



# Provide First Aid



## COURSE INFORMATION

The flagship St John Ambulance first aid 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.

## ENTRY REQUIREMENTS

For participants interested in enrolling in this course:

- Must provide a valid Unique Student Identifier (USI) at the time of enrolment.
- For courses with pre-learning, access to a reliable device (e.g., computer, laptop, or smart phone) connected to the internet is required.
- Must complete pre-learning before coming to class as topics covered in pre-learning are not covered in the classroom.
- Must be able to perform CPR on a manikin on the floor for 2 minutes.

## PARTICIPANT COHORT

Participants are drawn from across the Australian community as first aid is considered an important life skill. This training is appropriate for individuals within workplace settings as well as members of the public seeking first aid education.

Participants include individuals enrolled in programs where first aid is a necessary component (e.g., medical and nursing courses) or an integral part of the curriculum (e.g., enrolled nursing and sports programs).

## COURSE DURATION AND DELIVERY MODES

St John offers the following options:

- **2 days face-to-face workshop:** This is full face-to-face course and participants must attend both the days.
- **1 day (face-to-face workshops with pre-work):** This is face-to-face course and with online pre-work. Participants must complete the online e-learning module prior to attending the face-to-face workshops for practice and assessment.
- **Half day with online theory assessment:** A half-day face-to-face course, with all theoretical learning, and most assessments completed via an e-learning module prior to attending.
- **Assessment only:** The assessment only option will particularly suit participants who regularly apply first aid skills and engage in ongoing learning about first aid.



## CERTIFICATE

On successful completion of this course, you will be issued a statement of attainment in:

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

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.

## COURSE OUTLINE

The course covers the following topics including others:

- Roles and responsibilities of the first aider
- The DRSABCD action plan
- Cardiopulmonary resuscitation (CPR)
- Using a defibrillator (AED)
- Head, neck, and spinal injuries
- Stroke and Choking
- Abdominal and chest injuries
- Poisoning management
- Bites and stings
- Diabetes and seizures
- Asthma and Anaphylaxis
- Wound and bleeding management

## ASSESSMENT METHODS

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.

## LOCATIONS

St John delivers first aid courses nationally and across many locations in Australia. Choose the location to suit your needs.

- PUBLIC (at a venue near you)
- CUSTOMISED (on-site consultation)
- ONSITE (at a venue of your choice)
- ONLINE (training delivered online from our e-Learning platform)



## DELIVERY BY ST JOHN'S THIRD PARTIES

St John Ambulance Australia's courses are delivered by way of third-party arrangements (e.g., with State or Territory St John Ambulance organisations). Our third-party agents deliver nationally accredited training and assessment on behalf of St John Ambulance Australia Ltd. (TOID 88041). Contact details for St John's third-party organisations are available from [www.stjohn.org.au](http://www.stjohn.org.au) or call 1 300 ST JOHN.

## PARTICIPANT HANDBOOK

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 information.

We actively tailor training to meet the needs of people from diverse backgrounds and abilities and encourage all to apply.

For more information on this course,  
contact the Training Office in your area

**1300 ST JOHN (1300 785 646) [WWW.STJOHN.ORG.AU](http://WWW.STJOHN.ORG.AU)**