.

The course focus includes 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, envenomation and childbirth.

The course is ideal for those who are employed in large and diverse workplaces, or workplaces deemed as high risk, having a range of occupational health and safety hazards such as forestry operations, kitchens, car and body panel workshops and medical research facilities.

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
 - 1.5 Deploy resources to appropriate locations as required in line with workplace procedures
- 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

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- 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
- 3.0 Coordinate first aid activities until arrival of medical assistance
- 3.1 Identify available resources required and establish communication links with appropriate personnel, emergency management services and medical assistance as appropriate
- 3.2 Deploy correct amount of required resources to appropriate locations in an effective manner to ensure timely arrival
- 3.3 Document the provision of resources and recommend modifications as required
- 3.4 Monitor the condition of casualties in accordance with first aid principles and workplace procedures
- 3.5 Coordinate evacuation of casualties according to relevant evacuation procedures
- 3.6 Arrange support services for personnel involved in the incident in accordance with relevant principles and procedures
- 4.0 Communicate details of the incident
- 4.1 Accurately convey incident details to emergency response services
- 4.2 Report details of incident in line with organisational policies
- 4.3 Maintain confidentiality of records and information in line with statutory and/or organisational policies
- 5.0 Evaluate the incident and own performance
- 5.1 Recognise the possible psychological impacts on self and other rescuers involved in critical incidents
- 5.2 Participate in debriefing to address individual needs
- 5.3 Evaluate management of the incident and develop an action plan in consultation with relevant parties
- 5.4 Review contingency planning to identify and select alternative management principles and procedures as required

Course Assessment

The assessment for this course includes three key components. The first two components 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. The third component of the assessment is the reporting component which will see candidates complete an 'Accident / Incident report form'. This task is to be discussed and planned in a group, although each candidate is required to be completed an individual form based on the scenario provided.

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)

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- 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

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, care giver, medical practitioner or emergency services
- 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

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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

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