

Apply First Aid

One-Day Program Overview (Flexible Delivery)

The All Aid First Aid one-day Apply ('Senior') First Aid Program is based on a 'flexible delivery' mode that sees participants complete pre-course reading and a workbook prior to the one day of practical training. This program is for those who seek to develop a knowledge and skill base aimed at managing a wide range of possible first aid emergencies that may occur in an urban setting, where ambulance response time or access to medical services will not be greatly delayed. This course is highly practical and includes a variety of realistic training scenarios that demand that each participant draw on their past knowledge and engage their new skills to manage these hypothetical emergencies. Training in this practical manner exceeds all other forms of first aid training.

Qualification – this program awards the following nationally recognised and Work Cover approved unit of competency to participants who are deemed competent in all areas of assessment:

+ HLTF301B - Apply First Aid

The above unit is issued for three years – the CPR component should be recertified annually to maintain competence.

Prerequisites –

1. Participants must be 14yrs or older
2. Pre-course reading and a workbook

Assessment – this course has four modes of assessment:

1. Completion and submission of the pre-course workbook
2. On-course participation for entire duration of training program
3. Practical assessments (including CPR) in a scenario-based environment
4. Multiple choice examination

*We do make provision for those with learning difficulties – contact us for details.

Requirements – participation in this All Aid First Aid course requires that participants have a preparedness to be on the floor practicing skills and the willingness to engage wholly in scenario-based practical sessions.

Remote Area Training – if ambulance response times or access to medical services will be delayed due to remoteness please consider a Wild Aid First Aid program as these courses specialize in extended care for those working, living or recreating in remote areas.



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The curriculum of the All Aid First Aid one-day Apply ('Senior') First Aid Program (flexible delivery) is focused around the effective use of the All Aid Emergency Response Model – this model is the foundation for responding to any serious emergency.

The practical curriculum generally involves the management of:

- + The injured person, minor to severe
- + The person with breathing difficulties
- + The person who becomes suddenly ill
- + The unconscious person
- + The non-breathing person (CPR & Defibrillation)

Specific subjects covered in the practical training program include:

- + Shock
- + Spinal Injuries
- + Bleeding
- + Limb injuries
- + Diabetic emergencies
- + Seizures/Fits
- + Asthma emergencies
- + Bites and Stings
- + Anaphylaxis / Allergic Reactions



There are a number of training scenarios in this program that see participants respond to a variety of realistic mock emergencies in small teams or on their own, challenging them to engage the skills taught on the program.

Recent student feedback from the one-day Apply ('Senior') First Aid Program:

Thanks for your great work with the guys and myself on the recent First Aid course. The course layout, your technique and delivery was the best I have come across. The guys are always daunted with any sort of course that we throw at them, but being able to have the pre-course assessment to work through gives them and myself some confidence before the day. The encouraging thing is that at days end they actually had confidence in themselves and I am sure they will remember and have the ability to react if the situation ever requires them to. The course not only covered the information required but made it more relevant to the field of work that my guys are in. First Aid training of any sort is valuable, but to have training specifically orientated to situations in the field was not lost on the guys at all. Great work and thanks again. Mick, Tasmanian Drilling Services P/L