

# Basic First Aid

## One-Day Program Overview

The All Aid First Aid one-day Basic First Aid Program is for those who seek to develop a basic knowledge and skill base aimed at managing a selection of possible life-threatening 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 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 unit of competency to participants who are deemed competent in all areas of assessment:  
+ HLTFA201A - Provide Basic Emergency Life Support  
The above unit is issued for three years – the CPR component should be recertified annually to maintain competence.

**Prerequisites** – participants must be 14yrs or older.

**Assessment** – this course has three modes of assessment:

1. On-course participation for entire duration of training program
2. Practical assessments (including CPR) in a scenario-based environment
3. 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 specialise 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 Basic First Aid Program 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:

"Just wanted to thank you and your organisation for the First Aid Training that we received on Saturday. It was informative, practical and most of all gave each of us the confidence that we would be able to administer first aid in so many threatening situations - peace of mind. We were especially impressed with our instructor – he was clearly passionate about his topics, had a wealth of knowledge to clearly explain WHY certain methods were used for certain situations and equally as important his delivery of the content was expert and had us engaged not bored. We will be recommending you to other friends and family.

Ian, Public Course Organiser