



FIRST AID & CPR

This unit teaches the skills and knowledge to provide first aid and perform CPR in line with Australian Resuscitation Council guidelines. It applies to anyone who may need to respond to emergencies in the workplace or community. You will learn how to assess and manage casualties, perform CPR on adults, children, and infants, use a defibrillator (AED), and respond to situations such as drowning, burns, or choking—helping preserve life and support recovery until medical help arrives.

Course Outline

- Roles and responsibilities of the first aider
- Legal and ethical considerations in first aid
- Infection control and hygiene practices
- The DR^SABCD action plan and responding to emergency situations
- Managing unconscious casualties
- Cardiopulmonary resuscitation (CPR)
- Using an automated external defibrillator (AED)
- Medical Emergencies: Heart attack, stroke, asthma, anaphylaxis, diabetes, choking, poisoning management, heat- and cold-induced conditions
- Injury Management: Wound and bleeding management, burns, fractures and dislocations, sprains and strains, head and facial injuries, spinal injuries, bites and stings



DURATION

- 1 day (8 hours) face-to-face and 8 hours self-paced study for pre-learning



DELIVERY LOCATION

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STATEMENT OF ATTAINMENT

- On successful completion of this course, you will be issued with the following statements of attainment:
HLTAID011 Provide First Aid
HLTAID009 Provide Cardiopulmonary Resuscitation



PRE-REQUISITES

- Nil



FEE

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This course is nationally recognised training, delivered and assessed on behalf of Skylar Education (RTO 21647) under its approved scope of registration.