



First Aid Ultimate Refresh

HLTAID003 Provide first aid

Application and Relevance

Save face-to-face training time with this ultimate program, which combines traditional eLearning, an online class for further interactive learning with trainer demonstrations, followed by a time-efficient, comprehensive face-to-face practical skills assessment. It is relevant for time-poor people across all workplace or community situations who are looking for the most flexible training option to refresh their skills.

Course Currency Status: current

Ultimate Refresh Duration

Up to 4 hours online pre-work; plus a 1-hour trainer demonstration in an online class situation; plus up to 2 hours of practical skills assessments in a face-to-face class: total duration up to 7 hours.

Course Content

This course provides the skills and knowledge required to provide first aid response, life support, management of casualty(s), the incident and other first aiders until the arrival of medical or other assistance. Topics include:

- + Assessing an emergency situation
- + Airway and breathing management
- + Cardiopulmonary Resuscitation techniques
- + Automated External Defibrillation
- + First Aid management of the unconscious casualty
- + Medical conditions including cardiac, diabetes & epilepsy
- + Infection control and First Aid for minor wounds
- + Allergic reactions and asthma
- + Control of major external bleeding and shock
- + Management of near drowning
- + Hyperthermia and hypothermia
- + Burns and electric shock
- + Eye and soft tissue injuries
- + Venomous bites and stings
- + Fractures and spinal injuries
- + Head, chest and abdominal injuries
- + Assessment of the sick and injured
- + Communicating details of an incident
- + Debriefing and evaluation of response to critical incidents



Entry Requirements

For the Ultimate Refresh program, participants will need a current, in-date Statement of Attainment for this unit. Participants will also need the ability to meet the physical demands of providing first aid, as well as oral communication skills to make an accurate verbal report to emergency services and workplace supervisor.

Assessment Methods

Progressive assessment throughout the course, including demonstration of practical skills and written and oral questions relating to underpinning knowledge. Note that the provision of CPR must be demonstrated on the floor.

Award Issued

A nationally-recognised Statement of Attainment will be issued to all successful participants.

Further Info

Please refer to the Student Handbook for additional information.



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APL Healthcare and Australian First Aid (est. 1988)

